

S A U T É

DROP-OFF LUNCH CATERING

BOWLS

The Coco Bowl	\$15	The Taurus Bowl	\$15
<i>Tamari sesame dressing, edamame, shredded carrot, red cabbage, julienne peppers, spinach, sesame toasted chickpeas</i>		<i>Boiled egg, cauliflower, broccoli, walnuts, chickpeas, sweet potato, brown rice, creamy tahini dressing</i>	
The Doori Bowl	\$15	The Forager Bowl	\$15
<i>Tandoori chicken breast, paneer (firm cottage cheese), chickpea, vegetables, grilled naan bread, rice, spiced creamy cashew and tomato sauce</i>		<i>Grilled chicken breast, mung bean, black bean, barley, chicken breast, orzo pasta, corn, roasted cumin, maple, chili, yogurt & coriander dressing</i>	
The Artisan Bowl	\$15	The Kale Bowl	\$15
<i>Coconut spiced chicken breast, asparagus, cabbage, sweet potato, brown rice, peanuts, spicy coconut, cilantro red curry sauces</i>		<i>Sweet potato, roasted cumin scented grain medley, honey roasted sweet potato, kale, artisan greens, heirloom tomato, cilantro, toasted almonds, chickpea, feta cheese, pickled red onion, balsamic, chili olive oil vinaigrette</i>	

Add protein for \$3

SANDWICHES

Pesto Chicken	\$12.50	Tandoori Chicken Wrap	\$12.50
<i>Roasted chicken breast, mixed greens, red onion, Parmesan cheese & house made pesto</i>		<i>Pulled roast chicken, spinach wrap, spiced chickpea goat cheese puree, lettuce, crispy House-made falafel, mixed greens, cucumber, tomato, red onion & garlic tahini aioli</i>	
Smoked Turkey Bacon	\$12.50	Grilled Vegetable and falafel	\$11.99
<i>Smoked turkey, sour dough, onion Aioli, bacon, tomato, cheddar cheese</i>		<i>Mushroom, zucchini, trio of peppers, red onion, house-made garlic Boursin aioli, Lentil Vermicelli and monterey jack</i>	

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SNACKS

SnackBox \$25.99

12 energy bites, 4 black bean brownies, 4 carrot muffins, and 2 protein granola bars

By the dozen:

Carrot & Apple Muffins \$25.99

Carrots, apples, sugar, baking powder, applesauce, orange juice, cinnamon, gf flour, pumpkin seeds, rolled oats, eggs

Black Bean Brownies \$25.99

Black beans, eggs, coconut oil, cocoa powder, salt, vanilla, sugar, strong coffee, baking powder

Energy Bites \$25.99

Oats, coconut, peanut butter, chia seeds, dried cranberries, dates, pumpkin seeds, honey, vanilla, vegan protein powder

FRUIT TRAYS

Fruit Tray 10-15 pp \$44.99

Seasonal fresh fruit

Fancy Tea Sandwiches \$65+

Lightly curried chicken and apple salad, egg salad and smoked salmon and cream cheese, cucumber and dill mayonnaise, and asparagus and cream cheese & shrimp salad

Small 24 pieces \$65

Medium 48 pieces \$85

Large 68 pieces \$110

Dessert Tray (Bite Size) \$65+

Florentine, chocolate almond clusters, truffles, petit cookies, tarts and more

Small (40 pieces) \$65

Medium (70 pieces) \$98

Large (100 pieces) \$125

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ORDERING & PAYMENT

CALL (902) 579-9670

Ordering

We kindly ask that you place your catering order by 5PM the day prior, but if that is not possible, we can accommodate orders until 9AM (the day of) for 12PM delivery and by 10AM for 1PM delivery.

Minimum Order

Our minimum order is \$100 before taxes and delivery

Delivery

Our standard delivery fee is \$15, however, it may vary based on your location and order size.

We currently deliver anywhere within HRM.

How to Order

We're available to take your **call** 9 AM-5 PM Monday to Friday, or we can be reached via email at **Hello@trysaute.com**.

Allergies and Dietary Restrictions

Sauté can cater to most, but not all dietary restrictions. When ordering, simply specify your restrictions and we will let you know if we can accommodate.

Please note that our kitchen contains gluten, nuts, and shellfish. Cross-contamination is a possibility and Sauté does not assume any liability for adverse reactions to foods consumed.

Hours

We are open **Monday-Sunday** for **lunch** service

Payment Options

We accept EFT, any major credit card, or direct billing

Payment is required prior to delivery of goods