

TURF CATERING

PLATTERS

serves 12

TOAST PLATTER V

\$90

Mushroom
Avocado
Nut Butter

KALE CAESAR V

\$90

A mix of kale and romaine tossed in a creamy garlic dressing topped with marinated chickpeas, seeds and croutons

SNACK PLATTER V GF

\$80

Spicy baked Tofu, Veggie Sausage, Veggie Sticks, Hummus, Chipotle Aioli, Protein Balls, Seasonal Fruit, Crackers

SANDWICH PLATTER V

\$110

Pick one or a mix of both!

GREEN ALMIGHTY: edamame hummus, artichokes, spinach, alfalfa + vegan aioli on sourdough

CHICKPEA SMASH: chickpeas, celery, onions, vegan mayo, lettuce + pickle on sourdough

WRAP PLATTER V

\$110

Pick one or a mix of both!

BRUNCH WRAP: shredded tofu, corn, red onion, spinach, veggie sausage + turmeric dressing

MYKONOS WRAP: spinach, bell peppers, olives, artichoke, tofu feta, vegan tzatziki

INDIVIDUAL MEALS

serves 8

CHIA PUDDING V GF

\$60

House-made chia pudding with berry compote

YOGGU! PARFAIT V GF

\$70

Vanilla yoggu! yogurt, berry compote topped with TurF Granola

OVERNIGHT OATS V GF

\$90

Overnight oats infused with beetroot powder and topped with compote, granola, almond butter and berries

WINTER GREENS BOWL V GF

\$215

a warming bowl packed with spinach, edamame, bok choy + wild mushrooms on brown rice topped with a miso ginger dressing, green onion, sauerkraut and sesame seeds

STEW-PER BOWL V GF

\$215

it's a winner. chickpea, tomato, carrot, yam + onion stew on brown rice and kale, topped with a lemon tahini dressing, pickled onion and roasted pumpkin seeds

KALE CAESAR V

\$110

A mix of kale and romaine tossed in a creamy garlic dressing topped with marinated chickpeas, seeds and croutons

PROTEIN ADD-ON*

\$50

Add protein to the individual meals*
Spicy Baked Tofu, Salmon, Veggie Sausage or Pork Sausage

TURF BAKERY

PLATTERS

small serves 20
large serves 40

BREKKY+ENERGY V \$63 / \$113.5

An assortment of our healthiest baked and raw treats. Everyday Cookies, Superfood Cookie, Birdie Bites, Protein + Peanut Butter Balls, Mini Banana Bread

DESSERT V \$85 / \$126

Sweet treats baked in-house: Kits Bar, Brownies, Everyday Cookies, Peanut Butter Balls + Mini Chocolate Zucchini Loaf

COOKIES V \$45 / \$90

A mix of your favourite TurF cookies. Including the Everyday Cookie, Peanut Butter Cookies, Double Chocolate Cookie + Superfood Cookie

DRINK

COFFEE BOX V GF \$25

Organic Moja Drip Coffee.
+ \$5 for plant based milk

HOT & STEAMY BOX V GF \$60

Love in a cup. Pick from our drinks steamed with plant-based milk:

CHAI LATTE, GOLDEN LATTE HOT CHOCOLATE

SMOOTHIE PITCHER V GF \$30

Serves 4 - 6. Pick your flavour: chocolate mushroom, blueberry glow, green power, pure protein, green energy, golden immunity

BOXES

MUFFINS V GF \$48

Mixed Berry, Chocolate Zucchini, Chocolate Banana, or Morning Glory. 12 of one flavour per box.

CUPCAKES V GFO \$60

Vanilla, Double Chocolate, Chocolate Peanut Butter, Chocolate Salted Caramel, Red Velvet, Vanilla Banana + Caramel or Carrot Cake (gf). 12 of one flavour per box.

SAVOURY V \$48

12 items per box with plain butter + herb butter. Choose between:

- Vegan Cornbread Muffins
- Vegan Mushroom Scone
- Vegan Jalapeño Scone
- Mixed Box: filled with both Cornbread Muffins and your choice of Scones.

TURF

HOW IT WORKS

PLACE AN ORDER

- Email us at info@ourturf.com to place your order
- Orders must be placed before 2pm and at least 2 days in advance
- For weekend orders, orders must be placed before 2pm on Thursday
- 18% service charge for each order
- Pick up + Delivery options:
 - Pick up from TurF Kitsilano: 2041 West 4th Avenue, Vancouver, BC before 5pm daily.
 - Delivery: \$35 flat rate

CONTACT US

have questions? email us at
info@ourturf.com
and we'll answer them!