

TRAYS

Best to accommodate a variety of appetites & tastes.
Served in large trays and bowls.

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|-------------------------------------|---------|
| Sandwich Tray 8 Halves | \$42.39 |
| Sandwich Tray 16 Halves | \$80.79 |
| Salad Tray Serves 10-12 | \$66.99 |
| Soup Tray 6 individual servings | \$35.99 |
| Soup Tray 12 individual servings | \$69.99 |
| Dozen Strawberries | \$20.19 |
| Dozen Cookies | \$22.19 |
| Dozen Mix | \$21.19 |

PACKAGES

Looking for the easiest way to cater? You've found it!
Packages offer the perfect mix for every group, every time.

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|--|----------|
| Premium Package Serves 12-15 | \$237.99 |
| Includes an assortment of: | |
| <ul style="list-style-type: none"> • Our most popular soups 12 servings • Variety of sandwiches 16 halves • Your choice of salad tray 16 servings • 6 chocolate-dipped cookies • 6 chocolate-dipped strawberries • 8 bags of chips | |
| Sandwich & Soup Serves 10-12 | \$149.99 |
| <ul style="list-style-type: none"> • A variety of 16 sandwich halves • 12 cups of our most popular soups • 8 bags of chips | |
| Soup & Salad Serves 10-12 | \$135.99 |
| <ul style="list-style-type: none"> • 12 cups of our most popular soups • Your choice of salad tray | |
| Sandwich & Salad Serves 10-12 | \$146.99 |
| <ul style="list-style-type: none"> • A variety of 16 sandwich halves • Your choice of salad tray • 8 bags of chips | |

BOX LUNCHES

Best to accommodate unique menu preferences.
Box lunches are individually packaged meals.

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|------------------|-----------|
| Sandwich + Salad | \$14.29 |
| Sandwich + Soup | \$14.29 |
| Sandwich + Chips | \$10.39 |
| Half Soup | \$9.29 |
| Large Soup | \$10.39 |
| Half Salad | \$10.59 |
| Large Salad | \$12.09 |
| Salad + Soup | \$14.29 |
| Large Bowl | \$13.69 + |



Box lunches come neatly packaged in a post-consumer recyclable container, complete with utensils, napkins, and dessert!

DESSERTS



GOURMET DESSERT TRAY

includes a variety of chocolate-dipped strawberries, gourmet dessert bars, & chocolate-dipped cookies
45-295 cal | \$50.49



CREME BRULEE TRAY

includes 12 crème brûlées in a variety of flavors
calories vary by flavor | \$50.49



FRESH BERRY TRAY

fresh blackberries, raspberries, blueberries, strawberries, and low-fat yogurt
60 cal per serving | \$60.59



CALIFORNIA COBB

cage-free chicken, baby-butter lettuce, cage-free eggs, applewood-smoked bacon, grape tomatoes, edamame, black olives, goat cheese, sliced avocado & buttermilk ranch or fresh herb vinaigrette
410-480 cal / 19g protein / 8 net carbs per serving



STRAWBERRY HARVEST

house-chopped mixed greens, cage-free chicken, strawberries, fontina cheese, dried cranberries, gala apples & candied pecans with strawberry champagne vinaigrette
390 cal per serving



CHIPOTLE CHICKEN

roasted chicken, house-chopped mixed greens, red onions, tomatoes, fire-roasted corn, black beans, tri-color peppers, cheddar cheese, hass avocado, tortilla strips, chipotle ranch & honey cilantro glaze
480-560 cal per serving



NUTS ABOUT BERRIES

house-chopped mixed greens, blueberries, strawberries, raspberries, blackberries & cinnamon almonds with poppyseed dressing
310 cal per serving



BBQ CHICKEN

house-chopped mixed greens, roasted chicken, grape tomatoes, fire-roasted corn, black olives, red onions, black beans & tortilla strips with buttermilk ranch dressing & sweet BBQ sauce
400 cal per serving



AVOCADO CAESAR

house-chopped mixed greens, grilled chicken, parmesan cheese, avocado, house-made croutons, avocado caesar dressing
320 cal per serving



MANGOBERRY

house-chopped mixed greens, blueberries, strawberries, mangos & cinnamon almonds served with mango yogurt dressing
240 cal per serving

Soups



TOMATO BASIL ✓

vine ripe tomatoes, hand-picked fresh basil leaves, chopped garlic, sautéed celery & onions, parmesan cheese, extra virgin olive oil & spices in a creamy broth
280 cal per serving



WISCONSIN CAULIFLOWER KETO ✓

cheddar, pepper jack, & whipped cream cheese, cauliflower, celery & onions in a creamy broth — pictured with shredded cheddar & applewood-smoked bacon
430 cal / 6g net carbs per serving / cheese + 50 cal / bacon + 40 cal



CHICKEN ENCHILADA CHILI KETO

grilled chicken, cheddar cheese, red & green enchilada sauce, green chilies, fire-roasted corn, roma tomatoes, black beans, corn tortillas & cumin — pictured with tortilla strips
180 cal / 9g net carbs per serving / tortilla strips + 90 cal



SOUTHWEST POTATO & GREEN CHILI

red skinned potatoes, green chilies, fire roasted corn, green cabbage, chopped bacon southwestern spices & fresh cilantro in a creamy broth — pictured with tortilla strips
280 cal per serving / tortilla strips + 90 cal



LOBSTER BISQUE KETO

lobster, fennel, roma tomatoes, carrots, onions, celery, herbs & spices in a creamy broth
350 cal / 9g net carbs per serving



MUSHROOM BISQUE KETO ✓

cremini mushrooms, shitake mushrooms, button mushrooms, celery, onions & leek — pictured with crispy onions + 60 cal
250 cal / 9 net carbs per serving / crispy onions + 60 cal



CHICKEN NOODLE

cage-free chicken, carrots, celery, onions, herbs & spices in a light chicken broth, served over egg noodles
130 cal per serving



GOLDEN CURRY

grilled chicken, red-skinned potatoes, sweet potatoes, coconut milk with a rich blend of curry spices
450 cal



THE 'CHRIS'

half Tomato Basil
half Wisconsin Cauliflower



CHICKPEA & VEGETABLE ✓

broccolini, roma tomatoes, chickpeas, onions, celery & leeks in a roasted vegetable broth
60 cal / 7g net carbs per serving

Good Life Bowls

AVAILABLE ONLY AS BOX LUNCH



+80¢

KOREAN KICK BOWL

Arugula & Wild Rice Blend, Roasted Chicken, Roasted Sweet Potatoes, Roasted Cauliflower, Edamame, Baby Cucumbers, Sliced Apples, Chopped Cashews with Ginger Peanut Dressing and Sweet Chili BBQ Sauce. 610 cal



+50¢

NOURISH BOWL

Arugula & Wild Rice Blend, Roasted Chicken, Roasted Sweet Potatoes, Roasted Cauliflower, Sliced Apples, Grapes, Goat Cheese, Pistachios with Balsamic Vinaigrette. 640 cal



GOLDEN CURRY

Arugula & Wild Rice Blend, Roasted Chicken, Sugar Snap Peas, Roasted Cauliflower, Roasted Sweet Potatoes, Cashews, Microgreens and Golden Curry Soup. 800 cal



SOUTHWEST AVOCADO

Arugula & Wild Rice Blend, Roasted Chicken, Grape Tomatoes, Black Olives, Tri-Color Peppers, Fire-Roasted Corn, Black Beans, Avocado, Tortilla Strips, Goat Cheese, Pumpkin Seeds with Roasted Tomatillo Dressing. 650 cal



+80¢

MEDITERRANEAN BOWL

Arugula & Wild Rice Blend, Roasted Chicken, Grape Tomatoes, Sliced Cucumbers, Black Olives, Roasted Cauliflower, Goat Cheese, Crispy Chickpeas, Tzatziki (Cucumber-Dill Yogurt), Red Pepper Hummus with Lemon Oregano Dressing. 750 cal



POWER BOWL

Baby-Butter Lettuce, Roasted Chicken, Cage-Free Eggs, Edamame, Roasted Cauliflower, Pumpkin Seeds, Tri-Color Peppers, Fontina Cheese, Avocado, with House-Made Chipotle Ranch Dressing. 550 cal

Sandwiches



HAM & SMOKED GOUDA

ham, mixed greens, tomatoes, smoked gouda, with mayo spread



TURKEY AVOCADO CLUB

turkey, applewood-smoked bacon, mixed greens, tomatoes, sliced avocado & muenster cheese with honey mustard
ancient grain 580 cal / ciabatta 640 cal



ITALIAN CLUB

genoa salami, capicola, ham, tomatoes, baby arugula & muenster cheese with italian spread
ancient grain 630 cal / ciabatta 690 cal



HONEY BACON CLUB

turkey, ham, applewood-smoked bacon, tomatoes, mixed greens & muenster cheese with honey mustard spread
ancient grain 590 cal / ciabatta 650 cal



PESTO CHICKEN

house-made pesto chicken salad with roasted red peppers & almonds, tomatoes, micro greens & muenster cheese
ancient grain 670 cal / ciabatta 730 cal



BBQ BRISKET +\$1

Smoky and Savory Pulled Brisket & Fresh Herb Vinaigrette, Cabbage Slaw with Sweet BBQ Sauce & Secret Sauce



VEGETARIAN CHICK'N ✓ +\$1

crispy plant-based chick'n with house-made pesto spread, tomatoes, baby arugula & hass avocado
ancient grain 770 cal / ciabatta 830 cal