



*The price per person is next to the item price.*



If you only ate this well every day

**2 hr. notice on party platters • 48 hr. notice on sweet baskets, breakfasts & cakes.**

### 104 Bread Basket

serves 8-10 • \$10.95 (1.09)

### 100 Breakfast Basket

An assortment of our morning favorites including freshly baked muffins, scones, caramel sticky buns, lemon pound cake and Danish.

serves 8-10 • \$22.95 (2.29)

## SALADS

### 110 Starter Platter

Tabouleh, homemade hummus, and feta cream cheese served with toasted flat bread triangles. Served with freshly sliced tomatoes, cucumbers and Kalamata olives.

serves 8-10 • \$46.95 (4.69)

### 111 Fruit and Cheese Platter

An assortment of local cheeses and seasonal fruit with bread basket.

serves 8-10 • \$77.95 (7.79)

### 112 Cashew Chicken Salad

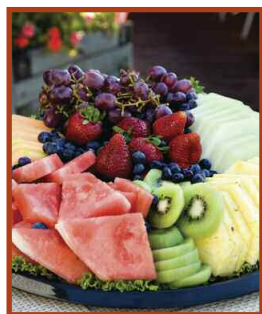
Served on greens with tomato, cucumbers, sprouts, pea pods, chayote slices, avocado, egg and Kalamata olives. Includes your choice of dressing and a bread basket.

serves 4-6 • \$52.95 (8.82) / serves 8-10 • \$79.95 (7.99)

### 113 Romaine Garden Salad

Romaine, chayote slices, tomatoes, cucumbers, pea pods, broccoli and cauliflower buds, julienne carrots, diced red peppers, sunflower sprouts and sprouted beans, served with your choice of dressing and a bread basket.

serves 4-6 • \$48.95 (8.15) / serves 8-10 • \$71.95 (7.19)



114 Fresh Fruit Plate

### 114 Fresh Fruit Plate

A beautiful selection of melon, pineapple, grapes, kiwi and berries. Served with a bread basket.

serves 4-6 • \$51.95 (8.65) / serves 10-12 • \$77.95 (7.79)

## SANDWICHES, WRAPS & PIZZAS

### 130 Bag Lunch

Choose from cashew chicken salad, almond tuna salad, smoked turkey, roasted turkey or vegetarian sandwich served with whole fruit, chips and a sweet.

Half sandwich \$7.95

Whole sandwich \$9.95

### 101 Continental Breakfast

A breakfast basket, a fresh fruit plate and your choice of our organic coffee or Good Earth tea in an insulated "Beverage to Go" box.

serves 8-10 • \$83.95 (8.39)

### 102 Desserts 48-hour notice.

Famous Good Earth Carrot Cake or Banana Cake.

9" inch round serves 8-12 • \$22.95 (1.91)

1/4 sheet serves 12-20 • \$24.95 (1.24)

1/2 sheet serves 24-48 • \$38.95 (.81)

Full sheet serves 48-96 • \$68.95 (.71)

### 103 Assorted Sweet Basket

An assortment of cookies and bars.

serves 8-10 • \$21.95 (2.19)



112 Cashew Chicken Salad



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131 Mini Sandwich Tray

### 131 Mini Sandwich Tray (18 Sandwiches)

Our same wonderful sandwiches in a smaller version. An assortment of cashew chicken, smoked and roasted turkey breast, and grilled vegetables on our famous multigrain, foccacia and baguette breads. Served with sandwich condiments and an assortment of chips.

**serves 8-10 • \$87.95 (8.79)**

### 132 The Wrap Tray (12 Halves)

A sampling of our famous wraps. Thai Chicken with peanut sauce, grilled vegetables wrap and a Mediterranean wrap with tabouleh. Served with fresh fruit & chips. **serves 8-10 • \$75.95 (7.59) Add chicken \$80.95 (8.09)**

### 133 The Sandwich Builder

All you need to create your own sandwiches. Cashew chicken salad, smoked turkey, roasted turkey and two types of cheese served with a basket of assorted bread, chips and condiments.

**serves 8-10 • \$94.95 (9.49)**

### 134 Pizza Sample Platter

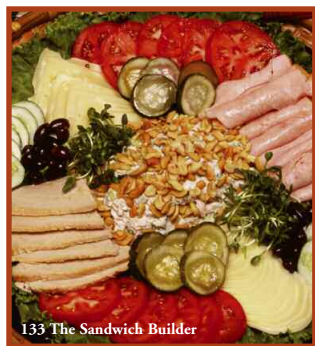
A variety of unique pizzas including our Thai chicken with peanut sauce, basil pesto, Greek chicken and tomato mozzarella. All cut into easy-to-eat wedges.

**serves 4-6 • \$45.95 (7.65) / serves 8-10 • \$82.95 (8.29)**

### 135 Thai Chicken Satay

Skewers of Thai marinated chicken breast grilled and served with wheatberry rice and Napa slaw. Served with condiments and bread basket.

**serves 4-6 • \$52.95 (8.82) / serves 8-10 • \$94.95 (9.49)**



133 The Sandwich Builder

## ENTRÉE PLATTERS

### 150 Teriyaki Chicken

Free range chicken breast marinated in our own teriyaki sauce and char grilled. Served with gingered yams, stir fried vegetables and a bread basket.

**serves 4-6 • \$68.95 (11.49) / serves 8-10 • \$104.95 (10.49)**

### 151 Coconut Curried Chicken

Chicken breast, bok choy, sweet red and green peppers, purple onion and fresh basil, wok seared with coconut milk and Indian curry. Served with wheatberry rice, mango chutney and a bread basket.

**serves 4-6 • \$52.95 (8.82) / serves 8-10 • \$94.95 (9.49)**

### 152 Grilled Chicken Quesadillas

Flour tortillas filled with grilled chicken breast, jack and cheddar cheeses. Accompanied with shredded lettuce, chilies, sour cream, tomato and avocado salsa.

**serves 4-6 • \$45.95 (7.65) / serves 8-10 • \$83.95 (8.39)**

### 153 Szechwan Chicken

Chicken, purple onions, carrots and sweet peppers wok-seared in a spicy Szechwan sauce served with our wheatberry pilaf and a bread basket.

**serves 4-6 • \$52.95 (8.82) / serves 8-10 • \$94.95 (9.49)**

### 154 Turkey Meatloaf

Ground turkey, spinach, basil pesto and bread crumbs, grilled and served with red pepper sauce, gingered yams, cranberry chutney, fresh vegetables and bread basket.

**serves 4-6 • \$67.95 (11.32) / serves 8-10 • \$104.95 (10.49)**