



CRAVE PROTEIN CAFE



CATERING MENU

Breakfast

Ala Carte

Yogurt Parfaits \$119

16 oz Greek yogurt, berries, gluten free granola.

Fresh Fruit Platter \$69

Seasonal fresh fruit.

Bagel Platter \$59

Plain bagels, everything bagels, butter, cream cheese, everything bagel topping.

Muffin Top Platter \$49

Vareity of house made muffin tops with butter.

Frittata Bites \$49

Eggs, turkey sausage, mushrooms, red peppers, cottage cheese, parmesan & herbs.

Ala Carte includes service for 12

Breakfast Platters

Breakfast Wrap Platter \$89

Choice of turkey sausage or turkey bacon, egg, cheese, potatoes, beans & corn, pico, chipotle aioli and housemade salsa.

Breakfast Sandwich Platter \$129

Egg, choice of cheese, turkey bacon or turkey sausage, spinach, tomato & cream cheese.

Breakfast Buffet

Continental Breakfast \$299

Fruit platter, bagel and muffin top platter, mini yogurt parfaits.

Breakfast Bowl Bar (add steak \$84) \$199

Eggs, turkey sausage or turkey bacon, potatoes, cheese, pico and fresh fruit platter.

Build Your Own Parfait Bar \$109

Greek yogurt, fresh fruit, berries, gluten free granola, candied pecans.

Breakfast Buffet service for 25, includes coffee service & orange juice.

Breakfast Boxes

Breakfast Wrap \$10.50

Choice of turkey sausage or turkey bacon, egg, cheese, potatoes, beans & corn, pico, chipotle aioli and housemade salsa.

Breakfast Sandwich \$11.50

Egg, choice of cheese, turkey bacon or turkey sausage, spinach, tomato & cream cheese.

Breakfast Boxes includes side of seasonal fruit. (minimum order: 10)

Drinks

Orange Juice \$23

96 oz of vitamin C packed, pulp free OJ.

Coffee \$24

96 oz of fresh brewed house blend served w/ half & half, oatmilk, & assortment of sweeteners on the side.

**All orders include disposable service ware*

Sandwich Boxes

Spicy Tuna Salad \$14.50

Spicy tuna salad, herbed aioli, sprouts, smashed avocado.

Chicken Salad \$14.50

Chicken salad, sprouts, green apple, herbed aioli.

Roasted Chicken \$14.50

Sliced chicken breast, pepper jack, chipotle aioli, pickled red onion, smashed avocado, romaine, tomato on ciabatta.

Turkey Provolone \$16.50

Turkey, provolone, romaine, turkey bacon, herbed aioli.

Steak Sandwich \$18.50

Steak, provolone, caramelized onion, mushroom, spinach, horseradish crema on ciabatta.

Protein Wrap \$13.50

Double portion chicken or tofu, provolone, spinach, onion, smashed avocado in a spinach wrap.

Sandwich Boxes includes choice of side: protein pasta salad, protein macaroni salad, green apple or kale chips plus pickle, dessert cookie. (minimum order: 10)

Salad Boxes

Cobb Salad (sub steak \$8) \$11.50

Romaine, hard-boiled egg, provolone, turkey bacon, sliced turkey breast, avocado, housemade herbed crouton, tomato w/ dill ranch.

House Salad (sub steak \$8) \$12.50

Choice of chicken or tofu, mixed greens, broccoli, carrots, cucumber, tomato, radish w/ dijon vinaigrette.

Kale Caesar Salad (sub steak \$8) \$10.50

Choice of chicken or tofu, kale, romaine, housemade herbed crouton, parmesan, avocado, crispy chickpeas w/ roasted garlic dressing.

Asian Salad (sub steak \$8) \$13.50

Choice of chicken or tofu, napa cabbage, romaine, edamame, carrots, herb mix, cashews, wonton strips, mandarin oranges, sweet-pickled peppers w/ asian vinaigrette.

Salad Boxes includes choice of side: protein pasta salad, protein macaroni salad, green apple or kale chips plus pickle, dessert cookie. (minimum order: 10)



Signature Bowls

Mediterranean Bowl \$11.50

Choice of chicken or tofu, quinoa, arugula, hummus, cucumber, kalamata olives, tomato, feta, crispy chickpeas, za'atar w/ lemon vinaigrette or creamy garlic dressing.

Tsao's Bowl \$11.50

Choice of chicken or tofu, rice, broccoli, edamame, carrot, asian herb mix, kimchi, furikake, asian bbq sauce.

Tex Mex Bowl \$10.50

Choice of chicken or tofu, rice, pico de gallo, beans & corn, smashed avocado, choice of cheese, salsa roja.

Spicy Rice Bowl \$11.50

9 oz portion choice of chicken or tofu, rice, jalapeno, onion, spinach, chili flakes, avocado.

Signature Bowls includes dressings on the side, substitute quinoa or rice for daily veggie (minimum order: 10)

Build-A-Bowl Bar

Mediterranean Bowl Bar \$239

(sub ½ steak \$100, all steak \$200)

Choice of chicken or tofu, base, arugula, hummus, cucumber, kalamata olives, tomato, feta, crispy chickpeas, za'atar w/ lemon vinaigrette and garlic dressing option.

Tsao's Bowl Bar \$229

(sub ½ steak \$100, all steak \$200)

Choice of chicken or tofu, base, broccoli, edamame, carrot, asian herb mix, kimchi, furikake, asian bbq sauce.

Tex-Mex Bowl Bar \$199

(sub ½ steak \$100, all steak \$200)

Choice of chicken or tofu, base, pico de gallo, beans & corn, smashed avocado, cheddar & pepperjack cheeses, salsa roja.

Spicy Rice Bowl Bar \$219

(sub ½ steak \$100, all steak \$200)

Choice of chicken or tofu, base, jalapeno, onion, spinach, chili flakes, avocado.

Build-A-Bowl Bar includes choice of 2 bases: rice, quinoa, daily veggies. Choice of 2 proteins: chicken, or tofu, or steak, w/ assorted toppings & sauces. (Minimum order: Service for 25)



Protein Dessert

Craveable By The Dozen (chef's choice \$27) **\$29**

*Cowboy Cookies, Peanut Butter Chocolate Chip Protein Cookie, PB&J Cookie, Double Chocolate Muffin Top (*GF), Vegan Chocolate Chip Cookie, Seasonal Cookie.*

Peanut Butter Dream Bites **\$29**

12 signature, delicious protein packed treats.

Peanut Butter & Seasonal Protein Bites **\$49**

18 signature & seasonal protein packed treats.

Assorted Mini Desserts for 50 **\$59**

(24 hour notice required)

*Cowboy cookie, peanut butter chocolate chip protein cookie, PB&J cookie, double chocolate muffin top (*GF), vegan chocolate chip cookie & seasonal cookie.*

Beverages

Housemade Lemonade **\$21**

96 oz. of fresh squeezed lemonade.

Iced Tea **\$19**

96 oz of freshly brewed unsweetened tea w/ assortment of sweeteners, side of lemon slices.

Arnold Palmer **\$20**

96 oz of half tea, half lemonade w/ side of lemon slices.

Orange Juice **\$25**

96 oz of vitamin C packed, pulp-free OJ.

Coffee **\$24**

96 oz. of fresh brewed house blend served w/ half & half, oatmilk, & assortment of sweeteners on the side.

24 Pack of Spring Water **\$8**

GF - Gluten free

Orders of 50 guests or more requires a 72-hour notice. We are unable to accommodate same-day changes to catering orders.

