

# Entrees

(20 person minimum)

- ♥ **Grilled Rocky Chicken Breast** : Boneless & Skinless, tossed in Olive oil & Spices. 5.95
- ♥ **Stuffed Chicken Breast with Ricotta & Spinach**: Boneless Skinless Rocky Chicken Breast filled with Organic Ricotta, Fresh Spinach & Seasonings. Rolled in a Toasted Walnut & Bread Crumb Crust. 8.95
- ♥ **Grilled Rocky Chicken with Penne in a Creamy Pesto Sauce**: House made Pesto blended with Parmesan cheese & Cream, tossed over Organic Penne noodles. 8.95
- ♥ **Pork Loin Roast**: Marinated in Port wine and served with a Cranberry Wine reduction. 10.95
- ♥ **Grilled Carne Asada**: Marinated Niman Ranch Carne Asada and Grilled to Perfection. 9.50
- ♥ **House made Meatloaf**: a blend of Niman Ranch Ground Beef & Diestel Ground Turkey, blended with Fuji Apples, Celery, Carrot and other Secret ingredients. 5.95
- ♥ **Asian Tofu**: Baked Extra Firm Organic Tofu, marinated in our own House Asian Marinade. 4.25

# Side Dishes

- ♥ **Asiago Potatoes Au Gratin**: Layers of Yukon Gold Potatoes, Asiago and Green Onions. Baked until Golden Bubbly Brown Vegetarian Add Niman Diced Ham 3.25
- ♥ **Garlic Mashed Potatoes** : Organic Russet Potatoes, mashed with Roasted Garlic, Milk and Butter Vegetarian 3.95
- ♥ **Roasted Rosemary Red Potatoes**: Organic Red Potatoes tossed with Garlic, Rosemary & Olive Oil Vegan 2.25
- ♥ **Grilled Seasonal Veggies**: A colorful array of seasonal Organic Veggies, tossed with Olive Oil, Garlic and seasoning. Grilled to perfection Vegetarian 2.00
- ♥ **Caramelized Carrots**: Organic Carrots, Butter & Brown Sugar Reduced down, and Caramelized until Golden Brown Vegetarian 2.95
- ♥ **Wild Rice Pilaf**: Wild & Long Grain Rice Tossed with Toasted Walnuts & Dried Cranberries Vegan 2.75

# Salads

- ♥ **Fuji Apple & Sweet & Spicy Walnut**: Fuji Apples, House made sweet & Spicy Walnuts, Crumbled Blue Cheese and Field Lettuce tossed with our house Lite Balsamic Vinaigrette 3.75
- ♥ **Caesar Salad** : Organic Hearts of Romaine, Shredded Parmesan Cheese & House made Croutons tossed with our House Caesar Dressing 3.50
- ♥ **Mixed Green Salad**: Field Lettuce, Grated Carrot, Red Onion, Tomato and Garbanzo Beans. With Choice of Dressing 2.00

# Sweet Treats

- Fill a platter with an assortment of our freshly baked delicacies!*
- |   | Reg.   | Mini   |
|---|--------|--------|
| <b>Frosted Buttermilk Brownies</b> .....                              | \$1.95 | \$0.75 |
| <b>Rich &amp; Chewy Low Fat Brownie</b> ....                          | \$1.95 |        |
| <b>Carrot Cupcakes</b> .....  | \$2.95 | \$1.95 |
| <i>with Cream Cheese Frosting</i>                                     |        |        |
| <b>Rich &amp; Creamy Cheesecake Bites</b> .....                       | \$1.95 |        |
| <i>on a Graham Cracker Crust</i>                                      |        |        |
| <b>Topped with Raspberry Coulis</b> .....                             | \$2.25 |        |
| <b>Fresh Assorted Jumbo Cookies</b> ..                                | \$1.75 | \$0.50 |
| <i>Chocolate Chip, Oatmeal Raisin, Peanut Butter &amp; Thumbprint</i> |        |        |
| <b>Filled Chocolate Cupcake</b> .....                                 | \$3.75 | \$2.50 |
| <i>with a Rich Dark Chocolate Ganache Center</i>                      |        |        |

# 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.



211 G Street  
Historic Downtown  
Antioch, CA



Special  
Event  
Catering  
Menu

\*Summer/Fall 2008

Phone: 925-777-0600

Fax: 925-777-0629

www.Naturesbountycafe.com



## Hot Appetizers

- ♥ **Baked Brie en Croute** Vegetarian 94.95  
Brie Chunks mixed with Sour Cream, Sun dried Tomatoes, Green Onions and Seasonings. Baked in an Organic Bread Bowl. Served with Garlic Toastettes. Serves 20-25
- ♥ **Rocky Chicken Wings (40-42 pc.)** 74.95  
Choose from: Teriyaki or House BBQ
- ♥ **Carne Asada Skewers (24 pc Min)** 2.95  
Tender Marinated Niman Ranch Beef Strips, Grilled with Seasonal Veggies.
- ♥ **Rocky Chicken Skewers (24 Pc Min)** 2.75  
Marinated Boneless Skinless Chicken Breast, Grilled with Seasonal Veggies, and Basted in our own Teriyaki Glaze
- ♥ **Tofu and Veggie Skewers (24 Pc Min)** 2.00  
Asian Marinated X-Firm Tofu, Grilled with Seasonal Veggies. Vegan

## Warm Bounty Bites

### Bite Size Appetizers (24 pc Min ea.)

- Savory Fillo Tartlettes filled with:** 1.50
  - ♥ Caramelized Onions, Diced Fuji apples, Pt. Reyes Blue Cheese and House Sweet & Spicy Walnuts Vegetarian
  - ♥ Diced Niman Ranch Ham and Havarti Cheese. Topped with fresh Parsley
  - ♥ 3 Bean Spread made with Organic Beans, Silken Tofu, Roasted Garlic, Sun Dried Tomato, Fresh Herbs and Spices Vegan
  - Fillo Encrusted Quiche filled with:**
  - ♥ 3 Cheese and Spinach Vegetarian 1.25
  - ♥ Ham & Havarti 1.45
  - ♥ Caramelized Onions, Zucchini, Cheddar and Cream Cheese Drops Vegetarian 1.00
  - ♥ **Bountiful Meatballs in BBQ Sauce** 1.15  
Our own mixture of Diestle Ground Turkey Breast, Niman Ground Beef, Apples, Veggies and Seasonings. Rolled into bite size Meatballs and smothered in our Secret Bounty BBQ Sauce.
  - ♥ **Stuffed Mushrooms filled with:** 1.75  
Caramelized Onions, fresh Herbs, Bread Crumbs and Sun dried Tomato Vegetarian
  - ♥ **Sausage in Fillo:** Organic Prairie Pork Sausage wrapped in Fillo Dough & Baked till Golden brown 1.25
  - Quesadilla Triangles filled with:**
  - ♥ Grilled Veggies in a Spinach Tortilla Vegan 1.00
  - ♥ Mild Ortega Chilis & Cheddar Cheese Vegetarian 1.25
  - ♥ Grilled Chicken Breast & Pepper Jack Cheese 1.50
  - ♥ Grilled & Marinated Carne Asada, Pepper Jack & Cheddar Cheeses 2.95
- All Quesadillas are served with House Ranch Dip**

## Cold Appetizers

- ♥ **7 Layered Dip** Vegetarian 33.95  
Mashed Pintos, Whole Black Beans, Shredded Cheddar & Pepper Jack Cheeses, Diced Tomatoes, Green Onions, Cilantro, Sour Cream and Sliced Black Olives. Served with Tortilla Chips. (Serves 16-22)
- ♥ **Spinach Dip** Vegetarian 2.00  
Sauteed Fresh Baby Spinach, Cream Cheese, Sour Cream, Roasted Garlic and Caramelized Onions & Seasonings. Served in a Bread Bowl with Fresh Baguette Slices (20 Person Min)
- ♥ **Fresh Garden Bruschetta** Vegan 2.00  
Ripe Organic Local Roma Tomatoes, Fresh Basil, Parsley, Garlic, Olive Oil and Balsamic Vinegar. Served with Garlic Toastettes (20 Person Minimum)
- ♥ **3 Bean Spread** Vegan 1.75  
Organic Beans pureed with Roasted Garlic, Sun Dried Tomatoes, Shallots, Silken Tofu, Fresh Herbs & Spices Served with Garlic Toastettes (20 Person Minimum)
- ♥ **Fresh Garden Salsa** Vegan 2.00  
Ripe Organic Local Roma Tomatoes, Fresh Cilantro, Onions & Roasted Chili Peppers served Tortilla Chips (10 Person Minimum)
- ♥ **Hummus Trio** Vegan 2.00  
House made Garlic Lovers Hummus, Chipotle Hummus and Sundried Tomato & Basil Hummus Served with Stacy's Pita Chips. (10 Person Minimum)

## Bountiful Baskets

### Crudité Basket Vegetarian

*A Bountiful Array of Fresh Local, Organic Veggies served with House Hummus and Garlic Ranch Dips*  
Small (Serves 8-12) 35.00 Medium (Serves (16-20) 63.00  
Large Serves (25-30) 98.00

### Fruit & Cheese Basket Vegetarian

*A Variety of Fresh Local Organic Sliced Fruits Paired with Sliced Cheddar, Jalepeño Jack and Gouda Cheeses*  
Small (Serves 8-12) 45.00 Medium (Serves 16-20) 81.00  
Large (Serves 25-30) 126.00

### Gourmet Artesian Cheese Basket Vegetarian

\$154.95 (Serves 10-12) 2 Week Notice Required  
Choose: Sliced White Cheddar, Soft San Andreas Sheep's Milk & Fog Lite Goat Cheese.

Or

Mt. Tam Soft, Sliced White Cheddar & Vella Dry Jack  
Both Served with:  
Sliced Baguette, Sea Salt & Olive Oil Crackers and Batard Toast . Accompanied by Local, Seasonal Organic Fresh Fruits.

## Bounty Bite Tea Sandwiches

(12 Pc Minimum Each)

- ♥ **Cucumber:** House made Fresh Herb Mayo & Thinly Sliced Hot House Cucumbers. Served on Whole Grain Oat Bread Vegetarian 1.35
- ♥ **Mini Corn Muffin:** Piled High with Shaved Niman Ranch Ham and Sweet Honey Dijonaaise 2.75
- ♥ **Sprouted Veggie:** House made Hummus, Fresh Baby Spinach, Tomato, Grated Carrot & Red Onion. Served on Sprouted 8 Grain Vegan 1.85
- ♥ **Apple Walnut Chicken Salad:** Our House made Apple Walnut Chicken Salad, Fresh Greens and Grated Carrot. Served on Whole Grain Oat 1.75
- ♥ **Turkey & Cheese:** Dijon Mayo, Diestle Turkey Breast, Choice of Cheese. Served on Whole Wheat. 2.25
- ♥ **Tuscan Chicken:** House made Pesto Cream Cheese, Grilled Chicken Breast, Provolone, Roasted red Bell Pepper and Red Onion. Served on Deli Panini 3.85



## Pinwheel Sandwiches

(16 pc Minimum ea.)

- ♥ **Turkey & Spinach:** House made Pesto Cream Cheese, Sliced Diestle Turkey Breast, Fresh Baby Spinach, Shredded Provolone, Grated Carrot & Red Onions. Rolled in a Spinach Tortilla, with a Lite Balsamic Drizzle 1.60
- ♥ **Turkey & Cranberry :** House made Cranberry & Toasted Walnut Cream Cheese Spread, Diestle Turkey Breast, Mixed Greens and Grated Carrot. Rolled in a Unbleached White Flour Tortilla 1.60
- ♥ **So. West Chicken:** House made Hummus, Roasted Rocky Chicken, Shredded Cheddar, Black Beans, Corn, Roasted Red Bell Pepper and Cilantro. Rolled in a Sun Dried Tomato Tortilla. Drizzled with Chipotle Ranch 1.30
- ♥ **Apple Walnut Chicken Salad:** Our House made Apple Walnut Chicken Salad, Fresh Greens and Grated Carrot. Rolled in a Sun Dried Tomato Tortilla. 1.00
- ♥ **Grilled Veggie:** House made Pesto Cream Cheese, Grilled Seasonal Veggies, Fresh Greens & Brown Rice. Rolled in a Spinach Tortilla. Vegetarian 1.00
- ♥ **Asian Tofu:** Hummus, Baked Asian Tofu, Field Greens, Grated Carrot, Brown Rice & Vegan Sesame Aioli. Rolled in a Sundried Tomato Tortilla. Vegan 1.00