

## ORDERING

**For orders and questions please contact us:**

catering@greenandtonic.com  
1.855.Go.GandT  
greenandtonic.com/shop

1

Please allow at least one full business day for all orders.

Delivery is available from 7:30am-5:00pm.

2

We are happy to accommodate food sensitivities whenever possible.

Our menu is 100% vegan/dairy-free. Most items are gluten free.

We use almost all organic ingredients.

3

Plates, napkins, utensils and service pieces are available upon request for \$3.00 per person.

4

Please inquire about setting up a tasting of our menu.

We offer corporate meal plans, cleansing and educational programs, and employee nutrition coaching for groups.



## CATERING MENU

*plant-based food and drink  
for everyday eating*



**OUR MENU CHANGES SEASONALLY.** For full ingredient listings and nutritional information visit [greenandtonic.com](http://greenandtonic.com)



Order Online [GreenandTonic.com](http://GreenandTonic.com)

Greenwich • Cos Cob • Darien • New Canaan • Westport

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## ORGANIC COLD-PRESSED JUICES *\*best sellers*

12 oz each \$8.50 | 6-Pack Assorted \$48.00 | 12-Pack Assorted \$96.00

### GREEN MONSTER\*

cucumber, celery, apple, kale, romaine, spinach, ginger, lemon, spirulina & parsley

### JUNGLE JUICE

cucumber, celery, apple, pineapple, kale, spinach, romaine, ginger, lemon, parsley & cilantro

### GRASSHOPPER

cucumber, apple, kale, lime & mint

### SUN RAVEN\*

cucumber, celery, fennel, kale, dandelion greens, lemon, parsley, ginger, turmeric & cayenne

### SWEETY BEETY

beets, orange, apple, kale, ginger & lemon

### TURMERIC TONIC\*

carrot, pineapple, pear, orange, turmeric, lemon & ginger

### DAILY DETOX\*

orange, pineapple, pear, pure aloe vera & ginger

### FIREBALL\*

lemon, filtered water, ginger, raw agave & cayenne

### SKIN GLO

orange, cucumber, grapefruit & lemon

### MELON COOLER (seasonal)

watermelon, pineapple, pure aloe vera, lime & mint

### ENERGY ELIXIR

raw apple cider, turmeric, ginger, apple, raw honey, cinnamon & filtered water

### ALOE WATER

pure aloe vera & filtered water

### ALMOND DATE MYLK •

filtered water, almonds, dates, almond butter, cinnamon & vanilla bean

### CHOCOLATE ALMOND DATE MYLK •

filtered water, almonds, dates, almond butter, cinnamon, vanilla bean & raw cacao powder

## SUPERFOOD SMOOTHIES *\*best sellers*

8 oz each \$5.00 | 6-Pack Assorted \$28.00 | 12-Pack Assorted \$56.00

12 oz each \$8.50 | 6-Pack Assorted \$48.00 | 12-Pack Assorted \$96.00

### GREEN GURU\*

green tea, lemon, spinach, banana, green apple, ginger & mint

### ULTIMATE WARRIOR\*

kale, spinach, banana, coconut water & chia seeds

### MYLKY WAY •

almond mylk, dates, banana, cacao, almond butter & cinnamon

### BERRY GARCIA

hibiscus tea, acai, strawberries, blueberries, b12, banana, hemp seeds & coconut water

### MINT CHIP •

mint, spinach, cacao nibs, dates, banana & almond mylk

### UP & AT 'EM\* •

coffee, almond mylk, cacao, banana, almond butter & maca

### ZENERGY •

matcha green tea, banana, spinach, almond butter, coconut mylk, cinnamon & bee pollen

### GRAVITAS\*

coconut water, lemon, strawberries, blueberries, banana & goji berries

### AB&J •

strawberries, almond butter, banana & apple cider

## BREAKFAST small (serves 6-8) / large (serves 10-12)

**SEASONAL FRUIT PLATTER** small \$45.00 | large \$65.00  
organic apples, citrus, berries, grapes & melon

**QUINOA OATMEAL BOWL (HOT)** 6 person min | \$5.00 each  
with choice of fresh fruit

**CHIA PUDDING** \$5.95 each  
banana coconut, seasonal

**BREAKFAST BASKET** • • small \$50.00 | large \$75.00  
seasonal muffins, any-time cookies, seasonal breakfast loaves, fruit & oat bars, coconut chia bars

## LUNCH small (serves 6-8) / large (serves 10-12)

**WRAPS PLATTER** small \$60.00 | large \$80.00  
an assortment of G&T signature wraps. Plant-based fillings served on collard greens • and whole wheat wraps.

**GRAIN BOWLS** small \$45.00 | large \$65.00  
satisfying seasonal blends of whole grains, vegetables & legumes.

**SOUP** \$6.50 each  
choose from our seasonal selection of 12oz vegetarian soups, broths & stews, served warm in individual portions.

**GREEN SALADS** small \$45.00 | large \$65.00  
choose from our selection of organic, seasonal leafy green and marinated kale salads. Perfect as a nutrient-dense meal or side salad.

## COMBINATIONS

**JUICE + FRUIT SALAD + BREAKFAST BASKET**  
\$20.50 / person

**SMOOTHIE (8oz) + BREAKFAST BASKET**  
\$15.00 / person

## COMBINATIONS

**JUICE + WRAPS PLATTER + SALAD**  
\$22.00 / person

**SOUPS + SALAD + MEDITERRANEAN PLATTER**  
\$18.50 / person

**WRAPS PLATTER + SALAD + SWEETS**  
\$18.50 / person



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## SNACK PLATTERS platters serve 10-15

**HUMMUS & VEGGIE PLATTER** • \$85.00  
with assorted crackers & chips

**MEDITERRANEAN PLATTER** • \$90.00  
with hummus, tapenade, olives, fresh veggies, crackers & chips

**SWEETS PLATTER** \$75.00  
coconut chia bars, fruit & oat bars, cookies, energy squares, seasonal mini loaves, nuts, grapes & berries

**ASSORTED SNACK PACKS** • \$4.50 / person  
An assortment of individually packed nut blends, energy squares, chips & popcorn

## OTHER DRINKS

**G&T ALKALINE WATER** (16.9 oz bottles) \$2.95 each or 6 / \$17.50