

ORDERING

For orders and questions please contact us:

catering@greenandtonic.com

1

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

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.



CATERING MENU

*plant-based food and drink
for everyday eating*

did you
know?

OUR MENU CHANGES SEASONALLY. For full ingredient listings and nutritional information visit greenandtonic.com



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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, & ginger

FIREBALL

lemon, filtered water, ginger, raw agave & cayenne

SKIN GLO

orange, cucumber, grapefruit & lemon

MELON COOLER

watermelon, pineapple, pure aloe vera, lime & mint

ALOE WATER

pure aloe vera & filtered water

ALMOND DATE MILK

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

CHOCOLATE ALMOND DATE MILK

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

UP & AT 'EM*

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

ZENERGY

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

AB&J

strawberries, almond butter, banana & apple cider

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

MILKY WAY

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

BERRY GARCIA

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

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.

SNACK PLATTERS platters serve 10-15

HUMMUS & VEGGIE PLATTER \$85.00
with assorted 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

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 + HUMMUS
& VEGGIE PLATTER \$18.50 / person

WRAPS PLATTER + SALAD
+ SWEETS
\$18.50 / person

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