

EARTH + CITY

CATERING MENU – WINTER 2017

BREAKFAST

- Green Smoothies made with local apples + pears, green kale + collards, organic fair-trade bananas and organic cinnamon
- Morning Glory, Cowgirl + Double Double Cookies
- Breakfast Cups with house-made local fruit compote, coconut yogurt and honey granola
- Trail Bars filled with seeds + gluten-free oats and sweetened with honey + molasses

SALADS

- Moroccan Chickpea + Brown Rice Salad with fresh mint and cilantro, pumpkin seeds + raisins
- Taco Salad tossed in a mild spicy sauce with chopped kale, cucumbers and fresh red pepper salsa
- Kale Caesar Salad with hemp seeds, onion bread croutons and green lentils

ENTREES / MEALS

- Black Bean Burgers topped with house-made ketchup, pickled red onions + cabbage slaw
- Chickpea Millet Burgers with creamy garlic tahini sauce, fresh purple cabbage slaw + pickles

DIPS, CRACKERS + SIDES

- Kale Sunflower Seed Pesto
- Beetroot Navy Bean Hummus
- Butternut Squash Navy Bean Hummus
- Kale Lemon Juice Pulp Crackers
- Beetroot Dill Juice Pulp Crackers
- Nacho Chips

DESSERTS + SWEETS

- Macaroons – Vanilla and Cacao
- Frosted Vanilla Brownies
- Salted Maple Frosted Brownies

DRINKS

- Seasonal Organic Lemonade (Cold)