



Crave-Worthy + Healthy

VEGAN, VEGETARIAN, AND GLUTEN FREE FRIENDLY

Sandwiches + Wraps

BOXED LUNCH WITH A SIDE OF CHIPS

SPICY VEGGIE WRAP (V) \$6.⁹⁵

Quinoa, sliced carrot, spinach and avocado with a soy and sirachia sauce served in a wrap.

SWEET POTATO WRAP (VG) \$7.⁵⁵

Charred sweet potatoes, black beans, cilantro, avocado and a tangy lime crema sauce, served in a wrap

VEGGIE SANDWICH (V) \$5.⁹⁵

Roasted red pepper, spinach, cucumbers and hummus on a ciabatta roll

EGG-LESS SALAD SANDWICH (V) \$6.⁵⁵

Egg salad made vegan with tofu and celery. Served with romaine on multi-grain bread.

SMOKED SALMON SANDWICH \$6.⁹⁵

Cold smoked salmon with avocado and tangy pickled onions. Served on a ciabatta roll.

B.L.A.T. \$5.⁸⁵

The classic bacon, lettuce and tomato with a healthy smear of avocado. Served on multi-grain.

HIMALAYAN CHICKEN \$7.⁵⁵

Fire-roasted chicken with basil pesto, pickled onions and tangy lime crema. Served on ciabatta.

TURKEY CLUB \$7.⁹⁵

Thick sliced turkey, tomatoes, bacon, lettuce, basil pesto, and a lemon honey vinaigrette on ciabatta

Drinks

TEA AND COFFEE

HOT (96oz Box: Serves 10) \$18

Sencha (Green)
Jasmine Pearls (Green)
Mango Verde (Green)
Mint Medley (Black)
Creme de la Earl Grey (Black)
English Breakfast (Black)
Counter Culture (Coffee)

ICED (1/2gal: Serves 6) \$12

Lemon Soufflé (Herbal)
Raspberry Hibiscus (Herbal)
White Coconut (White)
Blueberry Fields (Green)
Mango Verde (Green)
Mint Medley (Black)

Sides + Sweets

SALAD, SIDES AND DESSERT

Fruit Salad Platter (serves 8-12) \$25
Chickpea Salad (serves 8-12) \$25
Spinach Salad (serves 8-12) \$20
Oatmeal Bar with Fresh Fruit \$4/^{PP}
Assorted Muffins \$2.²⁵
Assorted Loaf Cake \$2.⁶⁵
Chocolate Torte (GF) \$2.⁹⁸
Coconut Macaroon Bar (GF) \$3.²⁵
Fresh Baked Cookies \$2.²⁵

To Order

CALL YOUR LOCAL STORE WITH:

ITEMS requested and quantity

DATE and time of event

CONTACT name, number and e-mail

ALLERGENS or dietary requirements

LARGE EVENTS (>20 guests), we request 72 hour notice

SMALL EVENTS (<25 guests), we request 24 hour notice

ITEMS we provide cups and utensils

ICE is included upon request

CHAPEL HILL: (919) 391-3706

WILMINGTON: (910) 765-9001

RALEIGH: (919) 561-6271

