

# HONEYWINECLAY Catering

All ingredients are gmo free, free range, hormone free, organic and local as possible. Gluten free wheat free dishes.

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## **BREAKFAST**

Breakfast bar everyday:

Fair trade coffee, Jasmine Green Tea, Earl Gray Black Tea and herbal teas, honey and milks. Dairy and non-Dairy

Nut butter, whole grain and gluten free toast, fruit jam and butter

Fresh fruit platter; seasonal ripe fruit and berries and banana

Yogurt

## **LUNCH**

Herbal Teas and one of the following iced teas: Lavender Lemonade, Ginger Lemon Iced Tea, Nettle Mint Iced Tea lightly sweetened with stevia or agave

## **Friday Snack**

\*Dark Chocolate, Walnuts and dried Apricots, Nut butters, apples, banana and celery sticks, and deviled eggs and Rice crackers.

Friday dinner

Butternut Squash Vegetarian Dairy free Lasagna and Savory Marinara and a Buffalo meat and Mozzarella Zucchini Lasagna

Lightly Steamed power greens, a kale, chard and collards mix

Romaine "Caesar" salad with Avocado and Parmesan cheese on the side

Artesian Sourdough Garlic Bread

Ginger apple Cobbler with oats, walnuts, coconut flakes (gluten free, Dairy free) and

Coconut Bliss Ice Cream

## **Saturday Breakfast**

Homemade Granola: Shredded coconut, cranberry and dried apricot walnut granola with choice of milks and yogurt

Turkey and fennel Sausage Patties

Roasted Red Skin Potato's with Rosemary and Green Onion

Eggs made to order

Saturday Snack

Dark Chocolate, Almonds and dried Cranberries, Cayenne Spiced Oranges, Edemame hummus, carrot spears, red pepper, cucumber and pita chips. Dessert or Dinner

Extras Available

### Saturday Lunch

Albondigas (Cuban Meatball soup) brown Rice, Carrot, Cilantro and ground Bison in a broth with Vegetables

Coconut Oil fried Plantains

Baby Greens and edible Flowers salad with Fresh herbs, Avocado and cherry tomatoes and oil and lime dressing

Vegan Chocolate Chip Cookies

### Saturday Dinner

Summer Vegetable Coconut Corn Chowder

Lemon and Honey Salmon Tacos, (1 chicken tacos) with creamy basil Sauce, shredded carrot cabbage and corn tortillas

Mint and Golden Red and Pink Beet Salad

Quinoa and Red Bean salad

### Sunday Breakfast

Purple Yam and Sweet Potato Crust Vegetable Quiche with Goat Cheese

Chicken and Apple Sausage Links

Avocado Sunflower seed Spread for Toast or Bagels

Polenta and Sheep Feta on the side

### Sunday Packed Lunch

Bring your own water bottle

Dark Chocolate and dried cherries trail mix

Whole Fruit (apple, Pear, Banana, Tangerine or other seasonal fruit)

Brown Rice and Peanut butter Chicken Satay Wrap with shredded carrot, beet, bean sprouts and baby greens

### Sunday Snack

Dark Chocolate, Cashews and Flame raisins, Sliced Pears, Eggplant and basil Baba Ganoush, Black sesame crackers and rice crisps

Dessert or Dinner Extras

### Sunday Dinner

Miso Curry Shitake Soup

Marinated Kale Salad with sunflower seeds, avocado and apple cider vinaigrette

Brown Rice Penne Noodle Portabella Mushroom Stir-fry and Emerald Veggies

Garlic and Herb Sesame Chicken strips and steak strips

Gluten free Brownies and Strawberries

### Monday Breakfast

Quinoa and steel cut oat Ginger Coconut Oatmeal with Cinnamon stewed Apples and Dates

Turkey Bacon

Temple Veggie Scramble: turmeric and curry tofu with spinach, chard, celery, onion, red pepper and parsley

Eggs made to order