

PLATTERS

One platter serves 10–12 people and includes one dessert selection

Organic Fruit & Cheese Platter

Local and organic cheeses paired with organic grapes and seasonal *fruits*, crispbreads and crackers on a bed of fresh *greens* and garden herbs and seasonal local edible flowers.

Wildfire Bread & Spread Platter

Wildfire bread, *vegetarian pate*, roasted red bell pepper Holy Humous, on a bed of fresh *greens* and garden herbs and seasonal local edible flowers

SANDWICHES

All sandwiches are arranged on a bed of fresh garden greens and organic herbs, garnished with organic crudités and seasonal edible flowers

 Order by the dozen

Organic Peanut Butter & Banana

Peanut butter and *banana* on *whole wheat*, garnished with seasonal *fruit* & edible flowers — great for the kid in all of us!

Wild Salmon Salad

Wild salmon salad and organic mayonaise with *romaine* on *WildFire sprouted wheat bread*, garnished with *celery* sticks

Free Rangin' Egg Salad

Free-range egg salad on *rye bread*, with *spinach* & *sprouts*, garnished with *baby dill pickles*. (available gluten-free)

Queen of Cream Cheese

Cream cheese, *veggies* & *sprouts* on *Wildfire spelt bread*, garnished with *cucumber* slices & edible flowers.

Free Rangin' Chicken Salad

Free-range chicken salad with *red leaf lettuce* on *La Boulange French White Bread* garnished with seasonal *crudités*

The Hum-Veggie

Vegan roasted seasonal *veggies* & Holy Humous with *spinach* on *Seedy Spelt Bread* garnished with *radish* stars.

WEST COAST WRAPS

All wraps are arranged on a bed of fresh garden greens and organic herbs, garnished with organic crudités and seasonal edible flowers

 Order by the dozen

Wild Salmon Salad

Wild salmon salad with *romaine* in *tortilla shells*, garnished with *celery* sticks.

The Free-As-A-Bird

Free-range chicken salad wrapped in sprouted wheat *tortilla shells* with *romaine*, garnished with seasonal *crudités*.

The Vegan-Roast Veggie

Vegan roasted seasonal *veggies* & Holy Humous with *spinach*, garnished with *cucumber* slices and *radish* stars.

The Tempeh-tation

Vegan roasted *tempeh*, sea veg & bokchoy wrap, with *spinach* & *rice noodle*, garnished with cashew.

SUMMER SALADS

Salad dressings are made fresh
from raw ingredients

Prince of Greens Salad

Seasonal *greens*, sunflower *sprouts*, grated *root veggies* and seasonal *vegetables*, with your choice of one of the following fresh, organic dressings:

- 🌱 *Lemon Basil* Vinaigrette
- 🌱 Sesame Ginger Vinaigrette
- 🌱 Green Goddess Avocado Dressing

Queen of Quinoa Tabbouleh Salad

Tasty complete protein of ancient grain *quinoa* is the base for this remake of more traditional tabbouleh. Tossed with chopped *tomatoes*, *green onions* and *cucumber* in a lemony mint & *olive* oil dressing.

Princess Penne Pasta Salad

Tender kamut *penne* tossed with chopped seasonal *veggies* and herbs in a balsamic honey dressing.

DIVINE DESSERTS

Muffins are served with organic
butter or Earth Balance non-gmo,
non-hydrogenated margarine

🌱 Order by the dozen

Home-made Muffin Madness

- Blueberry Cardamom* — kamut flour, turbinado
- Ginger, Oat & Raisin* — spelt flour, molasses
- Apple Walnut* — spelt flour, sucanat

Fit for a King Cookies

- Chocolate Chip* — kamut flour, turbinado
- Lavendar Shortbread* (gluten-free) — white rice flour, tapioca flour, maple syrup
- Pumpkin Seed Butter & Cardamom* — spelt flour, brown rice syrup
- Oatmeal Raisin* — spelt flour, sucanat, berry sugar

Squire's Squares, etc.

- Lemon Poppyseed Loaf*, with *lemon* glaze (gluten-free) — white rice flour, turbinado
- Matrimonial Date Bars* — kamut flour, turbinado and apple juice concentrate
- Brown Rice Crispy Squares* (gluten-free) — brown rice syrup

BEVERAGES

hot beverages

- Mulled *Apple Cider* — 4 liters
- Inka, caffeine-free coffee substitute
- Fair Trade Coffee & assorted Herbal Teas

cold beverages

- Santa Cruz Apple Cider* — 4 liters
- Knudson *Organic Spritzers* — assorted
- Aqua Libra* — assorted
- Penta Premium Water* (oxygenated) — 325ml
- MillerSprings Premium Water* — 4L pump jug

Minimum order is \$200.00
All menu ingredients in *italics*
are certified organic

🌱 *The Good for You Gourmet
Catering Company*
is a division of
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