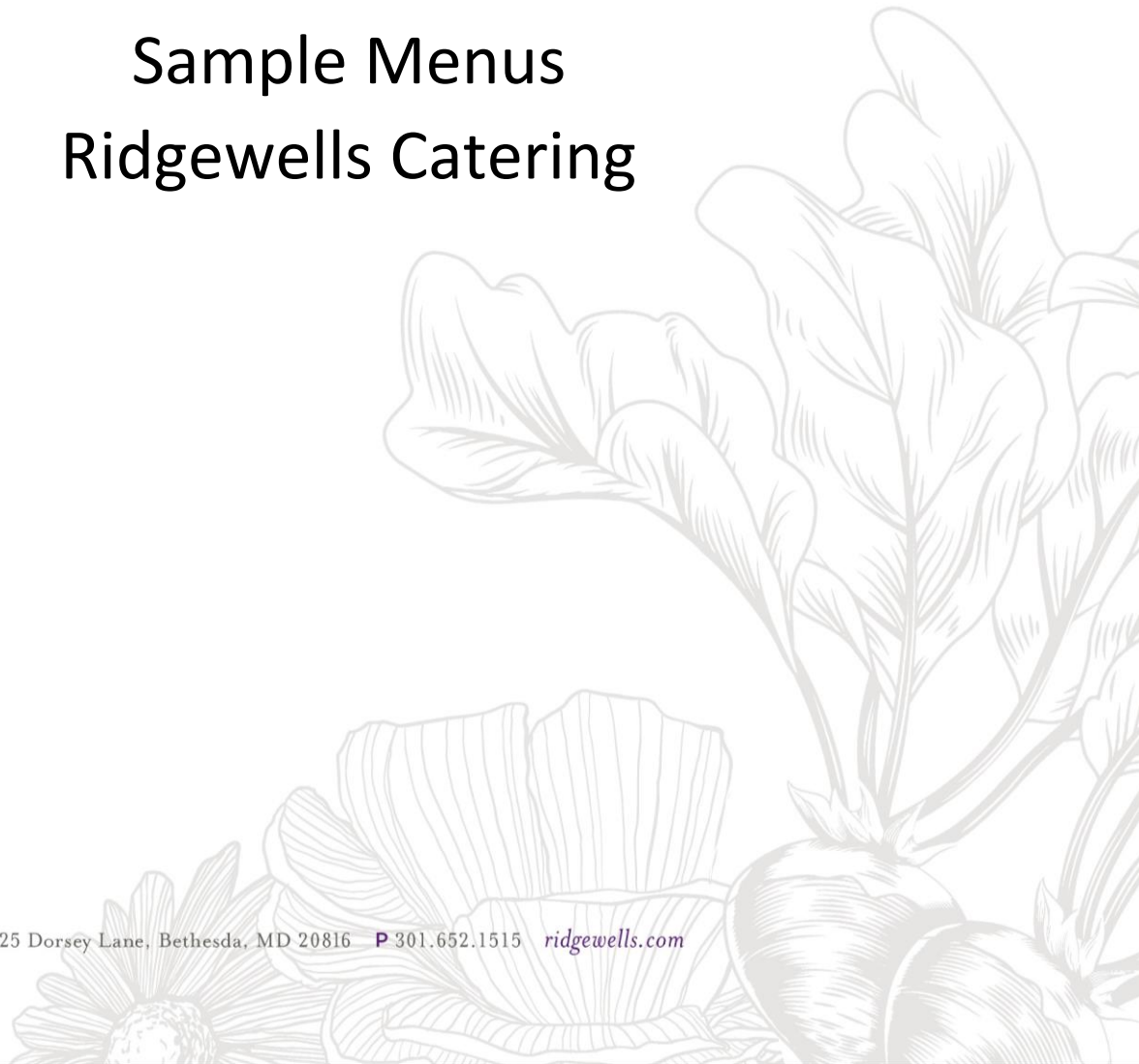


Kaiser Center for Total Health
Sample Menus
Ridgewells Catering



BREAKFAST

*These are Sample Menus - we can customize any menu. Ask your Ridgewells Event Designer.

CHIA PUDDINGS

Banana Chocolate Pudding (GF, NF)
Skim Milk, Dark Cocoa & Banana Chips

CB&J Chia Pudding (GF)
Skim Milk, Cashew Butter & Strawberry Preserve

Nutty Coconut Chia Pudding (GF)
Coconut milk, Vanilla & Mix Nuts

OVERNIGHT OATS

Maple Pecan (DF, GF)
Almond Milk, Maple Syrup & Salted Pecans

Caramel Macchiato (GF)
Almond Milk, Homemade Caramel, Espresso

Pumpkin Spiced (DF, GF)
Coconut Milk & Toasted Pumpkin Seeds

COTTAGE CHEESE & YOGURTS

Cottage Cheese Cups With Whole Wheat Toasts
Honey Pistachios (GF), Berry Compote (GF, NF), or Fresh Pineapple & Coconut Flakes (GF, NF)

Greek Yogurt Parfait (Nf)
Raspberry Sauce & Fresh Berries

Low-Fat Vanilla Yogurt Parfait (NF)
Raspberry Sauce Parfait with Granola & Fresh Berries

FRESH BERRY CUP (NF, GF, V)
Strawberries, Blueberries, Blackberries & Raspberries

FRUIT & BERRY CUP (GF, NF, V)
Melon, Citrus & Berries

POWER BOWLS

Blueberries And Oats Power Bowl

Oats, Almond Milk, Granola, Pomegranate Seeds, Chia Seeds, Strawberries, Mint

Acai, Green Apple And Oats Power Bowl

Green Apples, Oats, Almond Milk, Pomegranate Seeds, Pumpkin Seed Granola, Fresh Mint

BREAKFAST BURRITOS & SANDWICHES

Breakfast Burrito (NF)

Flour Tortilla, Scrambled Egg, Monterey Jack, Tomato

Sausage Breakfast Burrito (NF)

Flour Tortilla, Scrambled Egg, Breakfast Sausage, Shredded Jack Cheese

Steak & Egg Burrito (NF)

Grilled Flank Steak, Soft Scrambled Eggs, Tomato Sofrito & Salsa Verde

Italian Sausage & Fontina Burrito (NF)

Grilled Peppers, Onions, Pepperoncini, Soft Scrambled Eggs, Arrabiatta Sauce & Flour Tortilla

Egg & Cheddar Breakfast Sandwich (NF)

Whole Wheat English Muffin

Smoked Turkey Scones (NF)

Whole Wheat Scone, Smoked Turkey, Apple Butter

Ham, Egg & Swiss on Croissant Bun (NF)

Spinach, Egg & Gruyere on Croissant Bun (NF, Veg)

Available on a Croissant or Biscuit

Egg & Cheese (NF)

Bacon, Egg & Cheese (NF)

Pork Sausage, Egg & Cheese (NF)

Turkey Sausage, Egg & Cheese (NF)

GALETTES & QUICHES

Ricotta, Roasted Artichoke, Spinach & Parmesan Galette (NF, VEG)

Mozzarella, Roasted Tomatoes, Egg & Chives Galette (NF)

Creamy Brie, Sliced Apple, Granola, Blueberries & Honey Galette (NF, VEG)

Roasted Tomatoes & Gruyere Galette (NF, VEG)

Spinach, Mushroom & Leek Quiche (NF, VEG)

Bacon & Gruyere Quiche (NF)

Roasted Tomato, Basil & Asiago Quiche (NF, VEG)

MUFFINS & PASTRIES

Breakfast Pastry Assortment (NF)

Mini Rustic Scones, Mini Chocolate Croissants, Mini Croissants, Blueberry Crumble Muffins, Sliced Banana Chocolate Loaf

Large or Mini Muffin Assortment (NF)

Dark Chocolate Chunk, Blueberry Crumble & Lemon Thyme Mini Muffins

Large or Mini Autumn Muffin Assortment (NF)

Pumpkin & Spiced Apple, Pear & Crystallized Ginger, Carrot & Orange, Blueberry Cornbread

FRUIT

Fresh Berry Cup (V, GF, NF)

Fruit & Berry Cup (V, GF, NF)

Seasonal Fresh Fruit Platter (V, GF, NF)

LUNCH

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SALAD

Available With Your Choice of No Protein, Chicken, Steak, Salmon or Shrimp.

Crunch Salad (NF, VEG)

Julienne Carrots, Beets, Shaved Cabbage, Kale, Orange Mandarins & Citrus Dressing

Asian Green Salad (NF, VEG)

Napa Cabbage, Mixed Bell Peppers, Asian Pear, Sesame Seeds, Dry Cherries

Ginger Honey Dressing

Super Beet Salad (NF, VEG)

Pumpkin Seeds, Shaved Fennel, Arugula, Broccoli, Spinach & Pomegranate Vinaigrette

Baby Kale Caesar Salad (NF)

Micro Croutons, Parmigiano Reggiano, Fried Capers, House-made Caesar Dressing

Spring Harvest Salad (GF, V)

Petite Spring Mix, Candied Pistachios, Shaved Radish, Shaved Golden Beets, Shaved Heirloom

Baby Carrots, Vanilla White Balsamic Vinaigrette

Spinach & Strawberry Salad Bowl (GF, NF, V)

Baby Spinach, Strawberries, Persian Cucumbers, Shaved Red Onions, Grape Tomatoes, Mixed

Radish, Lemon-Honey Dressing

POKE BOWLS

Roasted Beet Poke Bowl (GF, DF, NF)

Sticky Rice, Pickled Carrots, Pickled Cucumbers, Seaweed Salad, Scallions

Sesame-Honey Dressing

Spicy Tuna Poke Bowl (GF, DF, NF)

Sticky Rice, Carrots, Pickled Cucumbers, Seaweed Salad, Scallions, Sesame-Honey Dressing

LUNCH ENTREES

Available warmed or room temperature

Maple Chipotle Roasted Sweet Potato (NF, VEG)

Dry Fruit Quinoa Salad, Ponzu Dressing & Jicama Slaw

Ginger Miso Eggplant (GF, NF, VEG)

Pomegranate Seeds, Citrus & Scallion Rice Noodle Salad & Edamame

Kaffir & Ginger Marinated Cauliflower Steak Entree (GF, NF, DF)

Chickpea/Lentil/Red Quinoa Pilaf, Wilted Kale & Edamame, Cherry Tomato Compote

Roasted Zucchini Plank Lunch Bowl (GF, NF, V)

Lentil & Jasmine Rice Pilaf, Caponata, Roasted Bell Pepper Gremolata

Lemon Chicken Kebab (NF)

Mediterranean Garbanzo Salad & Toasted Pita

Peach Glazed Chicken Breast (GF, NF, DF)

Roasted Corn Salad, Jasmine Rice & Red Cabbage Slaw

Grilled Steak with Mexican-Style Quinoa Pilaf (GF, NF)

Roasted Corn, Black Beans, Tomato, Jalapeno & Cilantro Chimichurri

Za'atar Spice Grilled Salmon Entree (GF, NF, DF)

Chickpea/Lentil/Red Quinoa Pilaf, Wilted Kale & Edamame, Cherry Tomato Compote

Pan Seared Mahi Mahi (DF, NF)

Cilantro Jasmin Rice, Apple/Beet Relish & Charred Asparagus

SANDWICHES

Chicken Salad Wrap with Toasted Almond & Grapes (NF, VEG)

Whole Wheat Tortilla

Honey Harissa Chicken Sandwich (NF)

Whole Wheat Pita with Yogurt Sauce

Veggie Bagel Sandwich (NF, VEG)

Boursin Spread, Baby Spinach, Sliced Cucumber, Sliced Tomatoes, Pickled Onions

Everything Bagel

Multigrain Turkey Sandwich (VEG)

Brie Spread, Granny Smith Apple, Arugula, Walnuts & Honey

BAG LUNCHES

Served with Chips & a Sea Salt Dark Chocolate Chip Cookie

Caprese (NF, VEG)

Mediterranean Garbanzo Bean Salad

Mushroom "Steak" (NF, VEG)

Curried Cauliflower Salad

Roasted Vegetable Roller (NF, V)

Curried Cauliflower Salad

Maple Roasted Turkey Roller (NF)

Multigrain Salad

Chicken Salad (NF)

Mediterranean Garbanzo Bean Salad

Korean BBQ Chicken Roller (NF)

Asian Inspired Cucumber Salad

Tangerine & Chipotle Glazed Chicken Roller
(NF)

Curried Cauliflower Salad

Ginger Sesame Beef Roller (NF)

Asian Inspired Cucumber Salad

Fish Cha Ca La Vong (NF)

Asian Inspired Cucumber Salad

Tuna On Wheat (NF)

Multigrain Salad

Salmon Teriyaki Roller (NF)

Asian Inspired Cucumber Salad

Lox On Everything Bagel (NF)

Mediterranean Garbanzo Bean Salad

SANDWICH PLATTERS

Assorted Sandwich & Salad Platter #1 (NF)

Tangerine Glaze Chicken Roller

Roasted Vegetable Roller

Beef Pastrami Sandwich

Mediterranean Garbanzo Bean Salad

Curried Cauliflower Salad

Assorted Sandwich & Salad Platter #2

Maple Roasted Turkey Breast Roller

Mushroom "Steak" Sandwich

Classic Tuna Sandwich

Mediterranean Garbanzo Bean Salad

Multigrain Salad

Salad Sandwich Platter (NF)

Tuna Salad, Chicken Salad & Egg Salad

Pretzel Rolls, Sliced Whole Wheat & Rye Bread

Roast Beef, Turkey Breast & Ham

Cheddar & Provolone Cheese

Green Leaf Lettuce

Beefsteak Tomato, Sliced Cucumber & Shaved Red Onion

Pickle Chips, Giardiniera

SNACKS & SWEETS

GRANOLA BARS

Trail Mix Granola Bar (VEG)

Dark Chocolate Chunks, Sliced Almonds, Rolled Oats, Dried Fruit

Homemade Dark Chocolate Granola Bar (VEG)

Toasted Rolled Oats, Dark Chocolate Bits, Almonds

Homemade White Chocolate & Cherry Granola Bar (VEG)

Toasted Rolled Oats, White Chocolate Bits, Dried Cherry, Almonds

PLATTERS

The Ridgewells Snack Board

Chocolate Bacon, Blistered Pear Halves, Pepperoncini

Candied Baby Rainbow Carrots, Blistered Sweet Mini Peppers

Shishito Peppers, Heirloom Cherry Tomatoes, Cornichon & Olive Medley

Manchego, Boursin, Ridgewells Trail Mix, Ridgewells Crackers & Crostini

Grain Mustard & Fig Jam

Charcuterie & Cheese Board

Prosciutto, Capicola, Soppresata & Genoa Salami

Manchego, Boursin, Aged Cheddar & Brie

Dried Fruit & Strawberries

Flatbread Strips & Crostini, Mixed Olives

Wild Berry Jam

Artisan Cheese Board

Manchego, Boursin, Aged Cheddar & Brie

Dried Apricots & Dried Figs, Fresh Grapes & Strawberries

Flatbread Strips & Crostini, Wild Berry Jam

Charcuterie Board

Prosciutto, Capicola, Soppresata & Genoa Salami

Flatbread Strips & Crostini, Mixed Olives

Winter Crudité Board (GF, NF, VEG)

Blistered Cherry Tomato, Rainbow Baby Carrot & Endives

Carnival Cauliflower Florets, Charred Mini Sweet Peppers, Pimento Cheese

DESSERTS

Gluten Free Oatmeal Chocolate Chunk Cookie (NF, GF)

Sea Salt & Dark Chocolate Chunk Cookie (NF)

Coconut Macaroon (GF, NF)

Chocolate Dipped

Double Chocolate Brownie (NF)

Cookie Assortment (NF)

Filled Red Velvet Cookies, Dark Chocolate Sea Salt Cookies

Candy Blast Cookies, Cookies & Cream Cookies

Mini Brownie Assortment

White Chocolate Blondie, Rocky Road, Peanut Butter & Jelly, Cream Cheese Swirl, & Candy Blast

Mini Dessert Bar Assortment (NF)

Mini Toffee Crunch Bars, M&M Brownie Bites

Mini White Chocolate Blondies & Mini Lemon Bars

Individual Cinnamon Apple Crumble (GF, NF)

Crustless Cinnamon Apple Pie, Gluten Free Oat Crumble

Individual Passion Fruit Meringue Tart (NF)

Passion Fruit Cream, Torched Meringue

Sea Salt Caramel & Dark Chocolate Tart (NF)

Chocolate Tart, Chocolate Ganache, Dulce De Leche

Strawberry Rhubarb Galette (NF)

Rustic French Tart, Vanilla Shortbread Crust, Vanilla Whipped Panna Cotta

Strawberry Panna Cotta with Mixed Berries (GF, NF)

Strawberry Greek Yogurt Panna Cotta, White Chocolate Shavings