



NOURISH

EATERY CATERING

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SIT DOWN SERVICE

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Let Nourish Eatery & Catering tantalize your taste buds with healthy and hearty home-style foods, wholesomely prepared with local products that complement an active lifestyle of well-being and care for the whole family.

SIT DOWN SERVICE

Choice of one item per option for the entire group but will modify meals for individuals with allergens, intolerances or dietary needs



SIT DOWN SERVICE WITH PLATED MEALS

A Service Fee will be added for each server that is required for the event.
The Fee varies by party size.

Option #1 Cold Sandwich \$9

Ham and Cheese, Chicken Caesar Wrap, BLT, Roast Beef with Mustard, or Tuna Salad.
Vegetarian and Gluten-Free options available upon request.

Option #2 Hot Sandwich \$13

Pulled Pork with Slaw, Chicken Skewers with Tzatziki, Tomato and Lettuce, Honey Mustard Chicken Club, or Philly Cheese Steak. Vegetarian and Gluten-Free options available upon request.

Option #3 Hot Dinner \$17

Meat Lasagna, Chicken Alfredo, Shepherd's Pie, Cheeseburger Casserole or Sausage Potato Stew.
Vegetarian and Gluten-Free options available upon request.

Option #4 Choice of three items \$23

One meat and two side dishes.

Meat: Beer Braised Chicken Thighs, Slow Roasted Pork Chops, Herb Roasted Chicken, Meatballs in Marinara, Honey Ham, Maple Baked Trout, or Pan Fried Haddock.

Sides: Mash Potatoes, Herb Roasted Potatoes, Scalloped Potatoes, Steamed White Rice, Tomato Rice Pilaf, Rotini with Rose Sauce, Roasted Sweet Potatoes, Baked Cauliflower and Broccoli or Seasonal Vegetables. Vegetarian and Gluten-Free options available upon request.

Option #5 Kid's Meal \$6

Cheese or Pepperoni Pizzas, Chicken Fingers and Fries, or Baked Mac n' Cheese served with Carrots, Celery and Cucumber.
Kid's meals can be added on to any option.

Add a Soup Course \$4

Chef Choice

Add a Salad Course \$4

Caesar or Garden

Add a Dessert Course \$6

Apple Crumble and Ice Cream, Mixed Berry Cheesecake, or Chocolate Brownie with Whipped Cream and Fresh Berries.

Coffee and Refreshments

Individual Choice

Coffee, Tea, Pop, or Juice \$3

Coffee, tea or hot chocolate along with milk, cream, non-dairy milk, sugar and sweeteners.
Variety of Pepsi Products, Apple, Orange or Mixed Fruit.