

Indulge your

Taste!

Corporate & Social Catering

* *Fall Healthy Menu Selections*

“Build Your Own” Poke Bowl Lunch

The Bases

White Rice, Brown Rice & Rice Noodles

The Proteins

Seared Chicken Breast

Wild Caught Salmon

Ahi Tuna

The Toppings

Furikake (Japanese Seasoning with Sesame Seeds & Chopped Seaweed)

Carrot Slivers

Thinly Sliced Cucumbers & Shaved Purple Cabbage

Fresh Avocado

Pickled Ginger & Diced Green Onions

Sesame Oil & Soy Sauce

Pink Hawaiian Sea Salt, Wasabi Peas & Peanuts

Healthy Grain Bowl Sextet

- Lunch #1 **“Build Your Own” Buddha Bowl Buffet** -

Grain Bases

Soba (Wheat) Noodles

Jasmine Rice

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Proteins

Ginger Chicken

Marinated Grilled Tofu

Honey Soy Shrimp

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Healthy Grain Bowl Sextet

Grilled Japanese Eggplant

Wasabi Peas

Carrots & Cucumbers

Edamame

Scallions

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Dressings

Soy Ginger

Mild Szechuan Chili

- Lunch #2 **“Build Your Own” Autumn Grain Bowl** -

Grain Bases

Brown Rice

Tri Color Quinoa

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Proteins

Roast Turkey

Poached Salmon

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Sides

Fresh Kale

Chili Spiced Sweet Potato

Roasted Red Pepper

Sliced Avocado

Chopped Scallions

Crumbled Cotija Cheese

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Dressing

Orange Cumin Vinaigrette

Cayenne Buttermilk

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Healthy Grain Bowls (cont.)

- Lunch #3 "Build Your Own" Veggie Grain Bowl -

Grains

Garlic & Herb Farro

Quinoa

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Proteins

Hard Boiled Eggs

Sliced Chicken Breast

Chick Peas

•

Sides

Fresh Baby Spinach

Sliced Radish

Dried Cranberries

Sliced Cucumbers

Crumbled Blue Cheese

Roasted Almonds

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Dressing

Creamy Fresh Herb

Dijon Vinaigrette

- Lunch #4 "Build Your Own" Lebanese Grain Bowl -

Grains

Mujadarra

(Middle Eastern Lentils & Rice)

Millet Cous Cous

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Proteins

Lemon Garlic Chicken

Chick Peas & Greek Yogurt

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Healthy Grain Bowls (cont.)

Pan Seared Salmon

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Sides

Red Onion & Cucumber

Fresh Baby Spinach

Tomato

Snap Peas

Scallions

Flat Parsley & Fresh Mint

•

Dressing

Creamy Avocado

Lemon Tahini Vinaigrette

- Lunch #5 "Build Your Own" Mexicali Bowl -

Grains

Scallion & Cilantro Barley

Mexican Rice

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Proteins

Chili Spiced Tofu

Shredded Mojo Chicken

Black Beans

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Sides

Avocado

Bell Pepper Medley

Diced Tomato

Queso Blanco

Tortilla Strips & Fresh Limes

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Healthy Grain Bowls (cont.)

Dressing

Creamy Roasted Poblano

Cilantro Lime Vinaigrette

- Lunch #6 "Build Your Own" Mediterranean Bowl -

Grains

Farro

Rice Pilaf

•

Proteins

Seared Tuna

Spiced Chick Peas

Grilled Chicken

•

Sides

Sliced Cucumbers

Sundried Tomato

Pickled Red Onion

Marinated Olives

Capers

Feta Cheese

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Dressing

Lemon Garlic Tahini

Creamy Tzatziki

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