



## WRAPS & PIZZAS

- |   |                          |        |
|---|--------------------------|--------|
| 2 | Thai Chicken Wrap .....  | \$9.95 |
| 3 | Greek Pizza .....        | \$9.95 |
| 4 | Thai Chicken Pizza ..... | \$9.95 |



## SANDWICHES & BURGERS

- |    |                                    |         |
|----|------------------------------------|---------|
| 10 | Cashew Chicken Melt .....          | \$9.50  |
| 11 | Cashew Chicken Salad Sandwich .... | \$9.50  |
| 12 | All Natural Hamburger .....        | \$9.25  |
|    | w/cheese .....                     | \$10.75 |
| 13 | Turkey Club .....                  | \$10.95 |
| 14 | Vegetarian Sandwich .....          | \$9.95  |

## ENTREES

- |    |                                   |         |
|----|-----------------------------------|---------|
| 20 | Free Range Teriyaki Chicken ..... | \$12.50 |
| 21 | Turkey Meatloaf .....             | \$13.95 |
| 22 | Bean Burrito .....                | \$9.95  |
|    | w/chicken or beef .....           | \$12.95 |
| 23 | Grilled Chicken Quesadillas ..... | \$10.50 |

## SALADS

- |    |                                 |         |
|----|---------------------------------|---------|
| 41 | Cashew Chicken Salad .....      | \$11.95 |
| 42 | Almond Tuna Salad .....         | \$11.95 |
| 43 | Mediterranean Greek Salad ..... | \$10.95 |
| 44 | Tropical Spinach Salad .....    | \$10.50 |
| 46 | Chopped Salad .....             | \$12.95 |

## EXTRAS

50 Chips \$1.00

51 Cookie \$2.10

52 Brownie \$3.10



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



**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 • \$21.95 (2.19)

**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 • \$80.95 (8.09)

**102 Desserts** 48-hour notice.

Famous Good Earth Carrot Cake or Banana Cake.

9" inch round serves 8-12 • \$21.95 (1.82)

1/4 sheet serves 12-20 • \$22.95 (1.14)

1/2 sheet serves 24-48 • \$36.95 (.76)

Full sheet serves 48-96 • \$66.95 (.69)

**103 Assorted Sweet Basket**

An assortment of cookies and bars.

serves 8-10 • \$19.95 (1.99)

**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 • \$44.95 (4.49)

**111 Fruit and Cheese Platter**

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

serves 8-10 • \$74.95 (7.49)

**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 • \$51.95 (8.65) / serves 8-10 • \$76.95 (7.69)

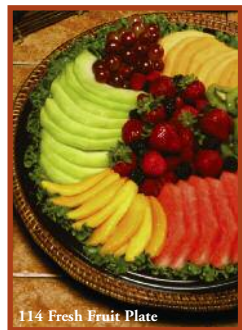
**113 Romaine Garden Salad**

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 • \$46.95 (7.82) / serves 8-10 • \$68.95 (6.89)



104 Bread Basket



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 • \$49.95 (8.32) / serves 10-12 • \$74.95 (7.49)

**SANDWICHES, WRAPS & PIZZAS**

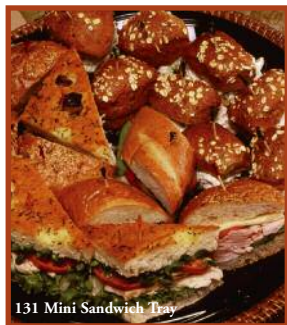
**130 Bag Lunch**

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



*The price per person is next to the item price.***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 • \$84.95 (8.49)**

**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 • \$72.95 (7.29) Add chicken \$77.95 (7.79)**

**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 • \$91.95 (9.19)**

**134 Pizza Sample Platter**

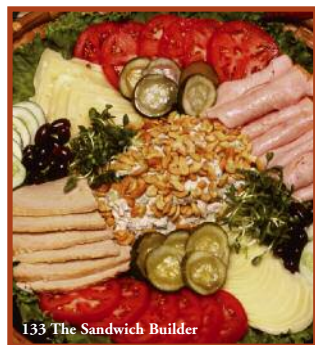
A variety of unique pizzas including our Thai chicken with peanut sauce, basil pesto, Greek chicken and tomato mozzarella. All cut into easy-to-eat wedges.

**serves 4-6 • \$43.95 (7.32) / serves 8-10 • \$79.95 (7.99)**

**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 • \$50.95 (8.49) / serves 8-10 • \$91.95 (9.19)**

**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 • \$65.95 (10.99) / serves 8-10 • \$101.95 (10.19)**

**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 • \$50.95 (8.49) / serves 8-10 • \$91.95 (9.19)**

**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 • \$43.95 (7.32) / serves 8-10 • \$80.95 (8.09)**

**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 • \$50.95 (8.49) / serves 8-10 • \$91.95 (9.19)**

**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 • \$65.95 (10.99) / serves 8-10 • \$101.95 (10.19)**