

# zeal – for meetings or parties

Catering Menu | Fall 2019

## hearty salads - \$10 per person

FALL TACO BOWL  
black and garbanzo bean  
succotash, grains, sweet  
potato, cotija cheese, fresh  
avocado, pico de gallo, and  
ranchero salsa

CONSCIOUS KALE  
massaged kale, golden beet,  
pickled carrot,  
sprouted lentils, walnuts,  
lemon vinaigrette

### ADD-ON PROTEINS:

Wild Salmon  
Herb seasoned chicken  
Marinated Tofu  
Shrimp  
\$2 - \$7 per person

## soup or bone broth \$7 per person

CARROT GINGER SOUP

GRASS FED BEEF BONE BROTH  
with quinoa, greens, rosemary oil

## sandwiches and wraps starting at \$7 per person

CHICKEN SANDWICH with basil aioli, melted peppers and onions

MULTI GRAIN WRAP choice of hummus, tahini, sprouts, pickled onion, greens and carrot OR avocado, roasted golden beet, lentils, greens, pickled peppers, basil aioli

## healthy taco bar - always gluten free, vegan options available - starting at \$12 pp

### BASICS:

Non-GMO Corn tortillas  
Black beans  
Brown rice  
Salsa Verde  
Tomato Salsa  
Avocado

### PROTEINS:

Spice-roasted rockfish  
Herb seasoned chicken  
Marinated Tofu  
Pulled Pork  
Grass Fed Beef  
Shrimp

### FLAVORFUL EXTRAS:

Pickled onion  
Roasted peppers  
Vegan Sour Cream  
Chipotle pepper relish  
Cheddar or Cotija cheese

## build your own bowl - always gluten free, vegan options available - starting at \$12 pp

### MIGHTY BOWL

sautéed kale, chickpeas, pickles, sprouted lentils, quinoa, beets, tahini dressing

### RAINBOW CURRY or TIKKA MASALA

with roasted seasonal vegetable medley, brown rice, quinoa, and two sauces

### ADD-ON PROTEINS:

Wild Salmon  
Herb seasoned chicken  
Marinated Tofu  
Pulled Pork  
Lamb meatballs  
Shrimp  
\$2 - \$7 per person

## guiltless comfort food - \$11-\$14 per person

### VEGAN G.F. MAC & CHEESE

gluten free macaroni, cashew cheese, caramelized onion and mushroom, basil pesto, and diavolo sauce

LAMB MEATBALLS ragout of white bean, summer squash, roasted eggplant, with chimichurri

GARLIC MASHED POTATOES AND ROAST CHICKEN DRUMS & THIGHS with roasted vegetables

## treats (ALL GLUTEN FREE)

VEGAN CASHEW CHEESECAKE with caramel sauce and fresh pineapple - \$3 per person

RAW CACAO BALLS - made with walnut, date, vanilla, chocolate - \$2 per person

CHOCOLATE DRIZZLED ROTEIN POWER BARS oats, peanut butter, maple syrup, protein powder, chia - \$2 per person

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No GMOs, no compromises. We cook using organic 100% coconut oil or organic extra virgin olive oil for sauces and low temps

zeal and our purveyors make every effort to source all organic ingredients PLEASE TELL US IF YOU HAVE A FOOD ALLERGY.

Zeal practices a cooking style of very low use of common allergen foods unless noted.

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