



NOURISH

KITCHEN + TABLE

CATERING + EVENTS

SPRING 2017

BREAKFAST SELECTIONS *priced per person*

THE CLEAN + GREEN //

6-minute Persian turmeric tea eggs, gluten-free quinoa-oat bar with dried cherries and almonds, seasonal fruit salad, Morning Green juice

THE RISE + SHINE //

market vegetable frittata, Benton's bacon, seasonal fruit salad, artisan morning breads with seasonal jam & cultured butter

THE WARM + TOASTY [SELECTION OF MORNING BAKED GOODS]

sweet and savory scones, seasonal tea loaf, good day apple-date-pumpkinseed muffins, seasonal jam, whipped Trickling Spring butter

THE GREENWICH AVE. BREAKFAST [GLUTEN-FREE OATMEAL BAKE + NARRAGANSETT CREAMERY YOGURT BAR]

oatmeal bake with housemade almond milk, apples, pecans, vanilla-cinnamon struesel // yogurt bar with seasonal jam, gluten-free granola, toasted coconut-hemp-seed-dried cherries mix

HOUSE-CURED SALMON & BAGEL PLATTER beet-cured sustainably-farmed salmon, smoked trout salad, spiced cream cheese, red onion, capers, sliced apples, pickled mustard seeds, assorted bagels // *serves 10-20

ADD TO YOUR MORNING...

SPRING FRUIT SALAD pineapple, strawberries, poached rhubarb, tonka bean-vanilla drizzle, lemon zest // [GF, DF, V]

WHOLE QUICHE OR FRITTATA seasonal vegetables, cheese, rye pastry crust // housemade lamb sausage or prosciutto upon request

BENTON'S BACON our favorite crispy bacon, straight from our friends at Benton's in Tennessee // [GF, DF]

COFFEE, TEA AND FRESH-PRESSED JUICES

BOX OF VITTORIA COFFEE selection of milks [whole, half and half, almond available] // [serves 12]

HARNEY & SONS TEA black, green & herbal tea blends, selection of sugars and milks // [serves 12]

ASSORTED MINI HOUSEMADE JUICES & SMOOTHIES 8oz

THE MORNING GREEN JUICE spinach, celery, pineapple, grapefruit, mint, jalapeño // **COLD KILLA** apple, lemon, wildflower honey, cayenne

LV POTION NO. 9 beet, orange, lemon, mint, rosewater // **RISE + SHINE SMOOTHIE** banana, date, almond milk, almond butter, cinnamon, hemp seed

FRESH ORANGE OR GRAPEFRUIT JUICE

FRED WATER

SPARKLING SARATOGA WATER

Vegan, gluten-free, dairy-free options available upon request. We proudly source meat, dairy, and produce from local purveyors such as Saxelby Cheese, Pino's Prime Meats, and Berried Treasures Farm. Please note, we require 5 days notice for all orders or events.

10 person minimum order • \$1,000 order minimum for delivery service Mon-Fri • \$4,000 order minimum Sat-Sun



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LUNCH + ALL DAY SELECTIONS

THE STANDARD // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + CHICKEN] // WITH GRASS-FED STEAK

THE STANDARD - FISH // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + LOCALLY-CAUGHT FISH] 1

THE STANDARD - ALL VEG // [CHOICE OF 1 SALAD/VEGETABLE + 1 SIDE + CARROT FALAFEL]

THE DAILY DETOX [CHOICE OF ANY 3 SALAD/VEGETABLES AND SIDES]

SANDWICH PLATTER [ASSORTMENT OF SANDWICHES, VEGETARIAN, VEGAN & GLUTEN-FREE OPTIONS AVAILABLE]

SPRING SALADS + VEGETABLES

BIBB LETTUCE SALAD spring herbs, pistachios, radish, nigella seeds, grilled ramp and spring onion vinaigrette [GF, DF]

DETOX KALE SALAD apple, watermelon radish, toasted almonds, scallions, sesame seeds, ginger-lime dressing [GF, DF, VG]

MARKET SPINACH SALAD strawberries, popped amaranth, Bulgarian feta, spring onion, white balsamic vinaigrette

SHAVED & ROASTED RAINBOW CARROTS pickled golden raisins, za'atar, cilantro, orange blossom-tahini dressing [GF]

SPRING ASPARAGUS crispy leeks, garlic-whole wheat breadcrumbs, whole grain mustard vinaigrette [DF, VG]

SPRING GOOD GRAINS + SIDES

SPRING QUINOA mixed radish, shiso, miso-orange vinaigrette [GF, DF, VG]

BARLEY BEET SALAD roasted beets, cilantro, mint, red onion, sumac, toasted pistachios [DF, VG]

MINTED WHEATBERRY SALAD sugar snap peas, ricotta salata, mint [GF, DF, VG]

PURPLE POTATO SALAD capers, grilled spring onion, lime-jalapeño vinaigrette [GF, DF, VG]

GLUTEN-FREE SWEET POTATO NOODLES roasted turnips, yukina savoy, toasted black sesame seeds, chive blossoms, tamari-ginger vinaigrette

LEAN PROTEINS

SPICE-RUBBED ROAST CHICKEN Amish free-range chicken, za'atar, Tasmanian peppercorn, sumac, lemon [GF, DF] *sliced upon request, carving fee may apply

CLASSIC HERB-GARLIC ROASTED CHICKEN Amish free-range chicken, rosemary, thyme, lemon [GF, DF] *sliced upon request, carving fee may apply

GRASS-FED FLANK STEAK WITH CHIMMICHURRI cilantro, capers, fennel, chili [GF, DF]

MOROCCAN LAMB MEATBALLS minted lemon tatziki

SPRING PEA FALAFEL PLATTER vegetarian falafel, fresh lemon tahini, zhough herb-chili sauce [GF, DF]

LOCALLY-CAUGHT POACHED FISH local fish of the day, shaved fennel-herb salad, crispy capers, lemon, urfa biber [GF, DF]

SANDWICHES

SPRING ROAST CHICKEN SANDWICH free-range chicken breast, lemon-mint pesto, pea shoots, Benton's bacon, sarvecchio, baguette

BEEF BRISKET SANDWICH watercress, pickled red onion, horseradish-lemon aioli, [DF, VG]

ROASTED JALAPEÑO HUMMUS WHOLE WHEAT LAFFA WRAP roasted carrot, pumpkinseed zhough, house-fermented pickles, beet crisps [V, DF]

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SEASONAL PLATTERS

GREENMARKET CRUDITÉ PLATTER seasonal vegetables, ruby red beet-feta-lemon dip // (serves 10) or (serves 20-25) [GF]

ARTISAN CHEESE PLATTER ewephoria sheep's milk gouda, cremeux de Borgogne, Humboldt Fog, Jasper Hill clothbound cheddar, wildflower honey with pink peppercorn and vanilla, fennel-black pepper crackers, dried and fresh fruit // (serves 10) // (serves 20-25)

CHARCUTERIE PLATTER artisan cured meats from Ends Meat Brooklyn, cornichons, date mostarda, crostini toasts // (serves 20-25)

SPRING MIX PLATTER seasonal crudité & fruit, zaatar-spiced whole wheat laffa, seeded gf crisp, spiced carrot hummus, roasted mushroom-walnut paté, cured olives, thyme-chili spiced nuts // (serves 20-25)

JAPANESE CURED SALMON PLATTER yuzu kosho-togarashi cured sustainably caught salmon, nori-tamari crackers, miso cream cheese, sesame-hijiki cured kohlrabi, tamari-honey-wasabi roasted nuts, ponzu-scallion sauce // (serves 20-25)

DESSERTS & SWEETS

ASSORTED COOKIE PLATTER chocolate-dipped coconut macaroons, deep dark brownie bites with walnuts and maldon salt, pistachio rosewater buttons // (serves 10-20) or (serves 20-30)

SPRING SWEET PLATTER seasonal cut fruit, lemon-lavender shortbread, dark chocolate bark with goji berries, lemon & almond // (serves 20-30) [GF, DF, VEGAN]

GLUTEN-FREE BUCKWHEAT CITRUS+GOAT CHEESE BAR gluten-free buckwheat crust // per dozen [GF]

BEBE'S COCONUT MACAROONS dark chocolate-dipped // per dozen [GF]

APPLE-CRANBERRY KUCHEN TART cinnamon pastry cream, coconut-cake crust

GLUTEN-FREE CHOCOLATE LAVENDER CAKE chocolate ganache [GF]

SEASONAL TEA LOAF rose-lemon with almond glaze or carrot-golden raisin-tahini // (serves 10-12)

ADDITIONAL SNACKS priced per person

LACQUERED KALE CHIPS black garlic-peanut butter-sriracha glaze // [GF, DF, VEGAN]

MINI QUINOA OAT BARS dried cherries, almonds, pumpkinseeds // [GF, DF, VEGAN]

SWEET + SALTY TRAIL MIX dried apricots and strawberries, coconut flakes, nuts, dark chocolate chunks // [GF, DF, VEGAN]

THYME-CHILI SPICED NUTS pecans, walnuts, almonds // \$5 [GF, DF, VEGAN] | **TRUFFLED POPCORN** pecorino romano, chive // [GF]

COFFEE, TEA AND FRESH-PRESSED JUICES

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ASSORTED MINI HOUSEMADE JUICES & SMOOTHIES 8oz

THE MORNING GREEN JUICE spinach, celery, pineapple, grapefruit, mint, jalapeño // **COLD KILLA** crimson crisp apple, lemon, wildflower honey, cayenne

LV. POTION NO. 9 beet, orange, lemon, mint, rosewater // **RISE + SHINE SMOOTHIE** banana, date, almond milk, almond butter, cinnamon, hemp seed

FRED WATER SPARKLING SARATOGA WATER

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