



*all  
ingredients  
are gluten &  
dairy free*

## breakfast *half trays serve 6-8, full trays serve 12-16*

<b>ALMOND BUTTER OVERNIGHT OATS</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> gluten free oats, unsweetened vanilla almond milk, organic chia seeds, natural almond butter, cinnamon, pure vanilla extract.....	<b>half tray</b>	<b>full tray</b>
	60	120
<b>BANANA WALNUT PROTEIN WAFFLES</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> gluten free oat flour, organic vanilla plant protein, organic ground flaxseed, unsweetened vanilla almond milk, walnuts, banana, organic maple syrup, pure vanilla extract, baking powder, baking soda, cinnamon, nutmeg, pink himalayan sea salt... side of organic maple syrup or granola butter.....	<b>half tray</b>	<b>full tray</b>
	45	90
<b>CARROT CAKE OVERNIGHT OATS</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> gluten free oats, unsweetened vanilla almond milk, organic unsweetened coconut milk, organic chia seeds, shredded carrots, organic chia seeds, pure honey, cinnamon, nutmeg, raisins, organic unsweetened shredded coconut.....	<b>half tray</b>	<b>full tray</b>
	65	130
<b>PROTEIN PANCAKES</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> (1.5 dozen) - gluten free oat flour, organic vanilla plant protein powder, organic coconut oil, unsweetened vanilla almond milk, organic coconut sugar, baking powder, baking soda, pink himalayan sea salt (blueberry, peanut butter or chocolate chip flavor)... side of organic maple syrup.....	<b>half tray</b>	<b>full tray</b>
	55	110
<b>GARBANZO VEGGIE FRITTATA</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> garbanzo bean flour, organic kale, organic carrots, extra virgin olive oil, pink himalayan sea salt, ground black pepper... side of veggie ketchup or BBQ sauce.....	<b>8 slices</b>	<b>16 slices</b>
	30	60
<b>TURMERIC TOFU &amp; VEGGIE SCRAMBLE</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> organic tofu, organic kale, organic carrots, extra virgin olive oil, nutritional yeast, turmeric, pink himalayan sea salt, ground black pepper... side of veggie ketchup or BBQ sauce.....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>TURMERIC EGG &amp; VEGGIE SCRAMBLE</b> <b>Gf</b> <b>Df</b> eggs, organic kale, organic carrots, extra virgin olive oil, nutritional yeast, turmeric, pink himalayan sea salt, ground black pepper... side of veggie ketchup or BBQ sauce.....	<b>half tray</b>	<b>full tray</b>
	55	110
<b>YOGURT PARFAIT</b> <b>Gf</b> <b>Df</b> <small>VEGAN</small> vegan yogurt, housemade granola, organic berries.....	<b>half tray</b>	<b>full tray</b>
	60	120



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## fruit & dessert

### FRUIT PLATTER **Gf** **Df** VEGAN

**small (serves 8-10) large (serves 16-20)**

**45 90**

### COFFEE **Gf** **Df** VEGAN

96oz organic coffee... side of organic sugar packets, unsweetened almond milk & organic vanilla soy milk..... **55**

### SMOOTHIE GALLON **Gf** **Df** VEGAN

choose any smoothie from our menu!..... **80**

### JUICE GALLON **Gf** **Df** VEGAN

choose any juice from our menu!..... **80**

### BAKED GOODS **Gf** **Df** VEGAN

dozen assorted baked goods, your choice or ours!..... **35**

### MINI MUFFINS **Gf** **Df** VEGAN

dozen mini muffins of your choice - the perfect scrumptious size for breakfast, snack or guilt-free dessert!

blueberry, carrot cake gone protein, nuts over chocolate or veg with an edge..... **12**

### CUSTOM CAKES **Gf** **Df** VEGAN

please see our website for more details!

10 inch cake (10-12 servings) \$50-60

half sheet cake (30-35 servings) \$95

full sheet cake (60-70 servings) \$175



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## hot entrees *half trays serve 6-8, full trays serve 12-16*

### CHICKEN MEATBALLS OVER PASTA <sup>DF</sup> <sup>GF</sup>

organic ground chicken, housemade breadcrumbs, garlic powder, cumin, oregano, paprika, pink himalayan sea salt, ground black pepper, brown rice pasta, housemade marinara (organic tomato sauce, ground black pepper, red pepper, garlic powder, oregano), housemade cashew "parm" (cashews, nutritional yeast, garlic powder, pink himalayan sea salt).....

half tray	full tray
60	120

### CHICKEN "PARM" <sup>DF</sup> <sup>GF</sup>

all natural chicken, organic eggs, housemade breadcrumbs, housemade marinara (organic tomato sauce, ground black pepper, red pepper, garlic powder, oregano), housemade cashew "mozzarella" (cashews, nutritional yeast, tapioca starch, garlic powder, pink himalayan sea salt, ground black pepper).....

half tray	full tray
60	120

### CHICKPEA "PARM" <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

chickpeas, gluten free oats, garlic powder, cumin, pink himalayan sea salt, ground black pepper, paprika, housemade breadcrumbs, housemade marinara (organic tomato sauce, ground black pepper, red pepper, garlic powder, oregano), housemade cashew "mozzarella" (cashews, nutritional yeast, tapioca starch, garlic powder, pink himalayan sea salt, ground black pepper).....

half tray	full tray
55	110

### CUBAN RICE & BEANS <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

organic brown rice, bell pepper, onions, garlic, black beans, vegetable stock, cumin, pink himalayan sea salt, ground black pepper, bay leaves, plantains.....

+chicken 5/10 +organic tofu 5/10

half tray	full tray
60	120

### EGGPLANT "MEATBALLS" OVER PASTA <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

eggplant, organic quinoa, garlic powder, cumin, pink himalayan sea salt, ground black pepper, brown rice pasta, housemade marinara (organic tomato sauce, ground black pepper, red pepper, garlic powder, oregano), housemade cashew "parm" (cashews, nutritional yeast, garlic powder, pink himalayan sea salt).....

half tray	full tray
60	120

### EGGPLANT ROLLATINI <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

eggplant, extra virgin olive oil, pink himalayan sea salt, housemade marinara (organic tomato sauce, ground black pepper, red pepper, garlic powder, oregano), housemade tofu ricotta (organic tofu, nutritional yeast, garlic powder, red pepper, basil, lemon juice, tamari, oregano), housemade cashew "parm" (cashews, nutritional yeast, garlic powder, pink himalayan sea salt).....

half tray	full tray
60	120

### EGGPLANT STACKS WITH HOUSEMADE BREADCRUMBS & VODKA SAUCE <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

eggplant, extra virgin olive oil, pink himalayan sea salt, ground black pepper, housemade breadcrumbs, housemade vodka sauce (organic tomato sauce, organic tomatoes, onions, garlic, vodka, cashews, pink himalayan sea salt, ground black pepper), housemade cashew "mozzarella" (cashews, nutritional yeast, tapioca starch, garlic powder, pink himalayan sea salt, ground black pepper), basil.....

half tray	full tray
60	120

### HOUSEMADE BUFFALO CHICKEN BURGERS <sup>DF</sup> <sup>GF</sup>

gf bun, housemade blue "cheese" (contains cashews & organic tofu), organic lettuce, housemade rice paper "bacon", housemade patty (organic ground chicken, gluten free oats, gluten free oat flour, organic eggs, hot sauce, ground flaxseed, garlic, pink himalayan sea salt, ground black pepper).....

half dozen	dozen
65	130

### HOUSEMADE BUFFALO CHICKPEA BURGERS <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

gf bun, housemade blue "cheese" (contains cashews & organic tofu), organic lettuce, housemade rice paper "bacon", housemade patty (chickpeas, organic carrots, gluten free oats, gluten free oat flour, hot sauce, ground flaxseed, garlic, pink himalayan sea salt, ground black pepper).....

half dozen	dozen
60	120

### HOUSEMADE TURKEY BURGERS <sup>DF</sup> <sup>GF</sup>

organic ground turkey, garlic powder, cumin, paprika, pink himalayan sea salt, ground black pepper, housemade breadcrumbs... with or without gluten free buns.....

half dozen	dozen
65	130

### HOUSEMADE VEGGIE BURGERS <sup>VEGAN</sup> <sup>DF</sup> <sup>GF</sup>

gf bun, smashed avocado, organic lettuce, housemade rice paper "bacon", housemade patty (chickpeas, organic quinoa, gluten free oats, onions, garlic, organic shredded carrots, organic kale, tahini, tamari, cumin, pink himalayan sea salt, ground black pepper).....

half dozen	dozen
60	120



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## hot entrees *half trays serve 6-8, full trays serve 12-16*

### LEMON GINGER CAULIFLOWER OVER QUINOA VEGAN Df Gf

cauliflower, unsweetened almond milk, gluten free oat flour, extra virgin olive oil, housemade gluten free breadcrumbs, organic vegetable bouillon, lemon, organic maple syrup, apple cider vinegar, garlic, pink himalayan sea salt, ginger, cornstarch, organic quinoa..... **half tray** **full tray**  
55 110

### MAC 'N "CHEESE" Gf Df VEGAN

quinoa pasta, sweet potatoes, organic carrots, organic cashews, onion, unsweetened coconut milk, nutritional yeast, lemon juice, garlic powder, paprika, housemade breadcrumbs..... **half tray** **full tray**  
55 110

### MEXICAN STUFFED SWEET POTATOES VEGAN Df Gf

sweet potatoes, black beans, organic corn, garlic powder, nutritional yeast, pink himalayan sea salt, ground black pepper, cumin, cayenne..... **half tray** **full tray**  
55 110

### MUSHROOM BOURGUIGNON OVER CAULIFLOWER MASH VEGAN Df Gf

mushrooms, onions, organic carrots, garlic, tamari, organic tomato paste, balsamic, pink himalayan sea salt, ground black pepper, organic spinach, cauliflower..... **half tray** **full tray**  
55 110

### SWEET POTATO GNOCCHI WITH HOUSEMADE PESTO & CASHEW "PARM" VEGAN Df Gf

housemade sweet potato gnocchi (sweet potatoes, gluten free oat flour, flaxseed, pink himalayan sea salt), extra virgin olive oil, housemade kale basil pesto (walnuts, organic kale, basil, extra virgin olive oil, lemon, housemade cashew "parm", garlic, pink himalayan sea salt, ground black pepper), housemade cashew "parm" (cashews, nutritional yeast, garlic powder, pink himalayan sea salt)..... **half tray** **full tray**  
65 130

### SWEET POTATO GNOCCHI WITH ORGANIC SPINACH IN A SAGE BROWN "BUTTER" SAUCE VEGAN Df Gf

housemade sweet potato gnocchi (sweet potatoes, gluten free oat flour, flaxseed, pink himalayan sea salt), organic spinach, extra virgin olive oil, vegan butter, organic veggie broth, nutritional yeast, lemon juice, garlic, garlic powder, basil, thyme, sage, turmeric, cinnamon, nutmeg, ground black pepper..... **half tray** **full tray**  
65 130

### TERIYAKI CHICKEN & BROCCOLI WITH CAULIFLOWER FRIED "RICE" Df Gf

all natural chicken, organic coconut sugar, tamari, apple cider vinegar, sesame oil, ginger, garlic, cornstarch, broccoli, extra virgin olive oil, cauliflower rice, garlic powder, pink himalayan sea salt, ground black pepper..... **half tray** **full tray**  
60 120

### TERIYAKI TOFU & BROCCOLI WITH CAULIFLOWER FRIED "RICE" VEGAN Df Gf

organic tofu, organic coconut sugar, tamari, apple cider vinegar, sesame oil, ginger, garlic, cornstarch, broccoli, extra virgin olive oil, cauliflower rice, garlic powder, pink himalayan sea salt, ground black pepper..... **half tray** **full tray**  
60 120

### VEGGIE LASAGNA VEGAN Df Gf

brown rice lasagna noodles, organic tomatoes, basil, extra virgin olive oil, garlic, pink himalayan sea salt, red pepper flakes, cauliflower, cashews, eggplant, mushrooms, zucchini, housemade cashew "parm" (cashews, nutritional yeast, garlic powder, pink himalayan sea salt)..... **half tray** **full tray**  
60 120

### VEGGIE PAD THAI VEGAN Df Gf

rice noodles, bell pepper, onions, garlic, extra virgin olive oil, organic vegetable bouillon, tamari, organic peanut butter, sriracha, ginger, organic agave, garlic powder, cornstarch..... **half tray** **full tray**  
60 120

+chicken 10





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## sides *half trays serve 6-8, full trays serve 12-16*

<b>ASIAN CHOPPED SALAD</b> <small>Gf Df VEGAN</small>		
organic chopped romaine, bell peppers, organic cucumbers, organic shredded carrots, organic quinoa, edamame, housemade thai peanut dressing .....	<b>half tray</b>	<b>full tray</b>
+chicken 10/20 +housemade chickpea "tofu" 10/20 +organic tofu 10/20	45	90
<b>AVOCADO "FRIES"</b> <small>Gf Df VEGAN</small>		
avocados, gluten free oat flour, unsweetened almond milk, housemade gluten free breadcrumbs, nutritional yeast, garlic powder, pink himalayan sea salt... side of housemade chipotle "mayo" .....	<b>half tray</b>	<b>full tray</b>
	55	110
<b>BAKED SWEET POTATO "FRIES"</b> <small>Gf Df VEGAN</small>		
sweet potatoes, extra virgin olive oil, pink himalayan sea salt, ground black pepper, garlic powder, cumin, paprika... side of veggie ketchup or BBQ sauce.....	<b>half tray</b>	<b>full tray</b>
	45	90
<b>BALSAMIC PASTA SALAD</b> <small>Gf Df VEGAN</small>		
quinoa/brown rice pasta, zucchini, peppers, red onions, organic broccoli, organic tomatoes, cannellini beans, balsamic vinegar, dijon mustard, housemade kale basil pesto (walnuts, organic kale, basil, extra virgin olive oil, lemon, housemade cashew "parm", garlic, pink himalayan sea salt, ground black pepper), extra virgin olive oil, garlic, herbs, housemade cashew "parm" .....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>BASICKALEY SALAD</b> <small>Gf Df VEGAN</small>		
organic marinated kale (extra virgin olive oil, lemon juice, nutritional yeast, pink himalayan sea salt, garlic powder), chopped cabbage, organic shredded carrots, shredded beets, brown rice, sunflower seeds, housemade tahini dressing.....	<b>half tray</b>	<b>full tray</b>
+chicken 10/20 +housemade chickpea "tofu" 10/20 +organic tofu 10/20	45	90
<b>BUFFALO CAULIFLOWER</b> <small>Gf Df VEGAN</small>		
cauliflower, extra virgin olive oil, hot sauce, gluten free oat flour, fresh orange juice, pink himalayan sea salt, ground black pepper, garlic powder... side of housemade "blue" cheese (base of organic tofu & cashews).....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>BUFFALO CHICKPEA BITES</b> <small>Gf Df VEGAN</small>		
chickpeas, organic carrots, gluten free oats, garlic, hot sauce, pink himalayan sea salt, ground black pepper... side of housemade "blue" cheese (base of organic tofu & cashews).....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>"CHEESEY" BRUSSELS</b> <small>Gf Df VEGAN</small>		
brussels sprouts, tahini, extra virgin olive oil, lemon juice, nutritional yeast, garlic powder, pink himalayan sea salt, ground black pepper.....	<b>half tray</b>	<b>full tray</b>
	55	110
<b>CHICKPEA "FRIES"</b> <small>Gf Df VEGAN</small>		
garbanzo flour, extra virgin olive oil, pink himalayan sea salt, ground black pepper... side of veggie ketchup or BBQ sauce.....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>CHICKPEA "TUNA" SALAD</b> <small>Gf Df VEGAN</small>		
chickpeas, tahini, mustard, organic maple syrup, red onion, organic celery, pickles, sunflower seeds, pink himalayan sea salt, ground black pepper.....	<b>half tray</b>	<b>full tray</b>
	45	90
<b>CURRIED VEGETABLES</b> <small>Gf Df VEGAN</small>		
cauliflower, peas, sweet potatoes, tahini, extra virgin olive oil, lemon juice, curry, turmeric, garlic powder, pink himalayan sea salt, ground black pepper.....	<b>half tray</b>	<b>full tray</b>
	50	100
<b>HONEY MUSTARD BRUSSELS SPROUT SALAD</b> <small>Gf Df VEGAN</small>		
brussels sprouts, shredded beets, cranberries, walnuts, dijon mustard, apple cider vinegar, extra virgin olive oil, honey, lemon juice, garlic powder, pink himalayan sea salt, ground black pepper.....	<b>half tray</b>	<b>full tray</b>
	55	110
<b>HOUSEMADE HUMMUS &amp; VEGGIE PLATTER</b> <small>Gf Df VEGAN</small>		
chickpeas, tahini, extra virgin olive oil, lemon juice, garlic, cumin, pink himalayan sea salt, paprika... organic celery, organic carrots, organic cucumbers & broccoli for dipping.....	<b>medium tray</b>	<b>large tray</b>
	50	100



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## sides *half trays serve 6-8, full trays serve 12-16*

### **KALE CAESAR SALAD** Gf Df VEGAN

organic kale, extra virgin olive oil, lemon juice, tahini, dijon mustard, nutritional yeast, garlic powder, pink himalayan salt, ground black pepper, roasted chickpeas (chickpeas, extra virgin olive oil, pink himalayan salt, ground black pepper, garlic powder, oregano, paprika, cayenne, cumin), housemade croutons.....

**half tray full tray**  
45 90

+chicken 10/20 +housemade chickpea "tofu" 10/20 +organic tofu 10/20

### **KALE CAESAR WRAPS** Gf Df VEGAN

organic kale, extra virgin olive oil, lemon juice, tahini, dijon mustard, nutritional yeast, garlic powder, pink himalayan salt, ground black pepper, roasted chickpeas (chickpeas, extra virgin olive oil, pink himalayan salt, ground black pepper, garlic powder, oregano, paprika, cayenne, cumin), housemade croutons.....

**half dozen dozen**  
60 120

+chicken 10/20 +housemade chickpea "tofu" 10/20 +organic tofu 10/20

### **POTATO SALAD** Gf Df VEGAN

organic potatoes, cashews, dijon mustard, lemon juice, organic apple cider vinegar, red onions, organic celery, garlic, garlic powder, pink himalayan sea salt, black pepper, paprika.....

**half tray full tray**  
50 100

### **QUINOA SALAD** Gf Df VEGAN

organic quinoa, organic shredded carrots, organic cucumbers, avocado, housemade balsamic vinaigrette.....

**half tray full tray**  
45 90

+chicken 10/20 +housemade chickpea "tofu" 10/20 +organic tofu 10/20

### **ROASTED ROSEMARY POTATOES** Gf Df VEGAN

potatoes, extra virgin olive oil, pink himalayan sea salt, ground black pepper, garlic powder... side of veggie ketchup or BBQ sauce.....

**half tray full tray**  
50 100

### **TORTILLA CHIPS** Gf Df VEGAN

corn flour, organic coconut oil, pink himalayan sea salt.....

**half tray full tray**  
40 80

### **VEGGIE & AVOCADO SPRING ROLLS** Gf Df VEGAN

rice paper, organic carrots, beets, organic cucumbers, avocado, housemade peanut dipping sauce.....

**half tray full tray**  
60 120

## soup *\$14/quart (2-3 servings)*

### **"CREAM" OF BROCCOLI** Gf Df VEGAN

broccoli, cashews, onions, organic carrots, organic celery, extra virgin olive oil, garlic, pink himalayan sea salt, ground black pepper

### **"CREAM" OF MUSHROOM** Gf Df VEGAN

mushrooms, cashews, onions, organic carrots, organic celery, extra virgin olive oil, garlic, pink himalayan sea salt, ground black pepper

### **"CREAMY" KALE** Gf Df VEGAN

organic kale, cashews, onions, extra virgin olive oil, sweet potatoes, unsweetened almond milk, organic vegetable bouillon, garlic, apple cider vinegar, pink himalayan sea salt, ground black pepper... side of roasted chickpeas with cayenne

### **MOROCCAN RED LENTIL** Gf Df VEGAN

red lentils, onions, extra virgin olive oil, organic vegetable bouillon, garlic, organic carrots, organic celery, organic tomatoes, cumin, turmeric, smoked paprika, cinnamon, pink himalayan sea salt, ground black pepper

### **SPLIT PEA** Gf Df VEGAN

split peas, onions, garlic, organic vegetable bouillon, extra virgin olive oil, organic carrots, organic celery, pink himalayan sea salt, ground black pepper

### **SWEET POTATO GINGER TURMERIC** Gf Df VEGAN

sweet potatoes, onions, garlic, organic vegetable bouillon, extra virgin olive oil, ginger, turmeric, paprika, pink himalayan sea salt, ground black pepper

### **TOMATO BASIL** Gf Df VEGAN

organic tomatoes, organic vegetable bouillon, organic carrots, onions, garlic, extra virgin olive oil, basil, balsamic, pink himalayan sea salt, ground black pepper, red pepper

### **VEGGIE & BEAN CHILI** Gf Df VEGAN

black beans, kidney beans, organic diced tomatoes, organic corn, extra virgin olive oil, onions, garlic, cumin, coriander, cayenne, nutritional yeast, pink himalayan sea salt, ground black pepper



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## bridal brunch

\*\*all ingredients are gluten & dairy free. all options are vegan EXCEPT organic egg & veggie scramble. please email or call us to book and we will invoice you! look even further on the rest of our catering menu to customize your menu or inquire about acai bowl options! ALL zest customer brides and their friends will receive 10% off their entire bridal brunch catering order - contact us to book for your secret code!\*\*

- \$16/person, choose 2
- \$22/person, choose 3
- \$28/person, choose 4
- \$32/person, have it all!

- smoothie gallon jugs (choose from chocolate peanut bubba, berry simple, the frapp, fresh start, mint chip or matcha refresh-mint)
- juice gallon jugs (choose between energize, refresh, detox, pick me up or spicy recharge) - great for mixing in champagne!!
- assorted protein pancakes (peanut butter, blueberry, apple pie) & waffles (banana walnut, chocolate chip) with organic maple syrup & granola butter
- organic tofu or organic egg & veggie scramble
- yogurt, organic berries & housemade granola parfaits

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additional add-ons (+ \$6/person)

- smashed avocado krust station (smashed avocado with lemon juice, fresh ground black pepper, pink himalayan sea salt... side of gluten free toast)
- "ricotta" krust station (housemade almond ricotta, organic blueberries, honey... side of gluten free toast)
- assorted mini muffins (blueberry & peanut butter chocolate) & scones (blueberry & cinnamon swirl)
- organic fruit platter

