



703 Long Road Crossing Dr.
Chesterfield, MO 63005
636.778.3555 or PurePlatesSTL.com

Catering Menu

100% Gluten Free

Proteins - Serves 10 per

Proteins are all hormone and anti-biotic free

Rosemary Chicken - \$45

- *Hormone and Antibiotic Free Chicken Breast, seasoned with thyme, tarragon, and rosemary*

Tomato Basil Chicken - \$45

- *Hormone and Antibiotic Free Chicken Breast, seasoned with Tomato Basil Seasoning and Garlic.*

6-Pepper Chicken - \$45

- *Hormone and Antibiotic Free Chicken Breast, seasoned with our house-made 6-pepper seasoning.*

Grilled Tilapia - \$40

- *Grilled to perfection and seasoned with your choice of Cajun Seasoning or Lemon Zest and Pepper.*

Roasted Turkey Breast - \$40

- *Juicy, roasted turkey breast seasoned with Cajun Spices or Herb Seasoning*

Baked Wild Caught Salmon with Pesto - \$80

- *Oven-roasted Salmon, seasoned lightly, topped with our homemade Cilantro Pesto and Pumpkin seeds or our Raw Honey Ginger*

Sage Turkey Meatballs - \$40

- *Seasoned Ground Turkey with ground Flax, rolled into savory bites and baked to perfection*

Organic Roasted Vegetables – Serves 10 per

All organic and lightly seasoned, roasted with organic olive oil until tender

Roasted Broccoli - \$50

Roasted Cauliflower - \$26

Roasted Jumbo Asparagus - \$45

Roasted Carrots - \$12

Roasted Brussel Sprouts - \$20

Roasted Squash and Zucchini - \$25

Roasted Root Vegetable Medley - \$25

- *Sweet potato, turnip, parsnips, carrots, brussel sprouts, garlic and thyme*

High Energy Grains/Starches - Serves 10, Mac Serves 12

Gluten Free Grains, Pastas and Potatoes

Roasted Rosemary Potatoes - \$25

- *Seasoned with green onion, rosemary and garlic, roasted golden brown*

Roasted Sweet Potato Bites - \$28

- *Bite sized sweet potato chunks seasoned with chili powder*

Organic Brown Rice - \$7

- *Steamed until fluffy and tender*

Organic Wild Rice Medley - \$11

- *A blend of Organic Brown and Wild rice*

Garlic Quinoa w/ Green onions - \$30

- *Organic Quinoa seasoned with garlic, paprika and green onions*

2 Cheese Macaroni Casserole (feeds 12) - \$55

- *Gluten Free pasta with red peppers, kale, sharp white cheddar and gruyere cheeses along with fresh herbs*

Salads and Greens - Serves 10 per

Organic vegetables and house made dressings

Cobb Salad - \$70

- *Fresh Chopped romaine, ham, turkey, tomatoes, egg, and feta cheese, served with Balsamic Vinaigrette Dressing*

Detox Salad - \$50

- *Riced cauliflower, broccoli, tomatoes, sunflower seeds, carrots, raisins and a drizzle of organic honey*

Greek Salad with Chicken - \$95

- *A bed of Romaine lettuce topped with baked, seasoned chicken, kalamata olives, onions, tomatoes, peppers, feta cheese, and a Greek Vinaigrette.*

Finger Foods and Snacks - Serves 10 per

Pumpkin Protein Muffins - \$35

- *Sugar free, Gluten Free, no artificial sweeteners*

House Made Sweet and Smoky Trail mix - \$55

- *Cashews, pecans, walnuts, raisins, blueberries, mangoes, cranberries, sunflower seeds, almonds, seasoned with chili powder*

Hummus and Friends - \$40

- *House made hummus served with cucumber slices, baby carrots, and red bell pepper strips served as a veggie tray.*

Entrees, Serves 10 per

Chipotle Chicken Skewers - \$100

- *Spicy, Marinated Chicken breast baked and skewered, laid upon a grilled vegetable medley of bell pepper, onion, and squash*

Protein Packed Mac and Cheese - \$95

- *Quinoa pasta, seasoned ground turkey, 2 cheeses and fresh Italian herbs, served with roasted broccoli*

Salmon with Pesto - \$100

- *An oven-roasted salmon fillet, topped with our homemade cilantro pesto and pumpkin seeds, served with roasted fresh organic green beans.*

Cajun Lime Tilapia - \$85

- *Lightly seasoned tilapia fillets, topped with spicy organic Pico de Gallo and fresh squeezed lime-juice. Served with roasted Brussel Sprouts and Cauliflower-pumpkin mash.*

Roasted Rosemary Chicken - \$70

- *Seasoned Hormone and Antibiotic Free Chicken Breast, served with beets and roasted baby carrots.*

Basil Infused Shrimp Pasta - \$70

- *A white wine sauce with tomatoes, onions, and mushrooms over a bed of brown rice fettuccini and sautéed shrimp.*

Surf and Turf Skewers - \$120

- *Marinated Flat Iron Steak and Shrimp on a skewer, served over a grilled vegetable medley of onion, pepper, squash, zucchini, mushroom, and garlic.*

Black Bean and Quinoa Burritos - \$60

- *A Gluten Free Tortilla filled with spinach, black beans, quinoa, spices, and white cheddar cheese*