



<b>Soups</b>	<b>16 oz (serves 1-2)</b>	<b>32 oz (serves 3-5)</b>	<b>64 oz (serves 8-10)</b>
<b>Avgolemono</b>	\$10.00	\$18.00	\$33.00
<b>Butternut Squash Bisque</b>	\$10.00	\$18.00	\$33.00
<b>Tuscan Bean</b>	\$10.00	\$18.00	\$33.00
<b>Straciatella</b>	\$10.00	\$18.00	\$33.00
<b>Tomato Bisque</b>	\$10.00	\$18.00	\$33.00
<b>Salads and Veggie Sides</b>	<b>Small (serves 4-6)</b>	<b>Med (serves 8-10)</b>	<b>Large (serves 18-20)</b>
<b>Lemon Chicken and Arugula</b>	\$25.00	\$50.00	\$90.00
<b>Tabouli</b>	\$20.00	\$40.00	\$80.00
<b>Israeli Couscous Salad</b>	\$25.00	\$50.00	\$90.00
<b>Greek Salad</b>	\$25.00	\$50.00	\$90.00
<b>Curried Carrots</b>	\$17.00	\$30.00	\$55.00
<b>Mediterranean Potatoes</b>	\$17.00	\$30.00	\$55.00
<b>Roasted Rainbow Cauliflower</b>	\$17.00	\$30.00	\$55.00
<b>Appetizers</b>	<b>Small (serves 4-6)</b>	<b>Med (serves 8-10)</b>	<b>Large (serves 18-20)</b>
<b>Eggplant Rollatini w/sauce</b>	25 pc. \$25.00	50 pc. \$50.00	100 pc. \$95.00
<b>Bacon Wrapped Dates</b>	25 pc. \$25.00	50 pc. \$50.00	100 pc. \$95.00
<b>Caprese Skewers</b>	25 pc. \$25.00	50 pc. \$50.00	100 pc. \$95.00
<b>Italian Skewers</b>	25 pc. \$28.00	50 pc. \$54.00	100 pc. \$100.00
<b>Stuffed Mini Peppers</b>	20 pc. \$20.00	40 pc. \$40.00	80 pc. \$80.00
<b>Crudités Platter</b>	\$20.00	\$40.00	\$80.00
<b>Crudités Cups (min. 20)</b>	\$3.00 per cup		
<b>Chicken Skewers (min. 20)</b>	\$2.00 per skewer		
<b>Smoked Salmon Platter</b>		\$75.00	\$150.00
<b>Dips</b>	<b>16 oz.</b>	<b>32. oz.</b>	<b>ADD ON HALF TRAY</b>
<b>Tzatziki</b>	\$8.00	\$15.00	Pita Bread +\$12
<b>Hummus - plain or garlic</b>	\$8.00	\$15.00	Sliced Baguette +\$12
<b>Roasted Red Pepper and Almond</b>	\$8.00	\$15.00	
<b>Chimmichurri</b>	\$12.00	\$20.00	
<b>Sweet and Spicy Tahini</b>	\$14.00	\$25.00	
<b>Whipped Feta and Honey</b>	\$14.00	\$25.00	



meal prep made easy!

### Soups

**Avgolemono** - Greek lemon chicken and rice soup. Made with arborio rice, chicken stock, lemon and egg yolk.

**Butternut Squash Bisque** - Butternut squash roasted with red miso, hint of curry spice, coconut milk and topped with walnuts.

**Tuscan Bean Soup** - Variety of beans and legumes in a light tomato broth with spinach and lemon. Simmered with parmesan rind.

**Straciatella Soup** - Traditional Italian soup with pillowy ribbons of egg and parmesan with a hearty handful of baby spinach and fresh grated nutmeg.

**Tomato Bisque** - Roasted tomato and vegetable medley blended with light cream and topped with fresh basil.

### Salads and Veggie 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.

**Tabouli** - Lebanese herb and bulgur wheat salad. Blend of parsley, tomato, mint, onion, bulgur, lemon, EVOO and spices.

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

**Greek Salad** - Green leaf lettuce with kalamata olives, red onion, cucumber, tomato, pepperoncini and feta. Served with lemon dressing.

**Curried Carrots** - Sweet whole carrots marinated in red 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.

### Appetizers

**Eggplant Rollatini w/ Red Pepper Sauce** - Thin sliced eggplant, stuffed with ricotta, garlic and basil and roasted. Served on top of roasted red pepper sauce.

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

**Caprese Skewers** - Fresh 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

**Crudités Platter** - Seasonal, fresh crudités

**Crudités Cups** - Seasonal, fresh crudités served in individual cups

**Chicken Skewers** - Yogurt, lemon and dill marinated grilled chicken

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