

S★O★L
STRINGS OF LIFE



FOOD. COFFEE. MUSIC.
CATERING.

CATERING MENU

SANDWICH BOX

SMALL 8 HALF SANDWICHES (FEEDS 8-10) \$136
LARGE 15 HALF SANDWICHES (FEEDS 12-20) \$255

OPTIONS:

ST. NIC

SHAVED TURKEY, ARUGULA, AVOCADO, MAYONNAISE, SEMI DRIED TOMATO & MOSTARDI CRANBERRY ON CIABATTA

B.L.A.A.T

CRISPY BACON, LETTUCE, DOUBLE AVOCADO, TOMATO & MAYO ON CIABATTA

VEG B.L.A.A.T

LETTUCE, DOUBLE AVOCADO, TOMATO & MAYO ON CIABATTA

CAESAR WRAP

PESTO CHICKEN, GEM LETTUCE, EGG, BACON, AVOCADO, PARMESAN & CAESAR DRESSING

MARKETPLACE SALADS/BOWLS

LARGE SCALE SALAD (FEEDS 6-8) \$50

OPTIONS:

SOL CHOP

WILD RICE, SWEET POTATO, BEETS, CARROTS, CHICKPEAS, ALMOND CRUNCH, MIXED LETTUCE, HERBS & SESAME SOY DRESSING

CAESAR CHOP

ROMAINE LETTUCE, CAESAR DRESSING, BOILED EGG, BACON, AVOCADO, PARMESAN & TORTILLA CRISPS

SOL PROTEIN BOWL

PESTO CHICKEN, BOILED EGG, HUMMUS & FARRO ISRAELI SALAD

TANSANA BOWL

STEAMED RICE, BLACK BEANS, ROAST CORN, AVOCADO, GREENS, SWEET POTATO, PICKLES, TORTILLA CRISPS & SALSA

SOL GREEN SALAD

GREEN LEAF LETTUCE, GINGER VINAIGRETTE

SAUSAGE ROLLS

4 PIECES \$13

PASTRY PLATTER

ASSORTMENT 1 DOZEN \$80

OPTIONS:

FAIRY BREAD

BANANA BREAD

MUFFINS

CROISSANT (PLAIN, ALMOND, CHOCOLATE)

COOKIES

SINGLE SERVINGS

CHIA PUDDING

W/ MANGO, KIWI, STRAWBERRIES, APPLE, ALMONDS, COCONUT & HONEY YOGURT \$13

GREEN DREAM TOAST

SEASONED AVOCADO, LIME, FAVA BEAN, CUCUMBER, CORNICHON & CHIVES \$15

FRUIT PLATTER

(SERVES 8-10 GUESTS) \$40
SEASONAL FRUIT BLEND

BAGEL PLATTER

6 HALF BAGELS (SERVES 6-8 GUESTS) \$40
SERVED WITH LOX, CREAM CHEESE, TOMATO, ONION, CAPERS, DILL & RADISHES



PICK-UP ONLY
(INQUIRE FOR CUSTOM DROP-OFF SERVICE)

ORDERS MUST BE PLACED 48 HOURS PRIOR TO PICK-UP DATE
ORDERS FOR 50+ MUST BE PLACED 7 BUSINESS DAYS PRIOR TO PICK-UP