

GOOD • SEED

CATERING



A Healthy Indulgence

Whether you're feeding your family or your colleagues, we believe the food you eat matters. At Good • Seed we provide the highest quality ingredients and the most flavorful combinations of salads, grain bowls, and picnic baskets. We believe in good food, good service, good friends, and a good life. Because Good • Matters.

PLACE YOUR ORDER

catering@goodseedsalad.com
goodseedsalad.com/catering
(347) 379-4855

Order includes utensils, napkins, and serving utensils

When placing your order please inform us of any dietary or allergy restrictions

SIGNATURE SALADS

Presented family-style. Individual bowls for serving included.

Honey Harvest GF

mesclun, romaine, shredded red cabbage, roasted sweet potato, green apple, wisconsin white cheddar, hard-boiled egg, walnuts, fresh dill, currants & honey dijon vinaigrette

Texas Jack GF

romaine, all-natural grilled chicken, cherry tomatoes, grilled corn, jalapeño, pepper jack cheese, grilled onion, tex-mex crema dressing

Banh Mi

romaine, lemongrass chicken, cucumber, pickled carrot & daikon, jalapeño, cilantro, mint, baguette croutons & Vietnamese chili dressing with a lime wedge

Avocado Caesar

romaine, avocado, shaved parmesan, cherry tomatoes, parmesan croutons & classic Caesar dressing with a fresh lemon squeeze (includes choice of chicken or tofu)

Chipotle Cobb GF

kale, romaine, all-natural grilled chicken, hard-boiled egg, cherry tomatoes, double-smoked bacon, blue cheese crumbles & chipotle-agave dressing

Italian House Salad GF

romaine, Italian cured salami, pepperoncini, feta, kalamata olives, celery, chickpeas, roasted red pepper, Italian house vinaigrette

Señor Caesar v,GF

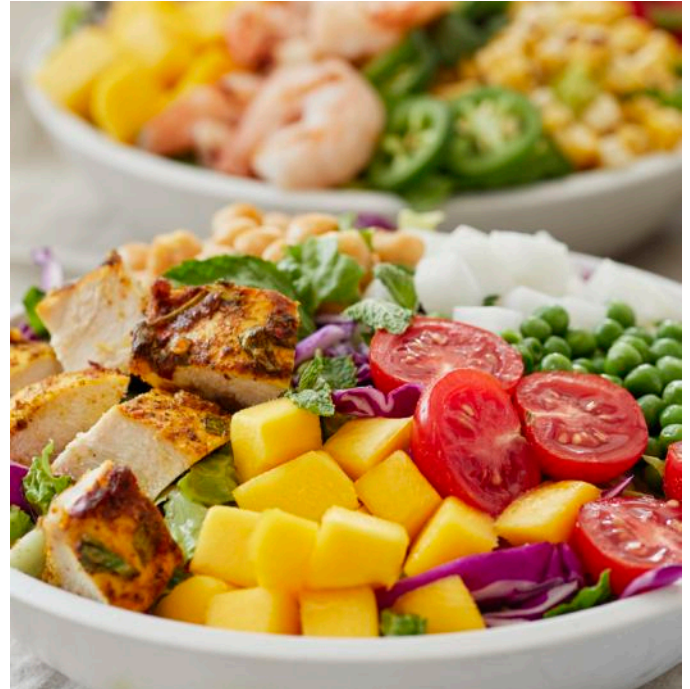
romaine, cherry tomato, jalapeño, cotija cheese, tortilla chips & spicy Caesar dressing with a fresh lime squeeze (includes choice of chicken or tofu)

Good • Greek

romaine, spinach, shawarma chicken, hummus, cherry tomatoes, red onions, cucumber, feta, baked pita chips & cucumber tzatziki

Maple Harvest

mesclun, kale, sweet potato, double-smoked bacon, white cheddar, currants, pumpkin seeds, shredded & roasted brussels sprouts & maple cider vinaigrette



GRAIN BOWLS

Presented family-style. Individual bowls for serving included.

Lemongrass & Peanut N

romaine, purple rice, lemongrass chicken, cucumber, fresh cilantro, peanuts, diced mango & sesame peanut dressing

Caribbean Bowl GF

black and wild rice, spinach, organic jerk chicken, avocado, fresh mango, cherry tomatoes, crisped plantain, shredded coconut, & citrus vinaigrette

Pico • Pollo GF

brown rice, mesclun, red cabbage, pico de gallo, grilled chicken, jalapeño, grilled corn, tortilla chips & tomatillo dressing

Signature Salad & Grain Bowl Pricing

Full Size: Serves 10-12

\$110

Half Size: Serves 5-6

\$55

PICNIC BASKETS

MAINS

Presented family-style. Individual trays for serving included.

Herb Roasted Chicken ^{GF}

all-natural free-range chicken breast roasted with our homemade blend of spices

Grilled Salmon ^{GF (+3pp)}

lightly seasoned fresh north atlantic salmon fillet

Buffalo Chicken Meatballs

buffalo chicken meatballs served with blue cheese dressing

Peruvian Chicken ^{GF}

chicken thighs marinated in a mild Peruvian spice blend

PICNIC BASKETS

SIDES

Presented family-style. Individual trays for serving included.

Chilled Sides

Corn & Black Bean Salad ^{VG, GF}

Charred Cauliflower & Parm ^{V, GF}

Butternut Squash & Spinach ^{VG, GF}

Chopped Kale Salad ^{V, GF, N}

Honey Harissa Carrots ^{V, GF}

Warm Sides

Pesto Mac and Cheese ^{V, N}

Charred Brussels Sprouts ^{VG, GF}

Roasted Sweet Potato ^{VG, GF}

Spicy Broccoli & Cauliflower ^{VG, GF}

Golden Potatoes & Red Peppers ^{VG, GF}

Mexican Street Corn ^{V, GF}

Many of our menu items change seasonally. Please check with the Good Seed staff for our latest offerings

Picnic Basket Pricing

Mains		Sides	
Full Size: Serves 12	Half Size: Serves 6	Full Size: Serves 12	Half Size: Serves 6
\$90	\$45	\$40	\$20

COMBO PACKAGES

Package for 10: \$175

Includes 1 half picnic basket main, 2 half picnic basket sides, 1 half signature salad or grain bowl, and assorted drinks and snacks

Package for 20: \$350

Includes 1 full picnic basket main, 2 full picnic basket sides, 1 full signature salad or grain bowl, and assorted drinks and snacks

Package for 30: \$525

Includes 2 full picnic basket mains, 3 full picnic basket sides, 1 full signature salad or grain bowl, and assorted drinks and snacks

Package for 40: \$700

Includes 2 full picnic basket mains, 4 full picnic basket sides, 2 full signature salads or grain bowls, and assorted drinks and snacks



SIGNATURE DRESSING

Tomatillo Guac	✓VG, GF	Italian Vinaigrette	VG, GF
Tex-Mex Crema	✓V, GF	Citrus Vinaigrette	VG, GF
Chipotle-Agave	✓VG, GF	Cucumber Tzatziki	V, GF
Spicy Caesar	✓V, GF	Maple Cider Vin.	VG, GF
Classic Caesar	GF	Honey Dijon Vin.	VG, GF
Blue Cheese	V, GF	Lemon Tahini	VG, GF
Chimichurri	VG, GF	Vietnamese Chili	✓V, GF
Balsamic Vinaigrette	VG, GF	Sesame Peanut	✓VG, N, GF
Lemon/Lime Squeeze	VG, GF	Olive Oil / Vinegar	VG, GF

BUILD YOUR OWN

Pricing: \$12 per person (10 person minimum)

Salad Bar Includes: 2 Bases, 1 Protein, 2 Premiums, 6 Ingredients and 4 Dressings - *Items individually packaged*

Bases (choose 2)

Romaine	Arugula
Spinach	Mesclun
Kale	Red Cabbage
Good Greens Blend	Tri-Color Quinoa GF
Brown Rice GF	Purple Rice GF
	Black and Wild Rice GF

Proteins (choose 1)

additional protein: \$3pp

Grilled Chicken	Grilled Steak (+1)
Jerk Chicken	Double-Smoked Bacon
Lemongrass Chicken	Roasted Tofu
Shawarma Chicken	Grilled Shrimp (+2)

Premiums (choose 2)

additional premiums: \$1.25pp

Eggs / Egg Whites	Pepper Jack Cheese
Avocado (+1)	White Cheddar
Hummus	Cotija Cheese
Shaved Parmesan	Toasted Walnuts
Crumbled Blue Cheese	Cashews
Crumbled Goat Cheese	Slivered Almonds
Feta Cheese	Peanuts

Ingredients (choose 6)

additional ingredients: \$0.50pp

Green Apple	Grilled Onion
Bell Peppers	Red Onion
Black Beans	Onion Crisps
Shredded Brussels Sprouts	Pepperoncini
Spicy Broccoli & Cauliflower	Pickled Carrot & Daikon
Julienne Carrots	Pico De Gallo
Cherry Tomatoes	Pumpkin Seeds
Chickpeas	Baked Pita Chips
Celery	Crisped Plantain
Grilled Corn	Quinoa
Parmesan Croutons	Radish
Baguette Croutons	Raw Red Beets
Dried Cranberries	Roasted Red Pepper
Dried Currants	Scallion
Diced Cucumber	Shredded Coconut
Seasoned Cucumber	Sunflower Seeds
Diakon Radish	Roasted Sweet Potato
Edamame	Tortilla Chips
Jalapeño	Cilantro
Fresh Mango	Dill
Kalamata Olives	Mint Leaves



SNACKS & DRINKS

Assorted Snacks - \$3 per person

Selection of homemade cookies and locally curated chips and treats

Assorted Drinks - \$2.5 per person

Selection of our home-brewed loose-leaf teas and lemonades, or bottled drinks.