

## 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.



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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*

**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*