

BREAKFAST

Wake up with flavor! We have many exciting breakfast solutions that are sure to be a perfect fit for your next morning event or meeting.

BREAKFAST PACKAGES

For easy group ordering, we have packaged our most popular selections to fit any budget and please any gathering.

RISE & SHINE BREAKFAST \$16 per person (10 person minimum)

breakfast soufflés, seasonal fresh fruit platter, yogurt parfaits, organic orange juice, assortment of fresh baked breakfast breads

GREEN & TONIC CONTINENTAL \$11 per person (10 person minimum)

seasonal fresh fruit platter, assortment of fresh baked breakfast breads, yogurt parfaits, organic orange juice

TRADITIONAL CONTINENTAL \$8 per person (10 person minimum)

seasonal fresh fruit platter, assortment of fresh baked breakfast breads, organic orange juice

Add any smoothie on to your breakfast package for an additional \$5 per person.

AB&J

MILKY WAY

GREEN GURU

ULTIMATE WARRIOR

BERRY GARCIA

ZENERGY

UP AND AT 'EM

A LA CARTE

Choose your own assortment of our good for you offerings. Additional disposable plates, flatware, and napkins are also available at an additional cost.

SEASONAL FRUIT PLATTER

an assortment of sliced seasonal fresh fruits and berries



small (serves 8-10) \$35 | large (serves 15-20) \$65

POTS & PUDDINGS

a dozen individual portioned pots and puddings to include banana coconut chia pudding, seasonal yogurt pot, & overnight oats with our seasonal compote



\$40

BAKERY TRAY

seasonal breakfast loaves, anytime cookies, fruit & oat bars, & coconut chia bars



(serves 10-12) \$45

AVOCADO TOAST

heirloom tomato relish, super-seed sprinkle & microgreens



small (serves 4-6) \$25 | large (serves 8-10) \$38

BREAKFAST SOUFFLÉ

choose from spinach & artichoke, four cheese, or egg white & roasted vegetables

6 for \$36 | 12 for \$65

BUILD YOUR OWN GRANOLA BOWL

our house-made essential granola served almond milk, our dried fruit blend, banana chips & fresh berries



(serves 6-8) \$38

BUILD YOUR OWN QUINOA OATMEAL BOWL

quinoa oatmeal served almond milk, dried cranberries, banana chips, fresh berries and shredded coconut



(serves 6-8) \$32

BUILD YOUR OWN YOGURT PARFAIT

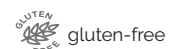
house-made coconut yogurt or local vanilla yogurt, zen blend granola, fresh berries, seasonal compote & banana chips



(serves 6-8) \$42



vegan



gluten-free



contains nuts

LUNCH | DINNER | ANYTIME

Whether we are dropping off food for a meeting or designing a full-service event with staffing, equipment and linens, no event is too big, too small or too complex for Green & Tonic to handle. We have a catering team that can flawlessly execute all types of corporate and private events.

EASY ORDER BUNDLES

For easy group ordering, we have packaged our most popular selections to fit any budget and please any gathering.

HOT & HEALTHY

\$16 per person

CHOICE OF ONE SALAD:

Kale Caesar Salad
Signature Harvest Salad

CHOICE OF ONE ENTREE:

Ratatouille Rigatoni
Enchiladas Rojas
Thai Vegetable Stir-fry

CHOICE OF ONE SIDE:

Cilantro Lime Brown Rice
Oven Roasted Vegetables
Warm Three Bean Salad

COOKIE & BROWNIE PLATTER

G&T LUNCH

\$18 per person

CHOICE OF ONE SALAD:

Kale Caesar Salad
Signature Harvest Salad

CHOICE OF ONE SIDE SALAD:

Toasted Quinoa Salad
Pearl Barley & Lentil Salad

ASSORTED WRAP PLATTER

COOKIE & BROWNIE PLATTER

HEALTHY LUNCH BAGS

\$16 per person

CHOICE OF:

Sandwich or wrap
Side salad
Bag of chips
Chocolate brownie

OR

CHOICE OF:

Entree salad
Wedge of ciabatta
Seasonal whole fruit
Chocolate Brownie

A LA CARTE

Choose your own assortment of our chef inspired offerings. Additional disposable plates, flatware, and napkins are also available at an additional cost.

STARTERS

AVOCADO TOAST



heirloom tomato relish, super-seed sprinkle & microgreens

GARDEN VEGETABLE CRUDITÉ PLATTER

assorted seasonal vegetables & aquafaba ranch dip

small (serves 4-6) \$25 | large (serves 8-10) \$38

MEDITERRANEAN MEZZE PLATTER



butternut squash hummus, marinated green olives & za'atar pita chips

(serves 15-20) \$45

CRISPY "BUFFALO" CAULIFLOWER BITES



roasted cauliflower, sriracha buffalo sauce, celery, carrot and aquafaba ranch dip

(serves 10-15) \$45

CHIPS & DIP



house made tortilla chips, guacamole & house pico de gallo

(serves 10-15) \$36

SOUPS

small (serves 6-7) \$26

SEVEN VEGETABLE & QUINOA SOUP



carrot, celery, tomato, onion, zucchini, cauliflower, red pepper & herbs in a light tomato broth

VEGETARIAN CHILI



a harvest of butternut squash, carrots, & apple with a hint of ground spice

BUTTERNUT SQUASH & APPLE SOUP



a harvest of butternut squash, carrots, & apple with a hint of ground spice



vegan



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SALADS

KALE CAESAR SALAD

small (serves 5-7) \$35 | large (serves 10-12) \$55

organic baby kale, cherry tomato, garlic croutons, local parmesan cheese & chipotle Caesar dressing

TURMERIC CAULIFLOWER SALAD



small (serves 5-7) \$35 | large (serves 10-12) \$55

organic baby spinach & mixed greens, turmeric-roasted cauliflower, red quinoa, crispy chickpeas, red cabbage, carrot, vegan parmesan, aquafaba ranch dressing

SIGNATURE HARVEST SALAD



small (serves 5-7) \$35 | large (serves 10-12) \$55

gem lettuce, organic arugula, dried cranberry & apricot, toasted almond, roasted butternut squash, local blue cheese & lemon-tahini dressing

BRUSSELS & POMEGRANATE SALAD



small (serves 5-7) \$24 | large (serves 10-12) \$40

organic baby kale, roasted brussels sprouts & red onion, white quinoa, spiced pumpkin seed, local parmesan cheese, lemon-garlic vinaigrette

TOASTED QUINOA SALAD



small (serves 5-7) \$24 | large (serves 10-12) \$40

roasted corn, black bean, caramelized red onion & red pepper, scallion, creamy jalapeno vinaigrette

PEARL BARLEY & LENTIL SALAD



small (serves 5-7) \$24 | large (serves 10-12) \$40

pearl barley, black lentil, cremini & shitake mushroom, roasted tomato & Dijon-herb dressing

SANDWICHES & WRAPS

small platter (serves 8-10) \$90
choose up to 4

large platter (serves 16-18) \$150
choose up to 6

CURRIED CHICKPEA WRAP



chickpeas, cashews, curry dressing, golden raisins, spinach & multigrain wrap

SPICY AVOCADO COLLARD WRAP



spicy quinoa-cashew mix, avocado, fresh vegetables & basil

FALAFEL & HUMMUS WRAP



middle eastern falafel, butternut squash hummus, red cabbage, carrots & lemon-tahini dressing

BLACKENED TOFU CAESAR WRAP



spice-rubbed tofu, baby arugula, cherry tomato, coconut bacon, parmesan, chipotle-Caesar dressing

ROASTED MUSHROOM SANDWICH



roasted mushroom & tomato, shaved fennel, spinach, dijonnaise & multigrain bread

BUTTERNUT SQUASH SANDWICH

butternut squash, caramelized onion, goat cheese spread, spinach & multigrain bread

THAI CURRY VEGETABLE SANDWICH



roasted vegetables, coconut-green curry aioli, organic mixed greens, multigrain bread

ENTREÉS

(serves 8-10) \$49

VEGGIE LASAGNA



eggplant, zucchini, yellow squash, local ricotta cheese, local parmesan, house marinara sauce

SHEPHERD'S PIE



lentils, baby root vegetables, fresh herbs & topped with creamy mashed potatoes

ENCHILADAS ROJO



lentil-walnut chorizo, black beans, roasted vegetables, chipotle cheddar, red chile enchilada sauce & corn tortilla

THAI VEGETABLE STIR FRY



brown rice, garden vegetables, spicy thai green curry stir-fry sauce, cilantro, lime & scallion

STUFFED PORTOBELLO MUSHROOM



roasted garlic & farro stuffing, hemp-pesto sauce

RIGATONI & QUINOA "MEATBALLS"

whole wheat rigatoni, quinoa "meatballs", roasted vegetables, parmesan and house marinara sauce



vegan



gluten-free



contains nuts

SIDES

(serves 8-10) \$28

TRUFFLE MAC & CHEESE (serves 8-10) \$38

whole wheat rigatoni, caramelized onions, four cheese sauce & whole grain crumb crust

CILANTRO LIME BROWN RICE

brown rice, fresh lime juice, cilantro, Himalayan salt

YUKON MASHED POTATOES

whipped with local butter and roasted garlic

OVEN ROASTED VEGETABLES

organic, local vegetables, herb marinade, balsamic glaze

WARM THREE BEAN SALAD

organic, local vegetables, herb marinade, balsamic glaze

DESSERTS

DARK CHOCOLATE MOUSSE (serves 6-8) \$21

dairy-free chocolate, coconut milk, raspberry garnish

COOKIE & BROWNIE PLATTER (serves 8-10) \$35

chocolate chip cookie, cranberry-walnut cookie, and dark chocolate brownie

SAMPLER DESSERT PLATTER (serves 8-10) \$50

no-bake pecan pie, cookie dough truffles, mocha bites

SEASONAL FRUIT PLATTER small (serves 8-10) \$35 | large (serves 15-20) \$65

an assortment of sliced seasonal fresh fruits and berries

BEVERAGES

ICED TEA & LEMONADE (serves approx. 6) \$12

citrus green tea, blueberry hibiscus tea, matcha lemonade or homemade lemonade

G&T ALKALINE WATER \$2.95 per bottle

BREAKFAST BLEND COFFEE (serves . 8-10) \$25

regular or decaffeinated

G&T HOT TEA (serves . 8-10) \$25

COLD BREW COFFEE (serves approx. 6) \$25

FRESH SQUEEZED ORANGE JUICE (serves approx. 6) \$15

COLD-PRESSED JUICES

6 pack assorted \$48

12 pack assorted \$96

CHOICE OF:

GREEN MONSTER

JUNGLE JUICE

GRASSHOPPER

TURMERIC TONIC

DAILY DETOX

SUN RAVEN

FIREBALL

SKIN GLO

MELON COOLER

SUPER FOOD SMOOTHIES

6 pack assorted (12oz) \$45

6 pack assorted (16oz) \$55

CHOICE OF:

GREEN GURU

ULTIMATE WARRIOR

MILKY WAY

BERRY GARCIA

UP & AT 'EM

ZENERGY

AB&J



READY TO ORDER?

Call 855-464-2638 to speak with a catering representative or email catering@greenandtonic.com for order form.

ORDER TIMING:

Catering orders require 24-hour advance notice. We will do our best to accommodate last minute orders.

DELIVERY:

Delivery is available 24/7. Our staff will deliver and set-up your order. Delivery fees vary based on location and order amount.

WAIT STAFF AVAILABLE:

Please inquire for more information.

PAYMENT:

We accept all credit cards, cash and checks. Talk to your catering coordinator about setting up a corporate account. Cancellations and adjustments require 24-hour notice, or a cancellation fee may apply.

CANCELLATION & DELIVERY POLICY

SHORT NOTICE: Need it fast? Just ask!

If you wish to place an order for next day or sooner, please call 855-464-2638 to see if we can accommodate.

DELIVERY POLICY:

We will make our best effort to accommodate your requested delivery time; to meet demand we may have to deliver up to 30 minutes early.

CANCELLATION POLICY:

Cancellations must be made 24 hours prior to the pick-up or delivery of your order or cancellation fees will apply.

Have a question? Please call: 855-464-2638 or email catering@greenandtonic.com

