

# S A U T É

## DROP-OFF LUNCH CATERING

### GOURMET SALADS

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The Kale Caesar	\$11.99	The Charles	\$13.99
<i>House-made garlic &amp; caper dressing, kale, lemon, pumpkin seed, dried cranberry, red onion, parmesan</i>		<i>Mixed greens, arugula, brown rice, kale, cherry tomatoes, almonds, avocado, parmesan, carrots, sesame seeds, tamari sesame dressing</i>	
The Montreal	\$11.99	The Hearty Greek	\$13.99
<i>Romaine lettuce, arugula, shredded carrots, corn, broccoli, baked pita chips, parmesan, sunflower seeds, avocado, honey mustard vin</i>		<i>Mixed greens, diced red and yellow peppers, cucumber, tomato, carrots, red onion, almonds, goat cheese, toasted chickpeas, garlic &amp; oregano dressing</i>	
The Asian Salad	\$11.99	The Cajun	\$13.99
<i>Tamari sesame dressing, edamame, shredded carrot, red cabbage, julienne peppers, spinach, sesame toasted chickpeas</i>		<i>Quinoa, spinach, spiced corn, beans, sweet potato, tomato, red onion, cilantro, lime, peppers, avocado</i>	

ADD FOR \$3: CHICKEN, PORK, BEEF, SALMON

### HEALTHY SANDWICHES

Pesto Chicken	\$11.99	Bánh Mì	\$11.99
<i>Roasted chicken breast, mixed greens, red onion, Parmesan cheese &amp; house made pesto</i>		<i>Pickled Asian slaw, 5-spice pork loin, fresh cilantro, house-made spicy aioli</i>	
The Falafel	\$11.99	Grilled Vegetable	\$11.99
<i>House-made falafel, mixed greens, cucumber, tomato, red onion &amp; garlic tahini aioli.</i>		<i>Spinach, zucchini, trio of peppers, red onion, house-made garlic Parmesan aioli</i>	

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### SNACKS 10-12 pp

**SnackBox** \$25.99

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

**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*

**Fruit Tray** 15-20 pp \$59.99

*Seasonal fresh fruit*

**Fruit Tray** 20-30 pp \$79.99

*Seasonal fresh fruit*

## ORDER CATERING FROM US AND GET MEAL-PREP FOR YOURSELF!

Order catering from us three times  
and get \$50 for Sauté Meal Prep

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### ORDERING & PAYMENT

CALL (902) 908-5003

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#### Ordering

48 hours notice is the best way to guarantee your order and we can likely accommodate your order within 24 hours notice

For orders that need to arrive on Monday, please place your order by noon-hour on Thursday

#### 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 the highlighted zones here.

#### 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-Friday** for **lunch** service

#### Payment Options

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

Payment is required prior to delivery of goods