



# INDIVIDUAL MEALS

MENU PACKAGE





# BREAKFAST BOXES

## CONTINENTAL

\$14 per person

### BERRY YOGURT PARFAIT **G**

Strawberry-Raspberry Jam, Maple Syrup, FD Granola

### HOMEMADE BREADS

Croissant, Blueberry Scone, Maple Butter

### SEASONAL FRESH FRUIT CUP **G D V**

## QUICHE

\$15 per person

### ASPARAGUS QUICHE

Caramelized Onions, Mushrooms, Gruyere, Grana Padano, Black Pepper, Chives

or

### BLT QUICHE

Maple Bacon, Candied Tomato, Mozzarella, White Cheddar, Lemon Dressed Arugula

### CROISSANT

Maple Butter

### FIELD OF GREENS SALAD **G V**

Arugula, Radicchio, Frisée, Pea Shoots, Sunflower Sprouts, Parsley, Cilantro, Mint, Heirloom Vegetables, Dried Cherries, Caramelized Shallot Vinaigrette, Pumpkin Seed Brittle

### SEASONAL FRESH FRUIT CUP **G D V**

## SANDWICH

\$16 per person

### AVOCADO TOAST **D**

8-minute egg, Cucumber, Lemon, Za'atar, Pickled Jalapeño, Cilantro, Sourdough

or

### SMOKED SALMON

Horseradish Cream Cheese, Pickled Beets, Arugula, Fresh Dill, Sourdough

### FIELD OF GREENS SALAD **G V**

Arugula, Radicchio, Frisée, Pea Shoots, Sunflower Sprouts, Parsley, Cilantro, Mint, Heirloom Vegetables, Dried Cherries, Caramelized Shallot Vinaigrette, Pumpkin Seed Brittle

### APPLE-OAT ENERGY BALL **G V**

Cinnamon, Dates, Flax seed

### SEASONAL FRESH FRUIT CUP **G D V**

- G** *Gluten Free*
- D** *Dairy Free*
- N** *Contains Nuts*
- V** *Vegan*



INDIVIDUAL MEALS PACKAGE  
thefooddudes.com

\*Menu items are subject to change based on government mandated regulations at the time of your event  
\* Packaging included in cost per item



# SANDWICH BOXES

\$18 Per Person

Choose 1 Protein - Vegetarian Included

### CHICKEN CLUB

Herb Garlic Grilled Chicken, Aged Cheddar, Maple Bacon, Umami Sauce, Banana Pepper Relish, Pickle, Arugula, Everything Brioche

with

### VEGAN CHOPPED SALAD **G** **V**

Kale, Radicchio, Frisee, Quinoa, Cucumbers, Peppers, Grapes, Pickled Shallots, Mint, Parsley, Lemon Tahini Dressing, Nutritional Yeast, Beet Hummus Spread, Harissa Chickpeas, Za'atar

### SHAVED STEAK

FD Sauce, Smoked Cheddar, Shallot Jam, Horseradish Mustard, Shaved Iceberg, Homemade Brioche

with

### RASA CHOPPED SALAD **G** **V**

Kale, Napa Cabbage, Quinoa, Cucumbers, Tomatoes, Peppers, Grapes, Mint, Parsley, Red Wine Vinaigrette, Jalapeño Feta Spread, Crumbled Feta, Harissa Chickpeas, Sumac

### FALAFEL WRAP **D** **V**

Hummus, Beet Pickled Jicama Slaw, Garlic Sauce, Hot Sauce, Pickles, Napa Cabbage, Mint, Parsley

with

### FIELD OF GREENS SALAD **G** **V**

Arugula, Radicchio, Frisée, Pea Shoots, Sunflower Sprouts, Parsley, Cilantro, Mint, Heirloom Vegetables, Dried Cherries, Caramelized Shallot Vinaigrette, Pumpkin Seed Brittle

- G** *Gluten Free*
- D** *Dairy Free*
- N** *Contains Nuts*
- V** *Vegan*





# PROTEIN BOWLS

\$18 Per Person

Choose 1 Protein - Vegan Included

*Vegan Option Included*

### FIESTA CHILI BOWL **G D V**

Black Bean and Corn Rice, Pico De Gallo, Avocado Dressing, Corn Crisps, Cilantro

### RASA CHOPPED SALAD **G D**

Herb Mustard Chicken Breast, Crispy Chickpeas, Jalapeño Feta Spread, Red Wine Vinaigrette

### GRILLED SALMON BOWL **G D**

Grilled Ponzu Salmon with Tokyo Slaw & Grilled Dan Dan Broccoli

### CHICKEN FIESTA BOWL **D**

Sliced Achiote Chicken, Black Bean and Corn Rice, Cheddar, Pico de Gallo, Avocado Dressing, Corn Crisps, Cilantro

### CHICKEN VIETNAMESE NOODLE BOWL **D**

Thai Chicken Breast, Thai Basil, Cucumber, Vermicelli Noodles, Thai Vinaigrette, Crushed Peanuts, Pickled Carrots, Crispy Onions

### SHRIMP VIETNAMESE NOODLE BOWL **D**

Grilled Shrimp, Thai Basil, Cucumber, Vermicelli Noodles, Thai Vinaigrette, Crushed Peanuts, Pickled Carrots, Crispy Onions

# GRAZING BOX

\$20 - Meat or Cheese and Crudites

\$30 - Meat, Cheese and Crudites

## CHEESES

Apple Wood Smoked Cheddar  
 Truffle Gouda                      Aged Manchego  
 Sage Derby                         Irish Porter

Dried Fruit, Seed Crisps **N**

## MEATS

Prosciutto                              Spanish Chorizo  
 Soppressata                         Mortadella  
 Capicollo

Olives, FD Mustard, Herb Focaccia

## DIPS & CRUDITÉ

Israeli Hummus (EVOO + Sumac) **G D**

Celery, Cucumbers, Peppers, Heirloom Carrots,  
 Cherry Tomatoes

## FD FUDGE BROWNIE **G** +\$3

Chocolate Chunks, Bourbon Caramel,  
 Salted Toffee Crunch

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- D** *Dairy Free*
- N** *Contains Nuts*
- V** *Vegan*

