

## Continental

### Breakfast Selections

Prices are per person with a 10 person minimum.  
All appropriate paper goods are included

**Simple Continental \$4.95**

A Variety of Freshly Baked Seasonal Mini Muffins and Mini Scones & Freshly Brewed Coffee & Tea.

**Traditional Continental \$7.75**

A Variety of Freshly Baked Mini Muffins and Mini Scones, Fresh Seasonal Fruit Salad, Bottled Fruit Juice, Freshly Brewed Coffee & Tea.

**Deluxe Continental \$10.25**

Includes Everything from the Above Selection Plus: Assorted Bagel Halves, Gourmet Schmears, Yogurt and House Made Mini Crust-less Quiche.

For Full Service Breakfast Catering, Call our Catering Department

## Hot & Cold Beverages

**Hot Beverages (each Air pot serves 8-10)**

*Includes Paper goods, Sugars and Half & Half*

**Freshly Brewed Coffee \$17.50**

Choose from our Taylor Maid Farms, Fair Trade, Shade Grown Blends: French Roast, Columbian and Decaf.

**Hot Tea \$17.50**

We are proud to offer you Organic Stash Teas in a Variety of Wonderful Flavors.

### Cold Beverages & More

**Bottled Knudsen Juices 8 oz \$1.50**

Flavors include: Very Veggie, Morning Blend, Cranberry & Apple

**Bottled Water, House Iced Tea,**

**Canned Natural Sodas \$1.50**

**Bottled Honest Tea Iced Tea \$2.25**

### MORE

**Wallaby Organic Low Fat Yogurt 6 oz \$2.25**

Flavors include: Blueberry, Strawberry, Peach, Lemon & Key Lime

**Fresh Seasonal Fruit Salad \$2.75**

## Additional Morning Delights

**Breakfast Burritos: \$6.50 ea.**

Our Burritos are hand-wrapped in a White Whole Wheat Tortilla and Filled with Scrambled Eggs, Caramelized Onions, Grilled Potatoes and your Choice of: Ham & Pepper Jack, Ham & Cheddar or Spinach & Havarti

**Crust-less Quiche: Reg. Mini**  
(6 Min.) (2 Doz. Min)

**3 Cheese & Spinach \$9.50 \$0.90**

Smoke Gouda, Pepper Jack & Cheddar Cheeses, Caramelized Onions, Spinach & Red Bell Pepper.

**Niman Ham & Havarti \$10.50 \$1.15**

with Caramelized Onions

**Hot Oatmeal (10 Servings Min) \$2.95 Per Serving**

Your Hot Oatmeal will be accompanied by:

Brown Sugar, Raisins, Butter Pats, Cinnamon Apples and Half & Half

## Breakfast Baked Goods

All of our Baked Goods are made from 100% organic ingredients and baked on site, fresh daily.

**Freshly Baked Seasonal Muffins \$2.25 \$1.25**

Seasonal Favorites include: Blueberry, Apple Cinnamon, English Tea, Zucchini, Tropical Bran & Sweet Potato.

**Freshly Baked Seasonal Scones \$2.25 \$1.25**

Seasonal Favorites include: Lemon Poppy seed, Pumpkin Ginger and Lemon Cranberry

**Banana Nut Loaf \$2.65 \$1.75**

Bananas and Walnuts

**Fresh Local Bagels \$11.95 Doz.**

Choose from: Plain, Onion, Whole Wheat, Cinnamon Raisin

**House Made Schmears \$3.60**  
4 oz.

Choose From Organic: Plain, Pesto, Dried Cranberry & Toasted Walnut, Roasted Garlic & Sun-dried Tomato

**Alaskan Wild Caught Sockeye Lox Platter**

(seasonal)

Platter includes: Alaskan Wild Caught Sockeye, Sliced Tomatoes, Thinly Sliced Red Onions and Capers.

**Small \$39.95 Serves 8-10**

**Med \$59.95 Serves 14-16**

## Sweet Treats

Fill a platter with an assortment of our freshly baked delicacies!

Reg. Mini

**Frosted Buttermilk Brownies.....\$1.95 \$0.75**

**Rich & Chewy Low Fat Brownie....\$1.95**

**Carrot Cupcakes.....\$2.95 \$1.95**

with Cream Cheese Frosting

**Rich & Creamy Cheesecake Bites.....\$1.95**

on a Graham Cracker Crust

**Topped with Raspberry Coulis .....\$2.25**

**Fresh Assorted Jumbo Cookies..\$1.75 \$0.50**

Chocolate Chip, Oatmeal Raisin, Peanut Butter & Thumbprint

**Filled Chocolate Cupcake.....\$3.75 \$2.50**

with a Rich Dark Chocolate Ganache Center

## Freshly Baked Organic Cakes & Pies

**Whole Cheesecake Serves 12-16 \$42.95**

**Topped with Raspberry Coulis \$49.95**

**Whole 2 layered Carrot Cake Serves 14-16 \$39.95**

with Cream Cheese Frosting

**Whole Single Layer Carrot Cake Serves 10-12 \$29.95**

**Filled Chocolate Layered Cake Serves 14-16 \$39.95**

filled with Chocolate Ganache

**Fresh Seasonal Fruit Crisp Serves 8-10 \$17.95**

Seasonal Fruit topped with our house Cinnamon Crumble

**Chocolate Pecan Pie Serves 8 \$15.95**

### OUR MISSION STATEMENT

Nature's Bounty Café nourishes the body and soul by serving delicious, organic food that is reasonably priced and delivered with exceptional service. We are passionate about providing slow food, which promotes better health for our customers, better health for our planet, and creates an ethical solution to fast food. As a successful Green Business, we empower people to make a significant difference through the simple act of buying a meal.



925-777-0600 phone 925-777-0629 fax

www.naturesbountycafe.com



Welcome to Nature's Bounty catering! We have designed the following menu to make it easy for you to put together a first rate business or social function. One call to our catering director will help you determine the correct amount to order for your group.

### Ordering

We require a minimum of 24 hours notice for all catering. 48 hrs. is even better. That being said, if you have a last minute urgent situation, give us a call and we'll be happy to evaluate our ability to provide our services to you.

### Delivery

Delivery and setup are available, as well as full service catering for your special occasions.

### About Our Food and Philosophy: Slow Food Fast

We pride ourselves on the quality, exceptional taste as well as sustainability of our food. Everything is made onsite from scratch using fresh, seasonal, organically grown ingredients. All of our meats are all natural, humanely raised, and steroid, hormone and antibiotic free from birth. Our eggs are organic and cage free. All of this translates into a phenomenal culinary experience!

### Eat Well Be Well

We are a Certified Green Business and enjoy a listing in the National Green Pages of Co-op America. We use earth-friendly products and reduce waste wherever possible. Wicker trays and baskets, ceramic bowls and platters and other re-usable items will showcase the presentation of your food giving your event a first class appearance while maintaining our earth friendly practices. All disposable items that are used (plates, utensils, cups, etc..) are made from corn starch, potato starch, recycled paper and sugar cane pulp making them fully compostable, biodegradable, and recyclable.

\*Catering Menu  
Summer/Fall 2008

Prices Subject to Change



# Nature's Bounty Cold Luncheon Menu

Delivery available for orders of \$50 or more

## Bounty Classic (Serves 6- 8 people) \$81.95

Your Lunch Basket has: 6 Whole Sandwiches cut in 1/2, (you choose your favorites from the list below); Your Choice of: Bountiful Macaroni, Dilled Red Potato, or Hunan Noodle Salad; Plus Carrot & Celery Sticks with House Ranch, 14 Assorted Mini Cookies, and Paper Goods.

Substitute house green salad in place of pasta salad & carrot and celery sticks \$72.95

## Bounty Premier (Serves 6- 8 people) \$91.95

Includes all of the goodies in our *Bounty Classic* basket with your choice of sandwiches from our Premier and All Wrapped Up lists below.

Substitute house green salad in place of pasta salad and carrot & celery sticks \$83.95

or Apple Walnut Salad \$95.95

(sliced tomato available on the side by request)

### Classic Sandwiches

- ☞ **Turkey:** Oven Roasted Diestel Turkey Breast, Lettuce, Red Onion and Dijon Mayonnaise
- ☞ **Ham:** Sliced Niman Ranch Ham, Lettuce, Red Onion and Dijon Mayonnaise
- ☞ **Chicken Panini** Grilled Rocky Chicken Breast, Lettuce, Red Onion and Dijon Mayonnaise
- ☞ **House Tuna Salad:** Dolphin Safe Chunk White Albacore, Celery, Green Onion, Sweet Pickle Relish, Red Onion, Dijon Mustard, Mayo & Lettuce
- ☞ **Bountiful Meatloaf:** House Meatloaf, made from Ground Turkey & Beef, Ketchup, Mayo & Lettuce
- ☞ **Sprouted Veggie:** House Made Hummus, Grated Carrots, Spinach, Red Onion and Tomato
- ☞ **Egg Salad:** Cage Free Eggs, Celery, Red Onion, Dijon mustard, Mayo, Spices & Lettuce.
- ☞ **Chicken Salad:** Organic Rosie Chicken, House Sweet & Spicy Walnuts, Fuji Apples, Celery, Dijon mustard, mayonnaise, Lettuce & Red Onion

**Bounty Power Lunch \$14.25 (10 min)**  
Choose any Cold Sandwich or Wrap, Apple Walnut Salad & Mini Carrot Muffin

### Premier Sandwiches

**Cheese Choices: Smoked Gouda, Cheddar, Pepper Jack or Provolone**

- ☞ **Carne Asada:** Thinly Sliced, Marinated, Niman Ranch Carne Asada, Red Onion, Lettuce and Dijon Mayonnaise
- ☞ **Ham and Cheese:** Niman Ranch Ham with your choice of Cheese, Lettuce, Red Onion and Dijon Mayonnaise
- ☞ **Turkey Cranberry:** (Seasonal) Diestel Turkey Breast, Cranberry Sauce Lettuce and Mayonnaise
- ☞ **Cold BBQ Chicken:** Organic Rosie Chicken Smothered in House BBQ Sauce, Red Onion and Lettuce
- ☞ **Tuscan Chicken:** Grilled Rocky Chicken Breast, Roasted Red Bell Pepper, Provolone, Red Onion, Lettuce & Pesto Cream Cheese
- ☞ **Turkey & Cheese:** Diestel Turkey Breast Choice of Cheese, Lettuce, Red Onion and Dijon Mayonnaise

### All Wrapped Up!!!

- ☞ **Turkey Pesto Wrap:** Pesto Cream Cheese, Diestel Turkey Breast, Carrots, Greens, Onions, & Balsamic Vinaigrette, in a Spinach Tortilla
- ☞ **Turkey Cranberry Wrap:** Cranberry & Toasted Walnut Cream Cheese, Diestel Turkey breast, Dried Cranberries, Grated Carrot & Greens. Wrapped in a Plain Tortilla.
- ☞ **Southwest Chicken Wrap:** Organic Rosie Chicken, Cheddar & Pepper Jack Cheese, Black Beans, Corn, Greens & Chipotle Ranch Dressing Wrapped up in a Sun Dried Tomato Tortilla
- ☞ **Apple Walnut Chicken Salad Wrap:** House made Chicken Salad, Greens, Grated Carrot and Mayo in a Plain Tortilla
- ☞ **Veggie Wrap:** Asian Tofu, Brown Rice, House Made Hummus, Grated Carrots, Red Onion and House Made Sesame Aioli, in a Spinach Tortilla
- ☞ **Grilled Veggie Wrap:** Grilled Seasonal Veggies, Seasoned Brown Rice and Pesto Cream Cheese in a Spinach Tortilla

# Nature's Bounty-Full Salads

Serves 6-8

Entrées Accompanied by a Fresh Baked Rustic Baguette & Butter Pats

Entrée Side

- Bounty-full Mixed Green Salad \$31.95 \$12.95**  
Mixed Greens, Shredded Carrots, Red Onion, Tomatoes & Garbanzo Beans with your choice of Garlic Ranch, Chipotle Ranch or Lite Balsamic Vinaigrette
- Caesar Salad \$47.35 \$20.95**  
Romaine Lettuce tossed with Freshly Grated Parmesan and Garlic Croutons with our House Made Caesar Dressing
- Apple, Bleu Cheese & Walnut Salad \$57.95 \$25.95**  
Fuji apples, Crumbled Bleu Cheese, House made Sweet and Spicy Walnuts on Mixed Greens served with lite Balsamic Vinaigrette
- Add Grilled Rocky Free Range Chicken Breast \$28.95**
- Add Organic Rosie Chicken \$18.95**

### Pasta Salads

- Dilled Red Potato Salad \$10.95/Lb**  
Red Potatoes, Celery, Red Onion, Fresh Dill, Dijon Mustard, Low Fat Sour Cream, Mayonnaise & Spices
  - Bounty-Full Macaroni Salad \$10.95/lb**  
Semolina Elbows, Celery, Red Onion, Bell Pepper, Sweet Peas, Carrots, Green Onion, Cheddar Cheese, Low Fat Sour Cream, Mayonnaise, Dijon Mustard & Parsley
  - Hunan Noodle Salad \$8.95Lb**  
Semolina Linguini, Carrots, Green Onion, Sweet Peas with House Hunan Dressing (toasted sesame oil, canola oil, shoyu, fresh ginger, garlic, spices)
  - House Pesto Pasta Salad \$11.95/lb**  
Semolina Rotelli, House Pesto (Fresh Organic Basil, Toasted Walnuts, Parmesan Cheese, Garlic, Olive Oil, Lemon Juice, Salt), Parmesan Cheese & Salt
- 1 lb serves approximately 4-5 as a side

### Crudité Platter

A Bountiful array of Fresh, Seasonal, Locally Grown Veggies.  
Served with House made Hummus and Garlic Ranch Dip

**Small serves 8-12 \$35.00**  
**Medium Serves 16-20 \$63.00**  
**Large Serves 25-30 \$98.00**

### Fruit & Cheese Platter

Sliced Seasonal Fresh Fruits paired with Sliced Cheddar, Pepper Jack & Smoked Gouda Cheeses

**Small Serves 8-12 \$45.00**  
**Medium Serves 16-20 \$81.00**  
**Large Serves 25-30 \$126.00**

### Boxed Lunches

All Boxes Come with two 1/3 Sections of your Choice of Sandwich, Side Salad, Fresh Fruit, Jumbo Cookie and Paper Goods.

**Classic Boxed Lunch \$12.50**  
**Premier Boxed Lunch \$13.75**  
Add a Canned Soda or Bottled Water \$1.50

# Soup-herb Options.....

We offer a wide variety of delicious, hearty soups made from stock to finish onsite.

- Monday: **Vegetarian Split Pea**
- Tuesday: **Chef's Choice always Vegan**
- Wednesday: **Chef's Choice**
- Thursday: **Cheesy Potato**
- Friday: **Chicken Tortilla**

As an entrée: paired with a Rustic Artisan Baguette & Butter Pats Serves 2 to 3

\$15.00/Q†

As an addition: (without bread) Serves 3-4

## Hot Lunch Options

**House made Organic Lasagna**  
1 Pan serves 9 \$87.95

*Free Range Seasoned Ground Turkey & Beef, Layered in Organic Lasagna noodles, House made Marinara sauce, Ricotta cheese and Mozzarella.*  
Vegetarian Option Available

**Chicken Enchilada Pie**  
1 Pan Serves 9 \$81.95

*Organic Rosie Chicken, Layered with Organic Stone ground Corn Tortillas, in Organic Enchilada Sauce, Spanish Rice, Cheddar & Pepper jack Cheese, Diced Ortega Chiles and Olives*  
Vegetarian Option Available

**Grilled Veggies with Asian Tofu**  
8 Person Minimum \$9.95 ea.

*Grilled Seasonal Veggies, Brown Rice, Asian Tofu with Sesame Aioli on the Side*

**House made Meatloaf with Mashed Potatoes** 8 Person Min \$10.95 ea.

*Our Signature Meatloaf made with Free Range Seasoned, Ground Turkey & Beef, sliced and served with our House made Organic Mashed Potatoes and Gravy.*

**Pasta Checca (Served Hot or Cold)**  
8 Person Min \$6.50 ea

*Penne Pasta tossed with Roasted Garlic Olive Oil, Fresh and Sun Dried Tomatoes, Basil & Parmesan*