

by Goodness Me! Natural Food Market

On-site Catering Menu

The Good Kitchen by Goodness Me! Natural Food Market offers you a culinary connection point for good food, good people, and the earth.

It proudly offers healthier meals, with a on fresh, nutritious ingredients, organically grown fruits & vegetables, humanely raised meats and sustainable seafood.

Plant-Based, Made Without Gluten, Keto Options Available.

CATERING PACKAGES

GOOD BREAKIE —

Warm Breakfast: \$9.5/person

Includes

Chia Pudding and Steal Cut Oats, Brown Sugar, Milk

Fruit Salad Pastry

Coffee/Tea/Water

Warm Breakfast #2: \$13.5/person

Includes:

Chia Pudding

Vegetarian Breakfast Sandwich,

Bacon or Ham Breakfast Sandwich

Fruit Salad

Pastry

Coffee/Tea/Water

 ${\bf Mid\ Morning/Afternoon\ Pastry\ snack: \$8/person}$

Includes:

An assortment of pastries Coffee/Tea/Water

Add a fruit tray \$5.00/person



GOOD LUNCH

Light lunch: \$17.5/person

Includes:

Daily Soup or Hearty Salad

An Assortment of Sandwiches And Wraps

Coffee/Tea/Water Assortment of Pastries

Hot lunch: \$19.5/person

Includes:

Daily Soup or Hearty Salad

Hot Entrée(s) — Choice Of 2

Coffee/Tea/Water

An Assortment of Pastries

Mid Afternoon Indulgence Snack: \$8/person

Collection of Goodness Me! Healthy Packaged Snacks

GOOD DINNER -

Dinner: \$25/person

Includes:

Daily Soup or Hearty Salad

Samosa and Pakora

Hot Entrée(S) - Choice of Two

Hot Side(S) - Choice of Two

Coffee/Tea/Water

Dessert

- ADD EXTRA GOODIES -

Fruit Tray \$7.5/Person

Veggies & Dip Platter \$5/Person

Cheese Tray \$9/Person

Charcuterie Tray \$11.5/Person

Premium Drinks 10% Off List Price

Smoothies \$7.00/Portion



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MENU OPTIONS

Hot Soups Mushroom & Wild Rice Carrot & Ginger House Made Hearty Chicken & Vegetable	Handheld Wraps Tuna Wrap Salmon Wrap Vegan Wrap Falafel Wrap	Baked Goods Muffins Muffin ———————————————————————————————————	S
Fresh Salads* Vegan Caesar	Entrées ————————————————————————————————————	All Butter Croissants Chocolatine	
Strawberry Brie Greek Salad Vegan Bean The Good Bowl The Goodness Protein Bowl Sweet Potato & Green Bean Greek Orzo Pasta *Contains wheat	Cheesy Chicken Casserole GM Beef Meatballs GF Mac And Cheese Broccoli, Ham & Cheddar Quiche Ratatouille & Chevre Quiche Beef Chili	Desserts Vegan Cake Chocolate Fudge Coconut Cream Spiced Carrot Coconut Lime	
Chickpea and Feta Artisan Sandwiches Roast Beef & Havarti	Vegan Chili ———————————————————————————————————	Vegan Pie Apple Crumble Blueberry Crumble Peach Crumble	 (3)
Pesto Chicken & Provolone Ham & Cheddar Bagel Vegan Sausage and Peppers on a Bun Roast Turkey with Apple, Brie, and Cranberry	Super Sides Steamed Seasonal Vegetables Roasted Root Vegetables Baked Potato Wedges Baked Sweet Potato Wedges Brown Basmati Pilaf	Pumpkin Pie Apple Crumble Strawberry Rhubarb Blueberry Pie	



