



cultures[®]
take-out + catering menus



Eat better Meet better

cultures catering makes it easy to order fresh food for your group



**SANDWICH
and SALAD
BUNDLE**
serves 10

choice of 10 wrap or ciabatta sandwiches

- chicken + avocado
- turkey + brie
- chicken + hummus
- chicken + goat cheese
- power plant burrito

choice of 1 marketplace salad

- garden salad
- caesar
- greek
- fruit salad
- bowtie pasta
- corn + edamame salad
- fusilli pasta

1 garden salad, choice of dressing

- balsamic vinaigrette
- caesar
- greek feta
- asian sesame
- honey dijon
- buttermilk ranch

**BOWL
BUNDLE**
serves 10

choice of 10 mini bowls

- southwest
- tokyo
- california

choice of a snack

- banana bread
- lemon poppyseed loaf
- miss vickies original chips

**VEGGIE
PLATTER**

assorted raw veggies + buttermilk ranch dip

sliced ciabatta + red pepper hummus

**GRAB and
GO GO GO
BUNDLE**
minimum 10 orders
individually packed

per order

choice of 1 wrap or ciabatta sandwich

- chicken + avocado
- turkey + brie
- chicken + hummus
- chicken + goat cheese
- power plant burrito

1 garden salad, choice of dressing

- balsamic vinaigrette
- caesar
- greek feta
- asian sesame
- honey dijon
- buttermilk ranch

choice of a snack

- banana bread
- lemon poppyseed loaf
- miss vickies original chips

bottled water (1)



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**EAT
WELL
OFTEN**

Grain BOWLS

served on warm brown rice & quinoa

choice of :

- chicken add 80 Cals
- ♥ tempeh add 150 Cals
- ♥ quinoa bites add 190 Cals



make it a *Combo*

southwest

avocado, cheddar, cherry tomato, corn, roasted sweet potato, cilantro, chipotle sauce 770 Cals

tokyo

edamame, mango, red cabbage, shredded carrot, Asian sesame dressing 680 Cals

california

egg, avocado, cherry tomato, shredded carrot, chipotle sauce 690 Cals

Mighty SALADS

choice of :

- chicken add 80 Cals
- ♥ tempeh add 150 Cals
- ♥ quinoa bites add 190 Cals



make it a *Combo*

oriental mango

almond, edamame, mango, red cabbage, red pepper, shredded carrot, spring mix, Asian sesame dressing 370 Cals

super greek

feta cheese, black olive, cherry tomato, chickpea, cucumber, quinoa, spring mix, Greek feta dressing 370 Cals

california cobb

egg, bacon, avocado, cherry tomato, shredded carrot, romaine, honey dijon dressing 350 Cals

SANDWICH Combos

choice of : ciabatta / wrap



go vegetarian substitute your protein to
♥ teriyaki quinoa bites or ♥ organic tempeh

chicken + avocado

grilled chicken breast, Swiss cheese, avocado, lettuce, tomato, jalapeño lime aioli 520-1160 Cals

sandwich only 490-590 Cals

turkey + brie

turkey, brie cheese, green apple, lettuce, cranberry mayo 480-1080 Cals

sandwich only 420-510 Cals

chicken + hummus

grilled chicken breast, cucumber, red pepper, tomato, alfalfa sprout, red pepper hummus 410-1020 Cals

sandwich only 400-460 Cals



chicken + goat cheese

grilled chicken breast, roasted pepper, goat cheese, pesto 540-1170 Cals

sandwich only 400-600 Cals

power plant burrito

teriyaki quinoa bites or organic tempeh, brown rice & quinoa, cilantro, reg cabbage, shredded carrot, Sriracha, vegan mayo on a whole wheat wrap 790-1350 Cals

sandwich only 760-780 Cals



A

water + 2 salads

bottled water + 2 half size salads 35-430 Cals

B

smoothie

regular 240-400 Cals

C

water + soup

bottled water + small soup 70-180 Cals

SMOOTHIES

CLASSIC

Made with low-fat FRO-YO, non-fat milk

strawnana

strawberry, banana 260-340 Cals

green warrior

kale, avocado, pineapple 350-480 Cals

mango tango

mango, pineapple 270-370 Cals

very berry

raspberry, blueberry, strawberry 250-330 Cals



VEGAN

Made with almond milk

strawberry dream

strawberry, banana 260-340 Cals

green glow

banana, kale, avocado 240-350 Cals

aloha

banana, mango, pineapple 250-370 Cals

cocoa-nut

banana, peanut butter, cocoa powder 290-400 Cals



MARKETPLACE Salads

small

1 salad
30-450 Cals

medium

choice of 2 salads
70-860 Cals

large

choice of 3 salads
130-1250 Cals

