

PŎ-PÓ'S

CATERING — BREAKFAST

No refined sugars. Local. Seasonal. Delicious.

→ BREAKFAST SET

Minimum Order for 10 people per set (customized menus available) \$20 - \$25 / person
Each set comes with Group A (x 2), Group B (x 2), Group C (x 1)

SAMPLE MENU (CHANGES SEASONALLY)

Group A

Coconut yogurt,
cardamom cherry compote,
tahini-pistachio granola
(VG, GF)

Coconut yogurt,
turmeric pineapple compote,
black sesame granola,
fresh fruit
(VG, GF)

Spirulina goat's milk yogurt,
blueberry chia jam, fresh
fruit (V, GF)

Overnight cacao chia and oats,
honey-balsamic figs
(VG, GF)

Seasonal smoothie shots
(VG, GF)

Group B

Leek polenta squares, egg,
and avocado-chimichurri
(V, GF)

(GF available) Bagels,
beet-cured or smoked salmon,
chive-cashew cream cheese
(or regular), cucumber,
tomato jam, capers-onion slaw
(DF, GF)

Charcoal-buckwheat flatbread,
smoked salmon, Asian pear,
yuzu-lemon vinaigrette
(DF, GF)

GF or sourdough, smoked trout
toast with thinly sliced
radish

GF or sourdough curried carrot
hummus on toast with avocado
and pickled sprouts
(VG)

Black rice cups with savory
sesame granola, avocado,
pickled cucumber and daikon
(VG, GF)

Group C

Banana turmeric
almond bread
(V, DF, GF)

Buckwheat
zucchini muffins
(VG, GF)

Carrot cardamom cake
with beet coconut glaze
(VG, GF)

Lemon poppyseed
buckwheat muffins
(VG, GF)

BEVERAGES

Coffee airport
(Price varies)

Kombucha
(Price varies)

Seasonal juice
(Price varies)

ADD-ONS

Seasonal Fruit and Miso Tahini
Dip Platter
\$7 / per person

Organic Free Range Hard-boiled
or scrambled eggs
\$20 / dozen

Local cured bacon
or sausage
\$6 / per person

Fresh-baked bread with
assorted jams
\$5 / per person

V = vegetarian
VG = vegan
GF = gluten free
DF = dairy free

PŎ-PÓ'S

CATERING – LUNCH

No refined sugars. Local. Seasonal. Delicious.

→ LUNCH SET

Minimum Order for 10 people per set (customized menus available) \$30 - \$40 / person
Each set comes with Group A (x 2 or 3), Group B (x 1), Group C (x 1)

SAMPLE MENU (CHANGES SEASONALLY)

Group A

Toasted black rice, fresh kale, roasted kale, crispy shallots, rice vinegar dressing (VG, GF)

Mustard green and edamame fried rice (VG, GF)

Rice noodles, fresh veggie slaw, baked tofu, spicy-sesame dressing (VG, GF)

Purple sweet potato, arugula, and pickled salmon salad with toasted nori (DF, GF)

Arugula, squash, toasted carrot skin, smoked chickpea salad with beet tahini dressing (V, GF)

Whole wheat (gf optional) pasta with beet pesto, ricotta, and edamame (V, Can be DF)

Group C

Almond-goji and chocolate cookies (VG, GF)

Chocolate bark with seasonal fruit and herbs (VG, GF)

Matcha tofu cheesecake squares (VG, GF)

Group B

Grilled vegetable and chicken (or tofu) skewers with coconut lemongrass curry (DF, GF)

Roasted red shishito and lemon chicken (DF, GF)

GF or sourdough black sesame-yogurt chicken salad cilantro salsa, fresh greens sandwich

Kabocha squash hummus, roasted vegetables, avocado, pickled sprouts, fresh baked foccacia (VG)

Soy-roasted salmon (or tofu) with ginger-shallot turmeric dressing

Coconut-yuzi tuna ceviche with endives, veggie chips, buckwheat flatbread

ADD-ONS

Seasonal Fruit and Miso Tahini Dip Platter
\$7 / per person

Organic Free Range Hard-boiled or scrambled eggs
\$20 / dozen

Local cured bacon or sausage
\$6 / per person

Fresh-baked bread with assorted jams
\$5 / per person

V = vegetarian
VG = vegan
GF = gluten free
DF = dairy free