



# Stellar Stuff

HEALTHY DELI • CATERING MENU

## Spectacular Sammies

\$13 Individual

\$8 Platter (10 person minimum)

### 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), fresh **OG** spinach\*, prov OR fresh mozz, sun-dried tomato aioli, basil pesto

## Scrumptious Salads

\$10 Pound

(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, fresh **OG** spinach\*, **OG** coconut milk, garlic, spices, salt, pepper

### Mushroom-Lentil (vegan)

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

### Aztec "Chili" (vegan)

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

## Sublime Spreads

\$8 / Pound

\$5 pp 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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