



Stellar Stuff

HEALTHY DELI • CATERING MENU

Spectacular Sammies

\$15 Individual

\$10pp Platter (10 person min.)

The Happy Wrap (vegan)

Lavash Flatbread (white or ww), white bean-herb spread, **OG** baked Tamari tofu, **OG** cuke, **OG** carrot, olives, sunflower seeds, **OG** radish, **OG** red cabbage, sprouts, miso-tahini sauce

Uptown Turkey

Multi-grain bread, peppered turkey, Gouda cheese, apple, **OG** roasted sweet onion, **OG** arugula, stone-ground mustard, herb aioli

Mediterranean Grille (vegetarian)

Ciabatta, grilled **OG** veggies (eggplant, zuch, peps), , prov OR fresh mozz, sun-dried tomato aioli, basil pesto, fresh **OG** spinach

Scrumptious Salads

\$12/lb

(1/4 lb. pp svg)

Orange-Balsamic Beets (vegan)

OG beets, **OG** red onion, **OG** orange, dried cranberries, pumpkin seeds, balsamic vinegar, **OG** o.j., grapeseed oil, salt, pepper

"B.G.G." [Beans, Greens & Grains] (vegetarian)

OG farro, **OG** garbanzo beans, **OG** kale, feta cheese, **OG** carrot, **OG** celery, bell pepper, olives, **OG** red cabbage, olive oil, **OG** lemon, garlic, salt, pepper, basil

Tarragon Tuna Penne

GF brown rice pasta, oil-packed tuna, artichoke hearts, sun-dried tomato, capers, **OG** fennel, **OG** parsley, EVOO, **OG** lemon, tarragon, Dijon mustard, salt, pepper

Superb Soups

\$15 Quart (4-8oz svgs)

\$49 Gallon (16-8oz svgs)

Creamy Butternut Squash & Roasted Garlic (vegan)

OG Coconut oil, **OG** onion, **OG** carrot, **OG** celery, **OG** squash, **OG** vegetable broth, **OG** coconut milk, garlic, spices, salt, pepper, fresh **OG** spinach*

Mushroom-Lentil (vegan)

Olive oil, **OG** onion, **OG** celery, mixed gourmet mushrooms, **OG** lentils, **OG** vegetable broth, miso, herbs, salt, pepper, fresh **OG** spinach*

Aztec "Chili" (vegan)

OG Quinoa, **OG** tomatoes, **OG** vegetable broth, **OG** onion, garlic, chipotle pepper, **OG** corn, **OG** zucchini, **OG** kidney beans, bell peppers, cumin, cilantro, salt, pepper, fresh **OG** spinach*

Sublime Spreads

\$10/lb

\$8pp Platter (crudite, gourmet crackers, misc.)

Roasted Pepper-Artichoke Tapenade (vegan)

EVOO, garlic, balsamic vinegar, pepper, parsley, salt, pepper, parmesan cheese*

Sunny Schmear (vegan & oil free)

OG Sunflower seeds, **OG** lemon, garlic, bell pepper, **OG** celery, tamari, salt, pepper

Carrot & Cashew (vegan & oil free)

OG carrots, raw cashews, **OG** o.j., cardamom, salt, pepper

OG Organic

GF Gluten Free

* Optional

"Marissa planned a terrific lunch for my workshop crowd: nutritious, delicious, and appealing to the eye and taste. It was just right in every way. I highly recommend The Intuitive Kitchen and Marissa for your next catered event! You were definitely an asset to the group. We will definitely work together again."

Nancy Burnett, PhD

Email or call to place an order:

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\$100 MINIMUM ORDER

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