



ORDERING

For orders and questions
please contact us:

203.274.6860
catering@greenandtonic.com
greenandtonic.com

Orders must be placed by 3PM the day before (Mon-Fri), or by 12PM Friday (Sat-Sun). Delivery is free and is available from 7:30AM-5PM.

There is no minimum for pickup. Delivery requires a \$150 minimum order (excluding taxes).

Serving utensils are included with all orders. (Napkins, plates and eating utensils are available upon request.)

We are happy to accommodate food sensitivities whenever possible.

Catering MENU

plant-based food and drink
for everyday eating



CULTIVATING FLAVOR from the ground up

to order

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please contact us:

203.274.6870
catering@greenandtonic.com
www.greenandtonic.com

COLD-PRESSED JUICES *best sellers

12 oz each \$8.59 | 6-Pack Assorted \$49.95 | 12-Pack Assorted \$99.95

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

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

ALOE WATER

pure aloe vera & filtered water

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

UP & AT 'EM*

coffee, almond mlk, 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

GOLDEN SUNRISE

cauliflower, mango, banana, coconut milk, turmeric, vanilla protein

BLUEBERRY CACAO BLAST

cauliflower, blueberry, oat milk, dates, cacao, cacao nibs, chocolate protein, almond butter

GOJI BLISS

cauliflower, strawberry, blueberry, goji berries, apricots, coconut water, lemon

TROPICAL DRAGON

dragon fruit, strawberry, mango, banana, cashew milk, orange juice

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

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

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

BREAKFAST POTS 6 person min | \$5.95 each

Your choice of: banana chia coconut pudding, very berry chia pudding, creamy coconut oats, or protein pot with almond butter & banana

BREAKFAST PLATTER small \$50.00 | large \$75.00
any-time cookies, banana bread, collagen bar

SEED-BREAD TARTINE PLATTER small \$60.00 | large \$85.00
avocado tartine, spicy cashew tartine, almond butter tartine

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

WRAPS PLATTER * contains nuts small \$60.00 | large \$85.00
choose from: avocado tartine, spicy cashew tartine, almond butter tartine

SOUP \$5.95 each

choose from our seasonal selection of 12 oz vegetarian soups, broths & stews, served warm in individual portions.

LEAFY GREEN SALADS * contains nuts small \$50.00 | large \$70.00

choose from: pad thai salad, fuel-up falafel salad, turmeric cauliflower & kale salad, brussels sprouts & dried cherries kale salad, and kale pesto rotini salad

did you know?

Our menu changes seasonally. For full ingredient listings and nutritional information visit greenandtonic.com

SNACK PLATTERS platters serve 10-15

HUMMUS & VEGGIE PLATTER \$85.00
with house-baked seed-bread

SWEETS PLATTER \$75.00

chocolate chip cookies, roasted banana bread, any-time cookies, dark chocolate brownies, maca cookie dough bites

ASSORTED SNACK PACKS \$4.50 / person