

BREAKFAST		
	Each	Per 6
Frittata   de jour	\$10.00	\$50.00
Huevos Rancheros	\$15.00	\$85.00
Fruit Bowl	\$7.00	\$40.00
Granola	\$4.00	\$22.00
Breakfast Pastries	Each	Per 6
Muffin (pumpkin   morning glory)	\$4.00	\$22.00
Scone (butter pecan   seasonal fruit)	\$4.00	\$22.00
Ham + Gruyere Croissant	\$5.00	\$28.00
Apple Turnover	\$5.00	\$28.00
Regular or Chocolate Croissant	\$4.00	\$22.00
Quinoa Bar *gf, df	\$5.00	\$28.00
<b>Starters</b>		
	Each	Per 6
Cheese + Charcuterie	\$15	\$85
Assortment of gruyere, petit basque, manchego + parmesan with sausage sec, prosciutto, fresh + dried fruit + crackers		
Crudit� with Hummus	\$12	\$70
Assortment of Raw Vegetables with Hummus		
Soup De Jour	\$8	\$45

SWEETS		
	Each	Per 6
BEX Bar   de jour	\$4.00	\$22.00
Brownie   de jour	\$5.00	\$22.00
Cookie   de jour	\$2.00	\$22.00
Vegan Sweet   de jour	\$5.00	\$22.00
Tart   de jour	\$6.00	\$35.00

MAINS   Comfort FOOD		
	Each	Per 6
Chicken Pot Pie	\$17.00	\$100.00
Pulled chicken, celery, carrots + peas topped with puff pastry		
Meatloaf   Beef	\$17.00	\$100.00
Ground beef w/ onions, garlic, tomato, thyme served w/ mash potatoes		
Mac + Cheese	\$15.00	\$85.00
Elbow pasta with cheese sauce including cheddar, parmesan + gruyere		
Chicken Breast + Apples	\$18.00	\$105.00
Thin chicken breast saut�ed + topped with saut�ed apples, onions + mushrooms + roasted potatoes		
Peruvian Seafood Stew *gf	\$20.00	\$115.00
Shrimp + white fish with potatoes, carrots, spinach, onions + cilantro broth with poblano peppers, jalapeno, onions + garlic		
Chicken Chili *gf, df	\$12.00	\$70.00
Pulled chicken with onions, jalapenos, sweet potatoes, cannellini beans, tomato with cumin + oregano serve with cornbread		

MAINS   Healthy FOOD		
	Each	Per 6
Oaxaca Bowl *v, gf	\$18.00	\$105.00
Mexican Flavor Profile with Sweet potato, red peppers, black beans, avocado, cabbage slaw + spicy pecans		
Vegetarian Biryani *v, gf	\$18.00	\$105.00
Indian Flavor Profile with bell pepper, zucchini, carrot, fennel, onion, garlic, ginger, basmati rice, chickpeas, raisins + cashews		
Greek Souvlaki Bowl *v, gf	\$18.00	\$105.00
Greek flavor profile portobello mushroom with cauliflower rice, cucumber, tomato, avocado, watercress + roasted vegetables		
Ratatouille *v	\$17.00	\$100.00
Mediterranean Flavor Profile with Eggplant, tomato, zucchini, bell pepper, garlic, onion, balsamic vinegar, basil, parsley, thyme + capers over crispy polenta		
Seoul Bowl *v, gf	\$18.00	\$105.00
Korean flavor profile with black rice, shiitake mushroom, steamed spinach, cucumbers, kimchi, scallions, sesame seeds + braised tofu		

SIDES   Cold		
	Each	Per 6
Fall Squash Lentil Salad *gf	\$10.00	\$55.00
Baby kale, lentils, fall squash, pumpkin seeds, pomegranate seeds + honey miso dressing		
Roasted Vegetable + Chickpea	\$10.00	\$55.00
Roasted vegetable, chickpeas, chili lime vinaigrette + spinach		
Curry Mango Quinoa Salad *v, gf	\$10.00	\$55.00
Quinoa, mango, red bell pepper, cilantro, spinach + curry vinaigrette		
Thai Noodle Salad *v, gf	\$10.00	\$55.00
Rice noodle, cabbage, carrots, radish, bell pepper, scallions, cilantro, jalapeno, peanuts, ginger, garlic, orange juice + tamari		
Garden Salad *v, gf	\$10.00	\$55.00
Butter lettuce with carrots, cucumber, tomatoes, fennel, celery, toasted sunflower seeds + lemon vinaigrette		
Apple Walnut Salad *gf	\$12.00	\$70.00
Mixed Greens, Granny Smith Apples, candied walnuts, dried cranberries, cheddar cheese + red onion with walnut vinaigrette		

SIDES   Hot		
	Each	Per 6
Roasted Baby Potatoes *v, gf	\$7.00	\$35.00
Roasted baby potatoes with olive oil, garlic, rosemary, salt, pepper		
Wild Rice Pilaf *gf, v	\$8.00	\$45.00
Wild rice, celery, carrots + onions with parsley		
Roasted Brussel Sprouts *v	\$8.00	\$45.00
Roasted brussel sprouts, olive oil, garlic, balsamic vinegar		
Haricot Vert + Carrots *gf	\$8.00	\$45.00
Saut�ed haricot vert with baby carrots + topped with caramelized shallots		

ADD PROTEIN		
	Each	Per 6
Tofu	\$10.00	\$60.00
Chicken	\$10.00	\$60.00
Salmon	\$14.00	\$80.00
Grilled Shrimp	\$12.00	\$70.00
Poached Egg	\$ 5.00	\$30.00





**oaxaca bowl**



**peruvian fish stew**



**thai noodle salad**



**vegetable biryani**



**chicken pot pie**



**autumn squash + lentil**



**seoul bowl**



**mac + cheese**



**vegetable + chickpea**



**ratatouille**



**meatloaf**



**curry mango quinoa**