



meal prep made easy!

Bulk Catering Menu

Grazing Platters	12" (serves 10-12)	16" (serves 14-16)	18" (serves 18-20)
Grand Mediterranean Platter	\$60.00	\$80.00	\$100.00
Roasted Vegetable Platter (vegan)	\$60.00	\$80.00	\$100.00
Fruit and Cheese Platter	\$60.00	\$80.00	\$100.00
Cold Crudités Platter	\$30.00	\$50.00	\$70.00
Smoked Salmon Platter	\$60.00	\$80.00	\$100.00
Eggplant Rollatini	25 pc. \$30.00	50 pc. \$55.00	100 pc. \$100.00
Greek Chicken Skewers	24 pc. \$60.00	32 pc. \$80.00	40 pc. \$100.00
Bacon Wrapped Dates	25 pc. \$30.00	50 pc. \$55.00	100 pc. \$100.00
Caprese Skewers	25 pc. \$30.00	50 pc. \$55.00	100 pc. \$100.00
Italian Skewers	25 pc. \$30.00	50 pc. \$55.00	100 pc. \$100.00
Goat Cheese Stuff Peppers	25 pc. \$25.00	50 pc. \$50.00	100 pc. \$100.00
Salads and Vegetables Sides	80 oz (serves 14-16)	160 oz. (serves 28-32)	320 oz. (serves 50-55)
Lemon Chicken and Arugula Salad	\$35.00	\$65.00	\$130.00
Israeli Couscous Salad	\$35.00	\$65.00	\$130.00
Greek Salad	\$30.00	\$55.00	\$110.00
Garden Salad	\$30.00	\$55.00	\$110.00
Curried Carrots	\$25.00	\$50.00	\$100.00
Mediterranean Spiced Potatoes	\$25.00	\$50.00	\$100.00
Roasted Rainbow Cauliflower	\$30.00	\$60.00	\$120.00
Roasted Brussel Sprouts	\$30.00	\$60.00	\$120.00
Sauces and Dips	16 oz.	32 oz.	ADD - ON HALF TRAY
Tzatziki	\$10.00	\$18.00	Fresh Pita Bread +\$14
Hummus - Plain or Garlic Herb	\$10.00	\$18.00	Toasted Baguette +\$14
Roasted Red Pepper & Almond	\$10.00	\$18.00	
Chimmichurri	\$14.00	\$26.00	
Sweet & Spicy Tahini	\$14.00	\$26.00	
Whipped Feta w/ Honey & Pistachios	\$14.00	\$26.00	



meal prep made easy!

Appetizers

Grand Mediterranean Platter - Variety of cured meats, roasted organic vegetables, olives, artisan crackers and dips

Roasted Vegetables - Variety of seasonal roasted organic vegetables and dips

Fruit and Cheese Platter - Seasonal organic fruit, artisanal cheeses, nuts and chocolates

Cold Crudités Platter - Basic organic veggies with dipping sauces

Smoked Salmon Platter - Variety of sliced smoked salmon, red onions, capers and tomatoes. Served with Crème Fresh and sourdough crisps

Eggplant Rollatini - Thin sliced eggplant, stuffed with ricotta, garlic and basil and roasted

Greek Chicken Skewers - Yogurt, lemon and dill marinated grilled organic chicken

Bacon Wrapped Dates - Whole Medjool dates stuffed with manchego cheese and wrapped in crispy bacon

Caprese Skewers - Fresh organic cherry tomatoes skewered with marinated mozzarella pearls and sprinkled with fresh basil, balsamic and EVOO

Italian Skewers - Marinated artichoke, olive, pepperoncini, salami and tortellini

Stuffed Mini Peppers - Baby bell peppers stuffed with creamy goat cheese



meal prep made easy!

Salads and Vegetable Sides

Lemon Chicken and Arugula Salad - Garlic and lemon marinated chicken breasts over a bed of fresh, organic baby arugula and shaved parmesan. Served with lemon vinaigrette

Israeli Couscous Salad - Pearled couscous mixed with cucumber, tomato, red onion, kalamata olive, herbs and spices

Greek Salad - Organic Romaine lettuce with kalamata olives, red onion, cucumber, tomato, pepperoncini and feta. Served with Greek dressing

Garden Salad - Organic Romaine lettuce with carrots, tomato, red onion, cucumber and peppers. Served with Balsamic vinaigrette

Curried Carrots - Sweet whole organic carrots marinated in green curry and light spices and roasted

Mediterranean Potatoes - Heavily seasoned red potatoes with garlic, cumin and turmeric

Roasted Rainbow Cauliflower - Multi-color cauliflower roasted with garlic

Roasted Brussel Sprouts - Large organic brussel sprouts, roasted with garlic, EVOO and red pepper flakes. Finished with Balsamic glaze.