



CATERING MENU

[SUBMIT YOUR ORDER](#)
[REQUEST ONLINE](#)

OR CALL 315-478-5500

7 DAYS - NOON TO 6PM

**PLEASE ALLOW AT LEAST
24 HOURS NOTICE**

**LOCAL DELIVERY IS
AVAILABLE**

WINGS

- BUFFALO
- BBQ
- SWEET AND SASSY

Tempura battered fried soy protein vegan chicken wings, complete with a wooden "bone". Tossed in delicious sauce of your choice and served with ranch dipping sauce and celery sticks.

Each wing is hearty, weighing about 2.5 oz.
Cost per dozen - \$30

SANDWICH TRAYS

- PHILLY 'CHEESESTEAK'
- BUFFALO PHILLY 'CHEESESTEAK'
- CAJUN SEITAN
- SWEET AND SASSY TOFU
- BLT
- GRILLED VEGGIE WRAP

Select any combination of our popular sandwiches and we will put together trays with sandwich halves. Each tray will yield 12 halves. We recommend no more than three sandwich options per tray.

Cost per tray - \$50

SALADS

- IRONMAN
- MEXICAN QUINOA
- GRILLED PORTOBELLO
- BUFFALO KALE
- SWEET AND SASSY TOFU

Select a salad variety from the list and we will prepare a large pan from which individual portions can be served. One pan serves about 10 salads. All salads come with dressing on the side.

Cost per pan - \$35

HOT PANS

- MAC AND CHEESE
- BBQ JACKFRUIT

Try some of our catering-only specialties! The Mac and Cheese is gluten free and super cheesy. The BBQ Jackfruit comes with pretzel rolls so you can easily make sandwiches. One pan serves about 12.

Cost per pan - \$50

SIDES

- DILL POTATO SALAD
- CHIPOTLE PEANUT NOODLES
- SMOKEY BACON COUSCOUS
- MACARONI SALAD

These delicious cold sides are available in half-pan size. The only side containing gluten is the Smokey Bacon Couscous. Each half-pan will serve about 10 sides.

Cost per half-pan - \$35

DESSERTS

- CUPCAKES
- COOKIES
- CAKES
- CHEESECAKES

For Cupcakes and Cookies, we'll send a variety of what we have available.

For Cakes and Cheesecakes, these will be special ordered and require at least 4 days notice. Each cake or cheesecake serves 12 normal slices.

Cost per dozen cupcakes or cookies - \$45

Cost per cake or cheesecake - \$50

DRINKS

- HONEST TEA
- STEAZ TEA
- BLUE SKY SODA
- FIELD DAY SPARKLING WATER
- WATER

Cold drinks delivered with your food. When different flavors are available, we will provide a variety.

Cost per drink - \$2.50

SMOOTHIES

- STRAWBERRY BANANA
- STRAWBERRY LEMONADE
- PEACHY KEEN
- VEGAN PROTEIN
- TROPICAL GREEN
- IMMUNITY
- GREEN MACHINE

Order our famous smoothies for your event. Each smoothie is 16 oz. We recommend ordering each flavor in increments of 4.

Cost per 4 - \$22

MILKSHAKES

- EARTH CRISIS - CHOCOLATE PEANUT BUTTER
- GERONIMO - PEANUT BUTTER
- NELSON MANDELA - CHOCOLATE
- JOHN LENNON - VANILLA
- FARM SANCTUARY - CARAMEL COOKIE DOUGH
- JOHN BROWN - COOKIES AND CREAM
- HARRIET TUBMAN - MAPLE VANILLA OREO
- MALCOLM X - CHOCOLATE CHERRY
- CHE GUEVARA - COFFEE
- MARTIN LUTHER KING, JR. - MOCHA
- NAT TURNER - CHOCOLATE BANANA
- ROBERTO CLEMENTE - PEANUT BUTTER OREO
- WEST MEMPHIS III - CHOCOLATE MINT
- BOBBY SANDS - MINT CHOCOLATE CHIP

The most popular flavors of our signature item! Choose your favorite flavors and order in increment of 4 milkshakes.

Cost per 4 - \$26