



Fresh & Co

Menu Prices — September 9, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Most Ordered

ITEM	PRICE
Create Your Own Grain Bowl Select a base with 4 complimentary toppings.	\$12.89
Create Your Own Salad Select a base with 4 complimentary toppings.	\$12.89
Soup	\$5.59
Shanghai Chicken Salad(GF)(N)(DF) Roasted chicken, edamame, scallions, almonds, cilantro, red cabbage, carrots, romaine perfectly paired with miso sesame...	\$17.09
Chicken Fresco Roasted chicken, avocado, queso fresco, roasted red peppers & tomatillo salsa on ciabatta bread. 623 cal, 50g carbs,...	\$13.79
Chips	\$3.69
Mexican Caesar Salad(F) Avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, crushed pita chips, and romaine. Perfectly paired wi...	\$14.69
Cali Cobb Salad(GF) Roasted turkey, crispy bacon, mushrooms, crumbled blue cheese, grape tomatoes, cucumbers, baby spinach, and romaine. Per...	\$17.09
South by Southwest(VG)(GF) avocado, corn, cotija cheese, kidney beans, pico de gallo, and romaine. Perfectly paired with chipotle-lime vinaigrette...	\$14.69
South Beach Craisins, walnuts, green apples, blue cheese, local mesclun, romaine, perfectly paired with balsamic vinaigrette. 2...	\$14.69

Breakfast Sandwiches + Wraps

ITEM	PRICE
Florentine(VG) egg whites, baby spinach, swiss cheese on a whole wheat wrap. 502 cal, 37g protein	\$12.19
AM Energy egg whites, roasted chicken, spinach, mozzarella on a whole wheat wrap. 472 cal, 38g protein	\$12.19
El Greco(VG) egg whites, feta, grape tomato, onions on a whole wheat wrap. 405 cal, 24g protein	\$12.19
Everything Bagel Spice Avocado Toast Avocado, hard-boiled egg, everything bagel spice, on sourdough bread 470 cal, 16g protein	\$14.09
Power BLT 2 eggs, crispy bacon, arugula, mashed avocado, sun dried tomato, sun-dried pesto on a brioche. 38g protein, 727 cal	\$12.59
Vegetarian Breakfast Burrito Scrambled eggs, avocado, refried beans, grapefruit pickled onions, queso fresco, crema & salsa on a wrap. 472 cal, 25...	\$12.19
Sausage, Egg + Cheddar on Brioche Scrambled eggs, sausage patty, sharp white cheddar on a buttery brioche. 32g protein, 575 cal	\$12.19
Ham + Egg Croissant Country ham, scrambled eggs, on a flaky croissant 28g protein, 465 cal	\$12.19
Ham and Swiss Croissant Croissant with country ham, Swiss cheese, and Dijon. 465cal, 28g protein	\$13.49
Chorizo Breakfast Burrito Crumbled chorizo, scrambled eggs, hashbrown, pepper jack & salsa on a wrap. 925cal, 63g protein	\$12.59
Classic Avocado Toast(V)(VG) Olive oil, chili flakes, sea salt, on sourdough bread. 399 cal, 12g protein	\$13.49

ITEM	PRICE
Bacon + Egg Croissant Crispy bacon, scrambled eggs, on a flaky croissant 28g protein, 487 cal	\$12.19
Avocado BLT Avocado, crispy bacon, grape tomatoes, mayo, mesclun mix on mutligrain bread. 485 cal, 16g protein, 42g carb	\$13.49
Bagel	\$2.79
Egg Sandwiches 2 eggs on your choice of roll, bagel, wrap, or toast. 290 cal, 17g protein, 31g carb	\$6.19
Beyond Sausage, Egg and Cheese(VG) Beyond® Sausage, 2 egg and cheese on an english muffin. 517cal, 35g protein	\$12.59

Breakfast Platters + Bakery

ITEM	PRICE
Huevos Rancheros 2 eggs, quinoa, kidney beans, braised kale, cilantro, jack & cheddar, red onions, avocado, tortilla chips with chipotle-...	\$12.89
Keto Energy 2 eggs, zucchini noodles, avocado, crispy bacon and cheddar cheese. 525 cal, 42g protein	\$13.49
Brioche French Toast Served with syrup. 438cal, 10g protein	\$14.69
Oatmeal (with milk) Pick two complimentary toppings: 142 cal, 67g protein	\$5.59
Aegean 2 eggs, quinoa, braised kale, feta, grape tomatoes, kalamata olives with Greek yogurt. 307cal, 22g protein	\$12.89
Oatmeal (with water) Pick two complimentary toppings: 90cal, 42g protein	\$5.59
Butter Croissant flakey, buttery croissant	\$6.09
Buttermilk Pancakes Served with syrup. 331cal, 12g protein	\$13.49
Beyond Breakfast Bowl Beyond® Sausage, 2 Eggs, avocado, braised kale, organic quinoa served with our house-made hot sauce. 383cal, 26g prot...	\$14.69
Blueberry Muffin	\$6.09
Create Your Own Omelette 3 fillings with sweet potato hash and toast. 204cal, 13g protein	\$13.49
2 Eggs Any Style Served with toast and mixed greens or sweet potato hash.	\$12.19

Gluten-Free Menu

ITEM	PRICE
South Beach (Gluten-Free Menu) Craisins, walnuts, green apples, blue cheese, local mesclun, romaine, perfectly paired with balsamic vinaigrette. 2...	\$14.69
Gluten Free Turkey Avocado (GF) Roasted Turkey, avocado, pepper jack cheese, arugula, tomato, chipotle spread on gluten-free sliced bread 507 cal, 2...	\$14.69
Santa Fe Salad Avocado, corn, local jack & cheddar, grape tomatoes, onions, tortilla chips, local kale, romaine, perfectly paired with...	\$13.79

ITEM	PRICE
South by Southwest Romaine, corn, avocado, cotija cheese, kidney beans, Pico de Gallo with chipotle-lime vinaigrette. 408 cal, 48g carbs...	\$14.69
Turkey Chili Bowl Turkey chili, kale, kidney beans, jack & cheddar, Pico de Gallo, avocado with small batch hot sauce and Greek yogurt....	\$17.09
Shrimp Taco Salad Chipotle-marinated shrimp, radish, corn, pico de gallo, tortilla chips, with a coconut-lime vinaigrette. 165 cal,...	\$19.59
Tex-Mex Kale, avocado, local jack & cheddar, Pico de Gallo, kidney beans with chipotle-lime vinaigrette. 409 cal, 45g carbs...	\$14.69
Shanghai Chicken Salad Roasted chicken, edamame, scallions, almonds, cilantro, red cabbage, romaine perfectly paired with miso sesame vinaigret...	\$17.09
Cali Cobb Salad Roasted turkey, crispy bacon, mushrooms, crumbled blue cheese, grape tomatoes, cucumbers, baby spinach, romaine, perfect...	\$17.09
Kale Lemon Chickpea Chick Pea side salad with lemon zest, scallions, and onions	\$6.79
Greek Yogi Blueberries, chia seeds, walnuts, light agave.	\$7.69
Classic Rice Pudding Milk, Carolina rice, cinnamon, raisins.	\$7.29
Chocolate Chia Seed Pudding Coconut milk, agave, cocoa powder, chia, semisweet chocolate, 72% espresso, toasted coconut flakes.	\$5.59
Banana	\$1.59
Beyond Breakfast Bowl (Gluten-Free Menu) Beyond® Sausage, 2 Eggs, Avocado, Braised Kale, Organic Quinoa served with our House-made hot sauce 26g protein, 383 c...	\$14.69
Create Your Own Omelette (Gluten-Free Menu) 3 fillings with sweet potato hash and toast.	\$13.49
2 Eggs Any Style (Gluten-Free Menu) Served with toast and mixed greens or sweet potato hash.	\$12.19
Falafel Salad Falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, local kale, romaine, perfectly paired with lemon tahi...	\$17.09
Turkey Cranberry Side Salad Roasted turkey, celery, mayonnaise, dried cranberries, almonds, dill, miso sesame dressing, salt, pepper.	\$8.29
Avocado Chicken Side Salad Roasted chicken, celery, Pico de Gallo, avocado dressing, Greek yogurt, salt, pepper.	\$8.29
Chicken Mango Side Salad Roasted chicken breast, mango, mayonnaise, celery, scallions, jalapeño, sriracha, agave, cilantro, spices, coconut, rais...	\$8.29
Vanilla Chia Seed Pudding Milk, heavy cream, blueberries, agave, chia, vanilla.	\$5.59
Mixed Fruit Salad Sliced seasonal fruit.	\$6.79
Mediterranean Kale, kalamata olives, marinated roasted peppers, chickpeas, green apples, feta with Greek yogurt. 280 cal, 41g car...	\$14.09
Aegean (Gluten-Free Menu) 2 eggs, quinoa, braised kale, feta, tomatoes, kalamata olives with Greek yogurt.	\$12.89
Albacore Tuna Salad Albacore, mayo made with 0% Greek yogurt, lemon wedge.	\$7.99
Power Snack Egg and Spinach Cage-free eggs, spinach, pepper.	\$4.29

ITEM	PRICE
Apple	\$6.49
Keto Energy (Gluten-Free Menu) 2 eggs, zucchini noodles, avocado, smoked bacon and cheddar cheese.	\$13.49
Huevos Rancheros (Gluten-Free Menu) 2 eggs, quinoa, red beans, braised kale, cilantro, jack & cheddar, red onions, avocado, tortilla chips with chipotle aio...	\$12.89
Grain Bowls	
South by Southwest(VG)(GF) (Grain Bowls) avocado, corn, cotija cheese, kidney beans, pico de gallo, and romaine. Perfectly paired with chipotle-lime vinaigrette...	\$14.69
Tex-Mex(VG)(GF) avocado, jack & cheddar, pico de gallo, kidney beans & kale. Perfectly paired with chipotle-lime vinaigrette. 460 cal...	\$14.69
Turkey Chili Bowl(GF) Turkey chili, kidney beans, jack & cheddar, pico de gallo, avocado, greek yogurt & kale. Perfectly paired house-made hot...	\$17.09
Mediterranean(VG)(GF) kalamata olives, marinated roasted peppers, chickpeas, green apples, feta cheese, kale with Greek yogurt. 332 cal, 1...	\$14.09
Falafel Bowl(VG) Falafel, grapefruit pickled onions, cucumbers, grape tomatoes, crushed pita chips, greek yogurt & kale. Perfectly paired...	\$17.09
Create Your Own Grain Bowl (Grain Bowls) Select a base with 4 complimentary toppings.	\$12.89
Sriracha Bliss Bowl (GF)(VG)(DF) Choice of grain, arugula, herb-roasted asparagus, coriander-spiced sweet potatoes, pickled red cabbage, baba-ghanoush, t...	\$15.89
Salads	
Shanghai Chicken Salad(GF)(N)(DF) (Salads) Roasted chicken, edamame, scallions, almonds, cilantro, red cabbage, carrots, romaine perfectly paired with miso sesame...	\$17.09
South Beach(GF)(VG)(N) Craisins, walnuts, green apples, blue cheese, local mesclun and romaine. Perfectly paired with balsamic vinaigrette. (co...	\$14.69
Mexican Caesar Salad(F) (Salads) Avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, crushed pita chips, and romaine. Perfectly paired wi...	\$14.69
Santa Fe Salad(GF)(VG) Avocado, corn, jack & cheddar, grape tomatoes, onions, tortilla chips, kale, romaine- perfectly paired with chipotle lim...	\$13.79
Shrimp Taco Salad(GF)(F)(DF) Chipotle-marinated shrimp, radish, corn, pico de gallo, tortilla chips, with a coconut-lime vinaigrette. 180 cal, 22g...	\$19.59
Cali Cobb Salad(GF) (Salads) Roasted turkey, crispy bacon, mushrooms, crumbled blue cheese, grape tomatoes, cucumbers, baby spinach, and romaine. Per...	\$17.09
Falafel Salad(GF)(VG)(VGN)(DF) Falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, local kale, romaine, perfectly paired with lemon tahi...	\$17.09
Kale Caesar(F) Grape tomatoes, croutons, grated Parmigiano, local kale, romaine, perfectly paired with creamy Caesar with a fresh lemon...	\$13.49
Create Your Own Salad (Salads) Select a base with 4 complimentary toppings.	\$12.89
Golden Harvest Salad (GF) Mixed greens, baby kale, roasted tomatoes, spiced bacon, avocado, shaved parmesan, cucumber- perfectly paired with green...	\$14.69

Protein Sides

ITEM	PRICE
Garlic Sticky Chicken DF	\$8.59
Crispy Chicken (3-4pc) Crispy chicken, with a choice of 2 vegetable sides, and a base	\$8.59
Chipotle Shrimp GF, DF, F	\$9.89
Crispy Falafel (4 pc) VG, GF, DF, V	\$8.59
Roasted Turkey DF,GF	\$8.59
Roasted Tofu VG, GF, DF	\$8.59
Roasted Salmon Herb-roasted salmon market plate, with a choice of 2 vegetable sides, and a base	\$9.89
Grilled Steak GF, DF	\$9.89

Sandwiches

ITEM	PRICE
Chicken Fresco (Sandwiches) Roasted chicken, avocado, queso fresco, roasted red peppers & tomatillo salsa on ciabatta bread. 623 cal, 50g carbs,...	\$13.79
Tomato Mozzarella Pesto(VG) Sliced tomatoes, fresh mozzarella, house-made pesto sauce, on a ciabatta. 583 cal, 25g protein, 33g carbs	\$13.49
Gluten Free Turkey Avocado (GF) (Sandwiches) Roasted Turkey, avocado, pepper jack cheese, arugula, tomato, chipotle spread on gluten-free bread. 29g protein, 507...	\$14.69
Buffalo Chicken Roasted chicken, crispy romaine, crumbled blue cheese, scallions & buffalo sauce on a whole wheat wrap 603 cal, 42g c...	\$13.79
Classic Tuna Salad Sandwich(F)(DF) Albacore tuna salad, mesclun mix, tomato on pumpernickel bread. 481 cal, 24g protein, 40g carb	\$13.49
Falafel Wrap(VG)(VGN) Falafel, avocado, pickled onions, pickled peppers, tomatoes, arugula, hummus & lemon-tahini dressing on a whole wheat wr...	\$13.79
Everything Bagel Spice Avocado Toast(VG) Avocado, hard-boiled egg, and everything spice. 355 cal, 32g carbs, 12g protein	\$14.09
Roasted Turkey and Cheddar Roasted turkey, cheddar, avocado, tomatoes, chipotle spread on ciabatta. 631 cal, 30g carbs, 36g protein	\$13.79
Avocado Toast(VG)(VGN) Olive oil, chili flakes, sea salt. 284 cal, 30g carbs, 7g protein	\$13.49
Ham and Swiss Croissant (Sandwiches) Croissant with country ham, Swiss cheese, and Dijon. 524 cal, 18g carbs, 27g protein	\$13.79
Crispy Chicken and Mozzarella Crispy chicken, mozzarella, artichokes, tomatoes, arugula & sun-dried tomato pesto on semolina bread. 688 cal, 70g ca...	\$13.79
Bistro Steak grilled steak, Swiss cheese, arugula, caramelized onions, and roasted garlic aioli on a toasted baguette 31g protein...	\$19.59

ITEM	PRICE
Green Goddess Wrap Herb-roasted chicken, spiced bacon, baby kale, cucumbers, avocado, parmesan, scallions, and green goddess dressing on a...	\$15.89
Juice & Smoothie	
ITEM	PRICE
SuperGreen(N) Kale, Spinach, Avocado, Almond Butter, strawberry, dates, choice of milk. 32g protein, 450 cal	\$13.49
PB Mood Booster(N) Banana, Peanut Butter, almond milk, Cacao Nibs, chocolate protein powder 30g protein, 305cal, 23g carb	\$13.49
Berrylicious(N) Healthy Seed Mix, Blueberry, Strawberry, Raspberry, Banana, and choice of milk. Vanilla protein recommended. 29g p...	\$13.49
Cocacado Coconut yogurt, avocado, banana, lime, coconut flake 6g Protein, 260 cal	\$13.49
Soup & Side Salads	
ITEM	PRICE
Mixed Fruit Salad (Soup & Side Salads) Sliced seasonal fruit.	\$6.79
Premium Soup	\$6.19
Turkey Cranberry Side Salad (Soup & Side Salads) Roasted turkey, celery, mayonnaise, dried cranberries, almonds, dill, miso sesame dressing, salt, pepper.	\$8.29
Power Snack Egg and Spinach (Soup & Side Salads) Cage-free eggs, spinach, pepper.	\$4.29
Avocado Chicken Side Salad (Soup & Side Salads) Roasted chicken, celery, Pico de Gallo, avocado dressing, Greek yogurt, salt, pepper.	\$8.29
Albacore Tuna Salad (Soup & Side Salads) Albacore, mayo made with 0% Greek yogurt, lemon wedge.	\$7.99
Soup (Soup & Side Salads)	\$5.59
Half Sandwich and Soup Combo Broccoli & cheddar, turkey chili, chicken fiesta. Available in regular or large size.	\$15.39
Snacks	
ITEM	PRICE
Chips (Snacks)	\$3.69
Peanut Butter Coconut Yogurt Coconut yogurt, bananas, granola, flax seeds & peanut butter	\$5.59
Berry Classic Strawberry, granola, honey.	\$7.69
Bircher Muesli Granola, honey, apples, almonds, dried cranberries, pomegranate.	\$7.69
Classic Rice Pudding (Snacks) Milk, Carolina rice, cinnamon, raisins.	\$7.29
Apple (Snacks)	\$1.59
Banana (Snacks)	\$1.59

ITEM	PRICE
Summer Berry Coconut Yogurt Coconut yogurt, blueberries, strawberries & healthy seed mix	\$5.59
24-Hr Oatmeal	\$7.29
Greek Yogi (Snacks) Blueberries, chia seeds, walnuts, light agave.	\$7.69
Power Snack Egg and Spinach (Snacks) Cage-free eggs, spinach, pepper.	\$4.29
Chocolate Chia Seed Pudding (Snacks) Coconut milk, agave, cocoa powder, chia, semisweet chocolate, 72% espresso, toasted coconut flakes.	\$5.59
Vanilla Chia Seed Pudding (Snacks) Milk, heavy cream, blueberries, agave, chia, vanilla.	\$5.59

Drinks

ITEM	PRICE
Oh My Green Apple, romaine, celery, cucumber, spinach, kale, parsley, ginger, lemon. 100 cal.	\$10.99
Carrot Kickstart Carrot, apple, lemon, ginger, turmeric. 150 cal.	\$10.99
Diet Coke A crisp, refreshing taste you know and love with zero calories.	\$2.79
Cold-Pressed Orange Juice	\$8.59
Sweet Lemonade	\$4.29
Coca Cola The cold, refreshing, sparkling classic that america loves.	\$2.79
Sprite The cold, refreshing flavors of lemon and lime, perfectly blended.	\$2.79
Coke Zero The same great taste but with zero calories.	\$2.79
Seltzer	\$3.69
Sweet Green Tea	\$4.29
Sprite Zero The same iconic great taste with zero sugar.	\$2.79
Poppi Strawberry Lemon Prebiotic Soda	\$6.19
Poppi Ginger Lime Prebiotic Soda	\$6.19

Coffee Bar

ITEM	PRICE
Iced La Colombe Latte	\$5.39
La Colombe Cold Brew Coffee	\$5.69
La Colombe Cappuccino	\$6.09
La Colombe Latte	\$6.09
Iced La Colombe Coffee	\$4.89

ITEM	PRICE
Iced Tea	\$4.89
La Colombe Espresso Double Shot	\$4.29
Iced La Colombe Cappuccino	\$5.39
Hot Chocolate	\$4.29
La Colombe Espresso Single Shot	\$3.69
Hot La Colombe Coffee	\$4.29
Hot Leaf Tea	\$4.29

Catering Express: Breakfast

ITEM	PRICE
Keto Energy (Catering Express: Breakfast) available until 11am daily *catering orders require 60 minute prep time. please select the correct time in order f...	\$153.19
Huevos Rancheros (Catering Express: Breakfast) available until 11am daily *catering orders require 60 minute prep time. please select the correct time in order for t...	\$153.19
Aegean (Catering Express: Breakfast) available until 11am daily *catering orders require 60 minute prep time. please select the correct time in order for t...	\$153.19
Beyond Sausage available until 11am daily *catering orders require 60 minute prep time. please select the correct time in order for t...	\$165.39
Bakery Basket Assortment of Baked Goods. Serves 8-10 available until 11am daily *catering orders require 60 minute prep time. p...	\$116.39
Oatmeal with Milk Served with mixed berries, brown sugar, honey, walnuts, raisins, and granola. Serves 8-10 *catering orders require...	\$91.89
Oatmeal with Water Served with mixed berries, brown sugar, honey, walnuts, raisins, and granola. Serves 8-10 *catering orders require...	\$91.89
Assorted Avocado Toast An assortment of: Classic, everything bagel spice, Smoked Salmon, Pico de Gallo. Serves 8-10 *catering orders requi...	\$165.39
Box of Joe 96 ounce caddy. serves 8-10 people *catering orders require 60 minute prep time. please select the correct time in ord...	\$36.69
Classic Sandwiches A mix of your classic favorites; Egg & Cheese, Bacon egg and cheese, sausage egg and cheese. Serves 8-10. *catering...	\$122.49
Breakfast Wraps An assortment of breakfast wraps. AM Energy, El Greco, Florentine, class bacon egg and cheese wrap. Serves 8-10 *ca...	\$122.49

Catering Express: Lunch&Dinner

ITEM	PRICE
Panini Package #1 Assortment of your favorite panini classics! Serves 8-10 *catering orders require 60 minute prep time. please selec...	\$171.59
Sandwich Package # 3 Assortment of your favorite healthy sandwiches, served with a fruit salad platter and a dessert platter. Serves 8-10...	\$238.89
Panini Package #2 Assortment of your favorite panini classics, and a fruit salad platter. Serves 8-10 *catering orders require 60 mi...	\$196.09
Panini Package #3 Assortment of your favorite paninis, a fruit salad platter, and a dessert platter Serves 8-10 *catering orders req...	\$251.19

ITEM	PRICE
All-in Spread for 10	\$428.79
Assortment of your favorite paninis and healthy sandwiches, Caesar Salad entree salad, a fruit salad platter, and a dess...	
Tex-Mex Bowl	\$165.39
Quinoa, Kale, avocado, jack & cheddar, pico de gallo, kidney beans- served with chipotle lime vinaigrette. Serves 8-10...	
Mediterranean Bowl- catering	\$165.39
Quinoa, kale, kalamata olives, marinated roasted peppers, chickpeas, green apples, feta, and greek yogurt. serves 8-10...	
South by Southwest Bowl- catering	\$165.39
Quinoa, romaine, corn, avocado, cotija cheese, kidney beans, pico de gallo- served with chipotle lime vinaigrette. Ser...	
Chicken Shawarma Bowl- catering	\$189.89
Quinoa, blackened chicken thigh, hummus, baba ghanoush, greek yogurt, pickles, israeli salad- served with lemon tahini d...	
Baked Falafel Grain Bowl- catering	\$189.89
Quinoa, Kale, Falafel, grapefruit pickled onions, cucumbers, grape tomatoes, greek yogurt, crushed pita chips- served wi...	
Turkey Chilli Bowl- catering	\$189.89
Wild Rice, kale, kidney beans, jack & cheddar, pico de gallo, avocado, turkey chilli, small batch hot sauce, and greek y...	
Santa Fe Salad- catering	\$165.39
Kale & Romaine, avocado, corn, jack & cheddar, grape tomatoes, onions, tortilla chips- perfectly paired with a fresh lim...	
Kale Caesar Salad- catering	\$140.89
Kale, Romaine, grape tomatoes, grated parmigiano cheese, crunchy croutons, fresh lemon squeeze- perfectly paired with Cr...	
Mexican Caesar Salad- catering	\$165.39
Romaine lettuce, avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, crushed pita chips- perfectly paire...	
South Beach Salad- catering	\$171.59
Romaine and Mesclun blend, raisins, walnuts, green apples, blue cheese- perfectly paired with Balsamic Vinaigrette. Se...	
Falafel Salad- catering	\$183.79
Romaine and Kale blend, crispy falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, splash of hot sauce- p...	
Cali Cobb Salad- catering	\$183.79
Spinach and Romaine blend, roasted turkey, crispy bacon, mushrooms, crumbled blue cheese, grape tomatoes, cucumbers- Per...	
Shanghai Chicken Salad- catering	\$183.79
Cabbage and Romaine blend, roasted chicken, edamame, scallions, crushed almonds, cilantro- Perfectly paired with Miso Sz...	
Fruit Salad Platter	\$116.39
Fresh fruit salad served in a bowl *catering orders require 60 minute prep time. please select the correct time in orde...	
Assorted Sweet Tray	\$116.39
a mix of your favorite brownies, bites, and cookies. *catering orders require 60 minute prep time. please select the...	
Market Table Spread- catering	\$214.39
Feeds up to 10 people *catering orders require 60 minute prep time. please select the correct time in order for the...	
Sandwich Package #1	\$159.29
Assortment of your favorite healthy sandwiches. Serves 8-10 *catering orders require 60 minute prep time. please s...	
Sandwich Package #2	\$189.89
Assortment of your favorite healthy sandwiches, and a fruit salad platter. Serves 8-10 *catering orders require 60...	