

## Bakery

*all items will be individually wrapped  
min 1 doz*

**fresh baked muffins V**  
\$12.25 per dozen

**assorted danish V**  
\$12.25 per dozen

**assorted scones V**  
\$12.25 per dozen

**freshly-baked cookies V**  
\$9.95 per dozen

**freshly-baked vegan cookies MWGCI VG**  
\$11.95 per dozen

**house-made bars V**  
\$12.25 per dozen

**house-made granola bars MWGCI VG**  
\$11.95

**cupcakes V**  
\$12.25 per dozen

**sweet petites V**  
\$16.20 each

## Build Your Own Breakfast

*\$11.50 per person*

### choice of one:

cage-free scrambled eggs MWGCI VG

pancakes with Plainview Dairy butter and syrup V FF

quiche Lorraine or vegetable quiche V

### choice of one:

pork sausage links MWGCI

Ferndale Market turkey sausage Links FF MWGCI

vegetarian sausage patties V

### choice of one:

hash brown potatoes MWGCI VG

country fries with peppers and onions MWGCI VG

## Breakfast a la Carte

*15 person minimum*

*add a dish to your breakfast menu for an additional cost per person*

**whole fruit MWGCI VG**  
\$.95 each

**fair trade banana MWGCI VG**  
\$2.00 each

**boiled cage-free eggs MWGCI V**  
\$.75 each

**Plainview Dairy yogurt and granola parfaits MWGCI FF V**  
\$2.95 each

**fresh berries and Plainview Dairy yogurt parfaits MWGCI FF V**  
\$4.95 each

## Deli Boxed Lunch

*includes potato chips, whole fresh fruit, fresh baked cookie and bottled water  
\$9.50 per person*

### choice of bread:

wrap, ciabatta, or whole grain V

### choice of:

chicken Caesar wrap

red pepper hummus with cucumber and tomato VG

roasted-turkey with lettuce, tomato, and pesto aioli

## Boxed Entrée Salads

*choice of two, can add for additional \$2.50*

*served with fresh baked roll and Plainview Dairy butter, baker select bar, and bottled water*

### Carleton cobb salad FF MWGCI

romaine lettuce and field greens, roasted Ferndale Market turkey, smoked bacon, crumbled blue cheese, red onions, sweet corn, roasted apple, fresh tomato, herbed red wine dressing  
\$11.50 per person

### salmon spinach salad S

spinach, cucumber, shaved fennel, dill, red onion, avocado, red pepper, lemon Dijon vinaigrette  
\$12.95 per person

### Caesar salad V

romaine lettuce, house-baked croutons, shredded parmesan cheese, Caesar dressing  
\$8.95 per person

*add grilled chicken breast \$2.50*

### strawberry spinach salad MWGCI V

spinach and mixed greens with seasonal berries, almonds, gorgonzola, shaved fennel, dried cranberries, with raspberry vinaigrette  
\$11.25 per person

### southwest chicken salad MWGCI V

Ancho grilled chicken breast, romaine lettuce, black beans, petite tomatoes, roasted corn salsa, tortilla strips and lime-cumin vinaigrette  
\$11.50 per person

V = vegetarian

VG = vegan

FF = farm to fork

S = seafood watch

MWGCI = made without gluten-containing ingredients



## Build a Blue Plate Special

15 person minimum

### choice of main:

select one \$11.95

select two \$13.95

### main choices:

General Tso's tofu - MWGCI VG

seared salmon fillet with dill cream sauce MWGCI S

parmesan crusted chicken breast with tomato puree MWGCI

spicy vegan potato curry with garbanzo beans, peas, and tomato MWGCI VG

spring pasta salad with chicken

### select two sides:

Caesar salad

broccoli MWGCI VG

wild rice pilaf MWGCI VG

roasted potatoes MWGCI VG

jasmine rice MWGCI VG

### select one dessert:

apple crisp MWGCI V

assorted bars and cookies V

## Bowls

**falafel bowl** | chickpea falafel, torn romaine, lettuce, red bell pepper, feta, cucumber, sweet onion, pita and cucumber yogurt sauce \$11.25

\*can be made MWGCI V

**Korean spiced grilled chicken bowl** | sweet soy marinated chicken breast, cucumbers, cherry tomatoes, carrots, scallions, basil, Napa cabbage, soba noodles and gochujang vinaigrette \$11.25

**salmon and couscous bowl** | pan-roasted salmon with couscous, cucumber, arugula and feta yogurt dressing \$12.50 S

**chicken and cabbage bowl** | marinated, shredded chicken with cabbage, tossed with a miso-sesame vinaigrette \$12.20 MWGCI

Sayles featured bowl of the week \$9.25

## Bento Boxes

### cheese and cracker V

selection of domestic cheeses, crackers, mixed berries

fresh sweet petit

per person \$8.00

### fruit and nut V MWGCI

dried fruit and roasted nuts, grapes, cheese cubes

fresh sweet petit

per person \$8.00

### Italian Riviera V

olives, pita chips, tomato, basil and fresh mozzarella, bread sticks, fresh sweet petit

per person \$8.00

### Mediterranean VG

hummus, pita chips, fresh vegetables,

fresh sweet petit

per person \$8.00

## Snacks

individually wrapped

15 person minimum

### granola bars MWGCI

\$2.00 each

### house-made trail mix MWGCI V

peanuts, roasted almonds, cashews, banana chips, dried apricots, chocolate pieces, dried cranberries

\$2.75 per person

### root vegetable chips V FF

with Hastings Creamery curried yogurt

\$2.95 per person

### dry roasted nuts V

\$2.75 per person

### sweet and salty V

a mix of trail mix, goldfish, and dry fruit

\$2.50 per person

### kettle chips V

house-made ranch dip

\$2.00 per person

### whole fruit selection VG

\$.95 each

### fair trade banana VG

\$2.00 each

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