

# CONSCIOUS EATERY CATERING MENU



SCHEDULE CATERING DIRECTLY:  
425-550-3090 OR  
CIERRA@CONSCIOUSEATERY.ORG

## 111,000+ MEALS DONATED

PACKED LUNCHES COME W/ AN APPLE + SEA SALT CHIPS

### DONATE A MEAL

FOR EACH PACKED LUNCH SOLD -  
WE DONATE A MEAL TO SOMEONE  
IN NEED THROUGH OUR PARTNERS.

### CONSCIOUS SIDES

HOUSE-MADE POTATO SALAD,  
HOUSE-MADE COLESLAW,  
MIXED FRUIT OF LOCAL BERRIES,  
1/2 SALADS, HOUSE-MADE SOUP,  
CONSCIOUS COOKIE,  
GLUTEN FREE MARSHMALLOW RICE BAR,  
PEAR, APPLE, ASSORTED CHIPS,  
WATER + DILLANOS DARK ROAST COFFEE

**SALAMI** 1/2: \$7  
PACKED LUNCH: \$17.5

HARD SALAMI, GOAT CHEESE, PEPPERONCINI +  
ARUGULA W/ GOLDEN DIJON ON SOURDOUGH

**SPICY ITALIAN** 1/2: \$7.25  
PACKED LUNCH: \$18

HARD SALAMI, HAM, ROMAINE, ROMA TOMATO,  
MAMA LIL'S PEPPERS + PEPPERONCINI W/  
HOUSE-MADE CAJUN + HERB AIOLI ON HOAGIE (DF)

**B.L.T.** 1/2: \$6.75  
PACKED LUNCH: \$17

BACON, ROASTED ROMA TOMATO + ROMAINE W/  
OVEN ROASTED HOUSE-MADE GARLIC AIOLI  
ON SOURDOUGH (DF)

**H.L.T.** 1/2: \$6.75  
PACKED LUNCH: \$17

HUMMUS, ROASTED ROMA TOMATO + ROMAINE  
W/ OVEN ROASTED HOUSE-MADE GARLIC AIOLI  
ON SOURDOUGH (VEG + DF)

**GARDEN + GOAT** 1/2: \$6.5  
PACKED LUNCH: \$16.5

GOAT CHEESE, MAMA LIL'S PEPPERS, BELL  
PEPPER, ARUGULA W/ GOLDEN DIJON +  
HOUSE-MADE LEMON AIOLI ON SOURDOUGH (VEG)

**HERRADURA** 1/2: \$6.5  
PACKED LUNCH: \$17

SRIRACHA CHICKPEA MIX, CELERY, RED ONION,  
ROMA TOMATO, SLICED ALMOND + ROMAINE  
W/ GOLDEN DIJON ON HOAGIE (VEGAN)

**GRANOLA PB+J** 1/2: \$5  
PACKED LUNCH: \$12.5

HOUSE-MADE MIXED BERRY JAM, CREAMY PEANUT  
BUTTER + HOUSE GRANOLA ON SOURDOUGH (VEG)

## ARTISAN SANDWICHES

**TURKEY  
CRANBERRY** 1/2: \$6.75  
PACKED LUNCH: \$17

ROASTED TURKEY, SWISS + ARUGULA W/  
HOUSE-MADE CRANBERRY CONDIMENT ON SOURDOUGH

**TURKEY CLUB** 1/2: \$7  
PACKED LUNCH: \$17.5

ROASTED TURKEY, BACON, ROMAINE + ROMA TOMATO  
W/ HOUSE-MADE HERB AIOLI ON SOURDOUGH (DF)

**CLASSIC  
ROAST BEEF** 1/2: \$6.5  
PACKED LUNCH: \$16.5

ROASTED BEEF, SHARP CHEDDAR W/ GOLDEN DIJON +  
HOUSE-MADE HORSERADISH CREME FRAICHE ON HOAGIE

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# CONSCIOUS SALADS

## SOUTHWEST

1/2: \$5.75  
PACKED LUNCH: \$15  
SM BOWL: \$39 / LRG BOWL: \$57

BLACK BEAN, SHARP CHEDDAR, CORN, ROMA +  
GLUTEN-FREE TORTILLA STRIPS ON ROMAINE W/  
HOUSE-MADE CHIPOTLE RANCH DRESSING *(VEG + GF)*

## CAESAR

1/2: \$5.75  
PACKED LUNCH: \$15  
SM BOWL: \$33 / LRG BOWL: \$48

SLICED ALMOND, PARMESAN CHEESE, LEMON WEDGE  
+ HOUSE-MADE CROUTON ON ROMAINE W/ CAESAR  
DRESSING

## BEET

1/2: \$5.75  
PACKED LUNCH: \$15  
SM BOWL: \$37 / LRG BOWL: \$53

ROASTED BEET, GOAT CHEESE, CANDIED WALNUTS ON  
ARUGULA W/ HOUSE-MADE CITRUS VINAIGRETTE *(VEG + GF)*

## COBB

1/2: \$7  
PACKED LUNCH: \$17.5  
SM BOWL: \$42 / LRG BOWL: \$61

BACON, HARD BOILED EGG, BLEU CRUMBLES, ROMA,  
CUCUMBER ON ROMAINE W/ BLEU CHEESE DRESSING *(GF)*

## PEAR + WALNUT

1/2: \$6.25  
PACKED LUNCH: \$16  
SM BOWL: \$37 / LRG BOWL: \$53

PEAR, CANDIED WALNUT, BLEU CRUMBLES, FRIED YAM ON  
SPRING MIX W/ HOUSE-MADE CHAMPAGNE VINAIGRETTE  
*(VEG + GF)*

## HARVEST

1/2: \$6.5  
PACKED LUNCH: \$16.5  
SM BOWL: \$42 / LRG BOWL: \$61

BLEU CRUMBLES, GARBANZO, MAMA LIL'S PEPPERS,  
ROMA TOMATO, RED ONION + HOUSE-MADE CROUTON ON  
SPRING MIX W/ HOUSE-MADE BALSAMIC VINAIGRETTE *(VEG)*

SMALL SALAD BOWLS FEED: 5-10

LARGE SALAD BOWLS FEED: 10-15

CORPORATE CATERING, PARTNERSHIPS + PRICING AVAILABLE  
UPON REQUEST.

AVAILABLE FOR DAILY BREAKFAST + LUNCH CATERING.

## 1/2 + 1/2

A LA CARTE: \$16  
PACKED LUNCH: \$19.5

YOUR CHOICE OF 2 ITEMS:  
1/2 SANDWICH, 1/2 SALAD +/OR  
A CUP OF SOUP

## TUNA QUINOA

1/2: \$7  
PACKED LUNCH: \$17.5  
SM BOWL: \$44 / LRG BOWL: \$63

ALBACORE TUNA MIX, QUINOA, PARMESAN CRISP +  
LEMON WEDGE ON ARUGULA W/  
HOUSE-MADE DILL VINAIGRETTE *(GF)*

## SPRING

1/2: \$6.5  
PACKED LUNCH: \$16.5  
SM BOWL: \$37 / LRG BOWL: \$53

BLUEBERRIES, STRAWBERRIES, SUNFLOWER SEEDS,  
GOAT CHEESE, HOUSE-FRIED YAM ON SPRING MIX  
W/ HOUSE-MADE CHAMPAGNE VINAIGRETTE  
*(VEG + GF)*

## SPINACH

1/2: \$6.25  
PACKED LUNCH: \$16  
SM BOWL: \$37 / LRG BOWL: \$53

BACON, ROMA TOMATO, EGG, SLICED ALMOND, RED  
ONION ON SPINACH W/ HOUSE-MADE CITRUS  
VINAIGRETTE *(GF + DF)*

## PROTEIN ADD ON

HOUSE USDA STEAK: \$5  
HOUSE ROASTED CHICKEN: \$4  
HOUSE PULLED PORK: \$4.5  
HOUSE ROASTED TURKEY: \$4.5  
HOUSE ROASTED BEEF: \$4  
SALAMI: \$4  
HAM: \$4  
HOUSE ALBACORE TUNA MIX: \$4  
BACON \$3  
VITAL FARMS FRIED EGG: \$3  
VITAL FARMS HARD BOILED EGG: \$3

WANT TO ADD TO YOUR 1/2 ITEM?  
ADD FOR 1/2 OFF.