

S A U T É

DROP-OFF LUNCH CATERING

GOURMET SALADS

Party Salads - Serves 4

\$47.99

The Kale Caesar

\$11.99

House-made garlic & caper dressing, kale, lemon, pumpkin seed, dried cranberry, red onion, parmesan

The Charles

\$13.99

Mixed greens, arugula, brown rice, kale, cherry tomatoes, almonds, avocado, parmesan, carrots, sesame seeds, tamari sesame dressing

The Montreal

\$11.99

Romaine lettuce, arugula, shredded carrots, corn, broccoli, baked pita chips, parmesan, sunflower seeds, avocado, honey mustard vin

The Hearty Greek

\$13.99

Mixed greens, diced red and yellow peppers, cucumber, tomato, carrots, red onion, almonds, goat cheese, toasted chickpeas, garlic & oregano dressing

The Asian Salad

\$11.99

Tamari sesame dressing, edamame, shredded carrot, red cabbage, julienne peppers, spinach, sesame toasted chickpeas

The Cajun

\$13.99

Quinoa, spinach, spiced corn, beans, sweet potato, tomato, red onion, cilantro, lime, peppers, avocado

ADD FOR \$3: CHICKEN, SALMON, SHRIMP, TOFU

HEALTHY SANDWICHES

Sandwich Trays - Serves 8

\$94.99

Pesto Chicken

\$11.99

Roasted chicken breast, mixed greens, red onion, Parmesan cheese & house made pesto

Bánh Mì

\$11.99

Pickled Asian slaw, 5-spice pork loin, fresh cilantro, house-made spicy aioli

The Falafel

\$11.99

House-made falafel, mixed greens, cucumber, tomato, red onion & garlic tahini aioli.

Grilled Vegetable

\$11.99

Spinach, zucchini, trio of peppers, red onion, house-made garlic Parmesan aioli

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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 toward Sauté Meal Prep

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ORDERING & PAYMENT

CALL (902) 908-5003

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