



CRAVE PROTEIN CAFE



CATERING MENU

Breakfast

À la Carte

Yogurt Parfaits \$149

16 oz Greek yogurt, berries, gluten-free granola.

Fresh Fruit Platter \$75

Seasonal fresh fruit.

Bagel Platter \$59

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

Muffin Top Platter \$59

Vareity of house made muffin tops with butter.

Frittata Bites \$79

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

À la Carte includes service for 12

Breakfast Platters

Breakfast Wrap Platter *(sub steak +\$59)* \$209

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

Breakfast Sandwich Platter *(sub steak +\$59)* \$149

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

Breakfast Buffet

Continental Breakfast \$599

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

Breakfast Bowl Bar *(add steak +\$149)* \$499

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

Build Your Own Parfait Bar \$299

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

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

Breakfast Boxes

Breakfast Wrap *(sub steak +\$10)* \$11.50

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

Breakfast Sandwich *(sub steak +\$10)* \$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 \$39

96 oz of vitamin C packed, pulp free OJ.

Coffee \$34

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

***All orders include disposable serviceware**

Lunch & Dinner

Sandwich Boxes

- Spicy Tuna Salad** **\$16.50**
Spicy tuna salad, herbed aioli, sprouts, smashed avocado.
- Chicken Salad** **\$18.50**
Chicken salad, sprouts, green apple, herbed aioli.
- Roasted Chicken** **\$16.50**
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** **\$19.50**
Steak, provolone, caramelized onion, mushroom, spinach, horseradish crema on ciabatta.
- Thai Chicken Wrap** (sub steak +\$10) **\$16.50**
Baked chicken, shredded carrots, romaine lettuce, Napa cabbage, fresh herbs, cherry tomatoes, diced onions, and housemade peanut sauce inside a spinach tortilla wrap.

Sandwich Boxes include 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** (add steak +\$10) **\$17.50**
Romaine, hard-boiled egg, provolone, turkey bacon, sliced turkey breast, avocado, housemade herbed crouton, tomato with dill ranch.
- House Salad** (sub steak +\$10) **\$17.50**
Choice of chicken or tofu, mixed greens, broccoli, carrots, cucumber, tomato, radish with dijon vinaigrette.
- Kale Caesar Salad** (sub steak +\$10) **\$17.50**
Choice of chicken or tofu, kale, romaine, herbed crouton, parmesan, avocado, crispy chickpeas with roasted garlic dressing.
- Asian Salad** (sub steak +\$10) **\$18.50**
Choice of chicken or tofu, Napa cabbage, romaine, edamame, carrots, herb mix, cashews, wonton strips, Mandarin oranges, sweet-pickled peppers with asian vinaigrette.
- Seasonal Salads** (sub steak +\$10) **\$16.50**
Winter, Spring, Summer or Fall enjoy a fresh take on the season served with choice of chicken or tofu

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

***All orders include disposable serveware**



Signature Bowls

Mediterranean Bowl (sub steak +\$10) **\$16.50**

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

Tsao's Bowl (sub steak +\$10) **\$15.50**

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

Tex Mex Bowl (sub steak +\$10) **\$16.50**

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

Spicy Rice Bowl (sub steak +\$10) **\$17.50**

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

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

***All orders include
disposable serviceware**

Build-A-Bowl Bar

Mediterranean Bowl Bar **\$429**

(sub ½ steak +\$125, all steak +\$250)

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

Tsao's Bowl Bar **\$449**

(sub ½ steak +\$125, all steak +\$250)

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

Tex-Mex Bowl Bar **\$449**

(sub ½ steak +\$125, all steak +\$250)

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

Spicy Rice Bowl Bar **\$499**

(sub ½ steak +\$125, all steak +\$250)

Choice of chicken or tofu, base, jalapeño, 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, with assorted toppings & sauces. (Minimum order: Service for 25)



Protein Powered Desserts

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 chocolate and peanut butter protein-packed treats.

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

18 signature & seasonal protein-packed treats.

Strawberry Shortcake Protein Bites **\$29**

2 signature vanilla and strawberry 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

House-made Lemonade **\$24**

96 oz. of fresh-squeezed lemonade.

Iced Tea **\$29**

96 oz of freshly brewed unsweetened tea with assortment of sweeteners, & side of lemon slices.

Arnold Palmer **\$29**

96 oz of half tea, half lemonade with side of lemon slices.

Orange Juice **\$39**

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

Coffee **\$34**

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

24 Pack of Spring Water **\$9**

*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.



Crave Protein Cafe

Catering Policies

- Minimum Box Order: 10
 - Dessert cookie selection is tied to lunch box type (assorted, gluten free, or vegan)
 - Bowl Bars: 25 person minimum
 - Orders for 50 guests or more require 72-hour notice
 - We are unable to accommodate same-day changes to catering orders
 - For support, contact us at (480) 454-4853
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Proud Partner of



Crave is a proud community partner with the Autism Academy for Education and Development. We are helping build an inclusive workforce for the neurodiverse community.