

# Breakfasts



## AVOCADO SMASH PLATTER

\$70

16 sourdough toasts | served with topping on the side • smashed avocado, radish, cucumber, micro cilantro

320 calories per serving (16 servings)



## NEW YORK PLATTER

\$110

16 sourdough toasts | served with topping on the side • whipped za'atar scallion cream cheese, smoked salmon, sliced tomato, pickled red onion, alfalfa sprouts

290 calories per serving (16 servings)



## VEGGIE OMELETTE PLATER

\$120

16 halves | pasture-raised whole eggs, scallions, bell pepper, mozzarella & spinach • served with side of avocado smash, toasted sourdough, arugula

470 calories per serving (16 servings)



## EGG SANDWICH PLATTER

\$110

serves 12-16 people | toasted plain bagel scooped, pasture-raised whole eggs, mozzarella, arugula, avocado smash, tomatoes, olive oil, red pepper flakes • served with pura vida sauce

345 calories per serving (16 servings)

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# Breakfasts



## EGG CIABATTA PLATTER

**\$110**

serves 12-16 people | toasted ciabatta, pasture-raised whole eggs, mozzarella, arugula, avocado smash, tomatoes, olive oil, red pepper flakes • served with pura vida sauce

345 calories per serving (16 servings)

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## CHARRED FRUIT TOAST PLATTER

**\$75**

12 sourdough toasts | whipped ricotta with lemon zest & mint, blueberry, strawberry, charred seasonal fruit, raw local honey, vegan gf granola, micro mint

270 calories per serving (12 servings)

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## FRESH FRUIT SALAD PLATTER

**\$65**

serves 12-16 people | mango, kiwi, pineapple, strawberry, blueberry

45 calories per serving (16 servings)

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## BAGEL PLATTER W/ CREAM CHEESE

**\$40**

serves 12 people | everything, sesame & plain bagels  
+ cream cheese

384 calories per serving (12 servings)

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# Sandwiches



## SANDWICH ASSORTMENT PLATTER

**\$135**

16 sandwich halves | assortment served on toasted ciabatta |  
tuna sprout & green tahini • pesto chicken & pura vida sauce

400 calories per serving (16 servings)

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## SANDWICH PLATTER

**\$135**

16 sandwich halves | **pick one flavor** |  
tuna sprout served on multigrain sourdough & green tahini •  
pesto chicken served on toasted ciabatta & pura vida sauce • cali  
chicken served on toasted ciabatta & chipotle aioli

380 calories per serving (16 servings) - tuna sprout  
415 calories per serving (16 servings) - pesto chicken  
370 calories per serving (16 servings) - cali chicken

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## WRAP PLATTER

**\$120**

serves 12-16 people | served on spinach wrap • kale chicken  
caesar, vegan crunchy veggie, cali chicken | vegan gf green  
tahini & pura vida sauce on the side

500 calories per serving (16 servings) - kale chicken caesar  
305 calories per serving (16 servings) - vegan crunchy veggie  
360 calories per serving (16 servings) - cali chicken  
385 calories per serving (16 servings) - assortment

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# Salads



## FALL FARRO SALAD

\$80

serves 12-16 people | mixed greens, radicchio, farro, spiced pumpkin seeds, radish, red onion, cucumber, dates, snow peas, crumbled goat cheese, spiced tahini dressing

200 calories per serving (16 servings)



## GREEK SALAD

\$90

serves 12-16 people | arugula, mixed greens, cherry tomato, marinated olives, cucumber, red onion, sweet bell pepper, crumbled feta, sourdough crouton crumbles, side of herb vinaigrette

145 calories per serving (16 servings)



## JEN'S HERB SALAD

\$80

serves 12-16 people | arugula, kale, mint, italian parsley, cilantro, organic quinoa, jalapeño, spiced walnuts, crumbled feta, scallion, apple cider vinaigrette

470 calories per serving (16 servings)



## KALE CAESAR SALAD

\$80

serves 12-16 people | locally sourced kale, multigrain croutons, parmesan cheese, tossed in our seriously addicting homemade caesar dressing

60 calories per serving (16 servings)

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# Snacks



## BAKED EMPANADAS

\$45

12 empanadas | **assortment or pick one flavor** • beef, chicken, spinach & cheese | served with green tahini & spicy aioli

160 calories per serving (12 servings) - beef  
150 calories per serving (12 servings) - chicken  
160 calories per serving (12 servings) - spinach and cheese  
155 calories per serving (12 servings) - assortment



## HUMMUS VEGGIES & PITA PLATTER

\$55

serves 12 people | hummus, green harissa, olive oil, pomegranate seed, micro cilantro • toasted pita, crudité veggies

185 calories per serving (12 servings) - with hummus  
155 calories per serving (12 servings) - with avo smash  
210 calories per serving (12 servings) - with tuna salad



## ENERGY BITES PACK

\$55

12-pack assortment | oatmeal chocolate pb, vegan almond butter

310 calories per serving (6 servings) - oatmeal chocolate pb  
340 calories per serving (6 servings) - vegan almond butter



## YOGURT PARFAIT PACK

\$105

12-pack assortment | greek yogurt, blended with organic grass-fed vanilla whey protein, almond milk, topped with dried cherry, pecan, honey, homemade vegan gluten-free granola

470 calories per serving (12 servings)

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# Beverages



**\$100**

## COLD PRESSED JUICE ASSORTMENT

12 bottles | cold press juice assortment: green deluxe, immune booster, lulu's lemon, miami beet, the glow

80 calories per bottle - green deluxe  
150 calories per bottle - immune booster  
140 calories per bottle - lulu's lemon  
140 calories per bottle - miami beet  
140 calories per bottle - the glow



**\$45**

## WELLNESS SHOTS ASSORTMENT

12 wellness shots | assortment of our immune-boosting wellness shots

45 calories per bottle - flu shot 15 calories per bottle - detox shot 30 calories per bottle - eternal youth 25 calories per bottle - immunity shot 25 calories per bottle - shot of glow



**\$85**

## ORANGE JUICE PACK

12 bottles | cold press orange juice

150 calories per bottle



**\$80**

## APPLE JUICE PACK

12 bottles | cold press apple juice (8oz)

130 calories per bottle



**\$75**

## LALA LEMONADE PACK

12 bottles | lemon sweetened with agave

80 calories per bottle



**\$65**

## GINGER LEMON KOMBUCHA PACK

12 cans | ginger lemon kombucha

60 calories per can



**\$65**

## WATERMELON CUCUMBER KOMBUCHA PACK

12 cans | watermelon cucumber kombucha

50 calories per can



**\$20**

## EVIAN HYDRATION PACK

12-pack of 500ml Evian Water

0 calories per bottle

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# Sweets



## BAKERY PLATTER

\$45

vegan walnut chocolate chip cookie, matcha pistachio cookie, vegan walnut banana bread, rugelach chocolate croissant

98 calories per serving (12 servings) - vegan walnut chocolate chip cookie 103 calories per serving (12 servings) - matcha cookie 65 calories per serving (12 servings) - vegan walnut banana bread 123 calories per serving (12 servings) - rugelach chocolate croissant



## COOKIE PLATTER

\$35

gf guava coconut cookie, vegan walnut chocolate chip cookie, matcha pistachio cookie

103 calories per serving (12 servings) - gf guava coconut cookie 98 calories per serving (12 servings) - vegan walnut chocolate chip cookie 103 calories per serving (12 servings) - matcha pistachio cookie

# Kids Menu



## MINI TOASTED CHICKEN PLATTER

\$100

20 wrap halves | gluten-free wrap, antibiotic-free chicken, cilantro jasmine rice, melted mozzarella cheese, a side of mandarin oranges



## MINI EGG BURRITO PLATTER

\$100

20 wrap halves | gluten-free wrap, pasture-raised eggs scrambled with mozzarella, a side of mandarin oranges

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