

CATERING MENU

(prices effective 10/02/2009)

By supporting GoodOnYa you also support other local businesses. One of our passions is to find likeminded local small companies that put quality above all else. There are cheaper options out there, but we believe in eating local and organic as much as possible. It costs a little more but in the long run doing the right thing will make a difference to the health of bodies, local economy and earth.

BREAKFAST IDEAS

Fresh Fruit Salad Varies with the season	pp	\$3.50
Mixed Pastry Tray Choose any: Muffins, Scones, Cinnamon Roll, Croissants - Crumb Cakes, Danish - Bagels with cream cheese, butter, jam or homemade peanut butter	pp	\$3.00
Fresh Squeezed OJ One Gallon	Serves 10	\$13.00
Coffee and Tea to Go	Serves 10	\$15.00
	Serves 32	\$50.00
	Serves 42	\$65.00

LUNCH PLATTERS

Fresh Fruit Salad Varies with the season	pp	\$3.50
Mixed Veggie Fresh veggies with ranch and/or hummus	pp	\$3.00
Meat and Cheese Lettuce, tomato, onions and condiments	pp	\$4.50
	pp	\$1.50
Add organic bread	pp	\$2.00
Sandwich and/or Wrap Platter	Serves 10	\$70.00

Salad Bowl

Your choice of salad listed below

pp

\$4.50

BBQ Chicken Salad

Chef Salad

Chicken Caesar Salad

Cobb Salad

Greek Salad

Buffalo Chicken Salad

Spinach Salad

Spicy Thai Chicken Salad

Garden Salad

LUNCH IDEAS

SERVED AS SACK LUNCH OR ON PLATTERS

Sandwich or Wrap

With Salad, Chips, Dessert & Drink

pp

\$17.00

Sandwich or Wrap

With Chips & Drink

pp

\$10.00

Sandwich or Wrap

With Side Salad

pp

\$11.50

Sandwich or Wrap

With Dessert

pp

\$ 9.50

Sandwich or Wrap

pp

\$7.00

Choice of Sandwiches

Choose from our Fresh Baked Organic Bread:
Country French, White, Sourdough, Multigrain,
Italian Ciabatta Roll, French Baguette

Sweet Potato	Ham
Grilled Eggplant	Ham, Avocado
Turkey, Avocado	BBQ Chicken
Turkey, Sweet Potato	Sweet Chili Chicken
Turkey, Sun-dried Tomatoes	Chopped Chicken
Roast Beef, Grilled Red Peppers	Tuna Salad
Roast Beef, Horseradish	Egg Salad
Roast Beef, Grilled Mushrooms	Chicken Salad
Caprese	

Please see menu for a full description of each sandwich, Or... just tell us how many people you need to feed and we will make up a nice variety for you

Specialty Sandwiches

Superfood

Turkey, sweet potato, avocado, lettuce, tomato, spinach & honey mustard on multigrain. 7 Superfoods

Club *

Turkey, ham, bacon, avocado, tomatoes, lettuce, honey mustard, mayo and provolone.

*Add 1.00 extra for Club

TBA

Turkey, bacon, avocado, lettuce, tomato, honey mustard and mayo.

So. Cal

Turkey, avocado, lettuce, tomato, provolone cheese & Italian dressing.

Please specify if you would like any of these items included with your order

Salads

BBQ Chicken Salad
Chicken Caesar Salad
Greek Salad
Garden Salad
Spinach Salad
Chef Salad
Cobb Salad
Spicy Thai Chicken Salad
Buffalo Chicken Salad

Order the salad as the main meal or a side to compliment your sandwich.
Served in a bowl with the dressing on the side or tossed.

See menu for a full description of ingredients of each salad

Wraps

Choose from our locally made tortillas:

Wheat – 100% Organic

Flour – 75% Organic

Sun-Dried Tomato – 75% Organic

Spinach– 75% Organic

BBQ Chicken Wrap
Chicken Caesar Wrap
Greek Wrap
Spinach Wrap
Spicy Thai Chicken Wrap
Buffalo Chicken Wrap
Club Wrap *

Our wraps are the salads rolled up in a tortilla. Order these alone or with a combination of sandwiches on a platter.

* Just like the club sandwich, add \$8.00 for this selection.

Desserts

\$2.50 pp

Our famous Homemade brownies
A huge variety of cookies

Bars:

Lemon
White chocolate
7 layer
Caramel walnut
Pecan

If you have any questions or need help with your order please call Kris at: (858) 344-1605