

# CATERING MENU

THANK YOU FOR YOUR INTEREST IN OUR SERVICES. OUR MENU RANGES FROM INDIVIDUAL BOXED LUNCHES TO FAMILY STYLE BUFFETS. IF YOU ARE PLANNING A GALA OR SPECIAL EVENT, CHECK OUT OUR APPETIZERS. PLEASE PLAN IN ADVANCE \* DELIVERY AVAILABLE WITH 48 HOUR NOTICE \* AVAILABILITY SUBJECT TO OUR CURRENT BOOKINGS

## PLATTERS

### Cheese Platter

\$60, \$120

Assortment of cheeses, crackers, and fruit. Small platter serves 10 - 12, Large platter serves 20 - 22.

\* Contains Gluten & Dairy

### Roasted Mushroom Veggie **V GF**

\$100

#### Skewers

Roasted portobello mushrooms, red onions, carrots, peppers and sweet potatoes. 20 skewers.

### Roasted Vegetable Platter **V GF**

\$40, \$80

Lightly roasted seasonal vegetables. Small platter serves 10 - 12, Large platter serves 20 - 22.



### Jerk Chicken Skewers **GF**

\$100

Jerk chicken, roasted pineapple, onions and peppers. 20 skewers.

## SLIDERS & EMPANADAS



### Grass-fed Burger

\$100

Grass fed burger with house sauce on a toasted mini bun. 20 Sliders.

\* Contains Gluten.

### Buttermilk Fried Chicken Sliders

\$100

Fried buttermilk chicken with a house made chipotle mayo and pickle on a toasted mini bun. 20 Sliders.

\* Contains Gluten & Dairy.

### Mini Curry Chicken Empanadas

\$100

Made with ground chicken, onions, peppers, and curry sauce. 20 Handmade empanadas. 3 inches in size.

\* Dough contains Gluten & Dairy.

### Jerk Jackfruit Sliders

\$100

Pulled jerk jackfruit with onions, peppers. Topped with harissa sauce and fried sweet plantain on a toasted mini bun. 20 Sliders.

\* Contains Gluten. VEGAN

### Jerk Chicken Sliders

\$100

Pulled jerk chicken topped with harissa sauce and fried sweet plantain on a toasted mini bun. 20 Sliders.

\* Contains Gluten. Spicy.



**Mini Cuban Beef Empanadas** \$100

Made with grass-fed ground beef, green olives, peppers, onions, and tomatoes. 20 handmade empanadas. 3 inches in size.  
\* Dough Contains Gluten & Dairy.

**Mini Veggie Empanadas** \$100

20 handmade empanadas 3 Inches in size. Made with local curried vegetables with red beans, peppers, onions, and coconut milk.  
\* Dough Contains Gluten & Dairy.

## WRAP PLATTERS

**Honey Squash Kale Grilled Chicken** \$60, \$120

Honey Squash Kale salad with cinnamon-roasted butternut squash, quinoa, red onion, and honey mustard dressing. Served with grilled chicken breast. Small platter serves 10 - 12, Large platter serves 20 - 22.

\* Contains Gluten. Tortilla Contains Soy.

**Sweet Potato & Goat Cheese** \$60, \$120

Sweet potatoes, goat cheese, baby greens and house balsamic vinaigrette. Small platter serves 10 - 12, Large platter serves 20 - 22.

\* Contains Gluten & Dairy. Tortilla contains soy.

**Jerk Chicken Wrap Platter** 🌶️ \$60, \$120

Jerk chicken, flame-grilled pineapple and red peppers, mixed greens and harissa sauce. Small platter serves 10 - 12, Large platter serves 20 - 22.

\* Contains Gluten. Tortilla contains soy.

**Assorted Wrap Platter** \$120

Sweet potatoes, goat cheese, baby greens and balsamic vinaigrette. Vegetarian. (6 Total) Our signature kale salad with cinnamon-roasted butternut squash, quinoa, red onion, and honey mustard dressing. Served with baked chicken breast. (6 Total) Large platter serves 20 - 22.

\* Contains Gluten, Contains Dairy. Tortilla contains soy.

## FAMILY STYLE ENTRÉES

ENTRÉES ARE SERVED IN HALF SIZE CATERING TRAYS AND ARE DESIGNED TO SERVE 10 TO 12 PEOPLE.

**Jerk Chicken Buffet Tray** 🌶️ GF \$55

Bone-in, skin-on chicken thighs and drumsticks marinated in our house made Jerk Sauce and baked to perfection. 12 Thighs. Chicken is sourced from small family farms. Antibiotic and hormone free.



**Herbed Chipotle Chicken** GF \$55

Boneless skinless thighs marinated in our housemade chipotle sauce. Our chipotle is made with fresh garlic, oregano, onions, dried peppers and bold spices. The dish is non-spicy. Chicken is sourced from small family farms. Antibiotic and hormone free.

**The Red Bean Plate** V GF \$50

This sweet and savory dish includes red kidney beans, onions, peppers, sweet potatoes, curry and coconut milk. Vegan and loved by omnivores.

**Jerk Jackfruit Buffet Tray** **V GF**  \$50

Pulled jackfruit sautéed in house Jerk sauce with onions, peppers, zucchini, and cherry tomatoes. Includes a blend of traditional spices, local habanero peppers and scallions.

**Curried Lamb** **GF** \$65

Ground lamb made with fresh mint, cilantro, local peppers and light curry.

**Red's Best Salmon Buffet Tray** **GF** \$90

Grilled Atlantic Salmon rubbed with fresh garlic, lemon, parsley sauce. The salmon is sourced from Red's Best Headquarters in Boston's Seaport District. 10 fillets of fish.

## FAMILY STYLE SIDES

SIDES ARE SERVED IN HALF SIZE CATERING TRAYS AND ARE DESIGNED TO SERVE 10 TO 12 PEOPLE.

**Coconut Rice** **V GF** \$40

Jasmine rice with coconut milk and toasted coconut flakes. Has a slight coconut flavor.

**Rasta Pasta** **V** \$40

Penne pasta with house coconut-pesto sauce, roasted bell peppers, zucchini and tomatoes.

\* Contains Gluten.

**Sweet Plantains** **V GF** \$40

Sweet Fried Plantains. Lightly seasoned with salt. Vegan.

**Baked Crispy Mac & Cheese** \$55

A tribute to our New England dairy farmers. Made with Vermont cheddar and parmesan and baked into a bread-crusting macaroni dish.

\* Contains Gluten & Dairy.

**Sautéed Collard Greens** **V GF** \$40

Lightly sautéed collard greens well-seasoned with a hint of garlic. Leaves you feeling light and nourished.

## SALADS

**Honey Squash Kale Salad** **GF** \$45

Our signature kale salad with cinnamon-roasted butternut squash, quinoa, red onion, and honey mustard dressing. Dairy Free, Vegetarian, Contains Honey.

\* Dairy Free, Contains Honey.

**Garden Salad** **V GF** \$40

Mixed greens with red onion, carrots, tomatoes and cucumbers. Housemade balsamic vinaigrette on the side.

**Arugula And Delicata Squash Salad** \$50

Arugula with roasted delicata squash, goat cheese, roasted farro, candied pecans, and white balsamic & roasted shallot vinaigrette. Contains Gluten, Dairy, Nuts.

\* Contains Gluten, Dairy, Nuts.

**Local Potato & Beet Salad** **V GF** \$50

Simple and tasty mix of beets, potatoes, shredded carrots and mayo. This quintessential vegetable dish is popular in Haiti and spans many cultures. Proceeds of every tray of beet salad will be used to support Haitian Refugees in Boston and donated to Heading Home, Inc.

# INDIVIDUAL HOT MEALS

## Herbed Chipotle Chicken Boxed Meal **GF** \$13.50

This individual boxed lunch includes herbed chipotle chicken, coconut rice, plantains and choice of one side. Our chipotle is made in house with fresh garlic, oregano, onions, dried peppers and bold spices. This is a non-spicy menu item.

\* Contains Coconut.

## The Red Bean Boxed Meal **V GF** \$13.50

This individual boxed lunch includes red bean stew, coconut rice, plantains and choice of one side. This menu item is vegan. Red kidney beans, sautéed onions and peppers, roasted sweet potato, and house curry mix simmered in coconut milk.

\* Contains Coconut.

## Curried Lamb Boxed Meal **GF** \$15.00

This individual boxed lunch includes coconut rice, plantains and choice of one side. Grouse lamb made with fresh mint, cilantro, local peppers and light curry.

## Jerk Chicken Boxed Meal **GF** \$13.50

This individual boxed lunch includes jerk chicken, coconut rice, plantains and choice of one side. Traditional Jamaican jerk marinade made in-house with local habanero and scallions.

\* Contains Coconut.

## Salmon Boxed Meal **GF** \$16.00

This individual boxed lunch includes coconut rice, plantains and choice of one side. Grilled Atlantic Salmon rubbed with fresh garlic, lemon, parsley topping. The salmon is sourced from Red's Best Headquarters in Boston's Seaport District.

\* Contains Coconut

# INDIVIDUAL WRAPS & SALADS

## Honey Kale Squash Wrap with **GF** \$13.50

### Grilled Chicken & Side Salad

One wrap with side garden salad. Inside wrap: honey squash kale salad with cinnamon-roasted butternut squash, quinoa, red onion, and honey mustard dressing. Served with baked chicken breast. Garden salad includes salad mix, tomatoes, carrots and balsamic dressing.

\* Tortilla Contains Gluten & Soy.

## Sweet Potato, Goat Cheese Wrap \$13.50

### Boxed Meal & Side Salad

Sweet potatoes, goat cheese, baby greens and balsamic vinaigrette. Vegetarian. Garden salad includes salad mix, tomatoes, carrots and balsamic dressing.

\* Tortilla Contains Gluten & Soy. Contains Dairy.

### Jerk Wrap Boxed Meal & Side Salad \$13.50

Jerk chicken, grilled pineapple and red pepper, mixed greens and a harissa sauce. Garden salad includes salad mix, tomatoes, carrots and balsamic dressing. Tortilla Contains Gluten & Soy.

\* Tortilla Contains Gluten & Soy.

### Delicata Squash & Arugula Individual Salad \$13.50

Arugula with roasted delicata squash, goat cheese, roasted farro, candied pecans, and white balsamic & roasted shallot vinaigrette.

\* Contains Gluten & Dairy & Nuts.

### Honey Kale Squash Individual Salad GF \$13.50

Our signature kale salad with cinnamon-roasted butternut squash, quinoa, red onion, and honey mustard dressing. Add Grilled Chicken Optional.

### Individual Garden Salad and Grilled Chicken GF \$13.50

Mixed greens with red onion, carrots, tomatoes and cucumbers. Housemade balsamic vinaigrette on the side. Vegan. Add grilled chicken breast for \$1.00.

## CATERING PACKAGES



### Let's Eat Together Package GF

\$180

Let's Eat Together Package is designed to feed 12 to 15 people and cover common dietary restrictions. You can choose either Chipotle Chicken Or Jerk Chicken as the main protein option.

Package includes: One Chicken Option, Red Bean Plate, Coconut Rice, Garden Salad and Plantains.



### FFG FAVORITES

\$140

Fresh Favorites Package is designed to feed 10 to 12 people.

These are our fan favorites and best sellers on our catering menu. Package includes Vermont Baked Mac & Cheese, Authentic Jerk Chicken, Honey Squash Kale Salad.

\* Contains Gluten & Dairy.

## DESSERTS & SNACKS & DRINKS



### Dessert Platter

\$90

Platter includes 15 large brownies baked in house with extra chocolate chips, 15 single vegan chocolate chip cookies individually wrapped, and fruit. Serves 20 -25.

\* Contains Gluten & Dairy.



### Assorted Fruit Platter V GF

\$60, \$120

This assorted fruit platter includes pineapple, cantelope, melon, grapes and berries. Small Platter (10-12 Servings), Large Platter (20-22 Servings)

### Natalie's Orchid Lemonade \$3.00

Made with the highest quality American lemons, Natalie's Lemonade is wholesome and 100% natural.

### Assorted Spindrifft V GF \$2.50

Sparkling water made with real fruit. 12 ounce can. Assorted flavors.

**Bottled Water**

\$2.00

Poland Spring Water (12 ounces)

**Maine Root Ginger Beer** **V GF**

\$3.00

Carbonated pure water, Fair trade certified organic cane sugar, ginger, spices.

## CATERING ESSENTIALS

**Compostable Plate & Cutlery Set**

\$.35

One compostable plate &amp; Individually wrapped cutlery set which includes a fork, knife and napkin.

**Individually Packaged Cutlery Set**

\$.25

Compostable Cutlery Set

**Serving Utensils**

FREE

Serving Utensils (Free &amp; Included with your order).

**Food Labels with Ingredients**

FREE

Tent Cards and Stickers with Food Labels and Ingredients