

GOODNESS TO-GO

# Maven

## MARKET

## Sample Smart Fridge Menu

Maven Market is changing the landscape of eating at work, without ever leaving the building! **Enjoy handcrafted healthy options for breakfast & lunch** or try our **Epic Cookies** for an afternoon pick-me-up. Contact Maven Market and find out how to get a Smart-Fridge for your office!

### Breakfast

Smokey Bacon & Scallion Quiche  
Tomato Pesto Egg Muffins  
Ellenos Yogurt & Fruit Parfait  
Steel Cut Oatmeal with Seasonal  
Fruit Compote  
Handmade Maven Granola

### Snacks

Maven's Epic Cookies  
Coconut Almond Bites (GF)  
Monkey Chips  
Handmade Guacamole & Chips  
White Bean & Fresh Veggies

### Drinks

A selection of Seattle-Made  
Cold Brew Coffee & Kombucha

### Lunch

Grilled Chicken & Roasted Sweet  
Potato Salad  
Ahi Tuna Poke & Avocado Bowl  
Mighty Maven Bowl with Lentil Patties,  
Curried Cauliflower & Cumin-Roasted Yams  
Black Rice & Walnut Salad with  
Grilled Chicken  
Smoked Provolone & Penne Salad  
Tuna-Egg Salad Protein Box with  
Fresh Veggies & Taro Chips  
Roasted Salmon Kale Caesar  
Salad with Marcona Almonds  
Pulled Pork Taco Packs  
Seasonal Soups

*Plus an assortment of seasonal, rotating favorites. We can also customize meals according to allergens and dietary preferences.*

Is your mouth watering yet?

