

## Cold Pressed Juices & Wellness Shots

Serving size: 1 juice (16 oz) or 1 shot (4 oz) per person

**Juice Pack** (12 pack, 16 oz each) \$125  
Choose up to two different toasts listed above

**Wellness Shot Pack** (10 shots, 4 oz each) \$45

### juice flavors

**main squeeze** kale, celery, cucumber, apple, lemon

**north shore** pineapple, orange, carrot, ginger

**kale as a cucumber** kale, cucumber, pineapple, mint, lemon

**bring the beet in** beet, carrot, apple, lemon, ginger

**goodness** pineapple, strawberry, apple, spinach, celery

**you glow girl** carrot, apple, ginger, cucumber, mint

**turmeric detox** cucumber, celery, beet, lemon, turmeric powder

### shot flavors

**quick greens** ginger, kale, lemon, green spirulina

**instant-immunity** ginger, lemon, orange, turmeric, cayenne

**serotonin boost** beet, ginger, lemon, pineapple

## Healthy Snack Platters

(Seasonally available)

**Fruit Platter** (Serves 12-15) \$90.00  
Fresh seasonal fruit, sliced & arranged

**Goodness Protein Balls** (3 per pack) \$5.00  
Almond or peanut butter, oats, honey, vegan vanilla protein, coconut flakes, chia seeds, dark chocolate chips, and almond milk.

## Coffee Tote

**Coffee Tote** (Serves 8) \$30.00

**Available Upon Request** \$10.00  
24 packets of Splenda, 24 packets of sugar, 24 packets of Sugar in the Raw, 24 half-and-half capsule pods (this amount coincides with 1 individual 96 oz beverage dispenser)



## Delivery & Setup Options

<b>Pickup</b> Free from our store locations	<b>FREE</b>
<b>Delivery</b> (within 10 miles) Available for orders over \$100	<b>\$25.00</b>
<b>Supplies</b> (per person) Utensils, plates, serving spoons	<b>\$2.00</b>



## Goodness Bowls Catering

*We make catering simple.*

Place your order online or call our team, and we'll handle the rest. Same-day and next-day healthy catering delivery available in select areas.

**For more information, visit [goodnessbowls.com/catering](https://goodnessbowls.com/catering)**

EAT GOOD • FEEL GOOD • DO GOOD



## CATERING MENU

*Easy Ordering, Reliable Delivery*

*inquire online:*  
[goodnessbowls.com/catering](https://goodnessbowls.com/catering)

*Corporate discounts available for recurring catering orders!*

@goodnessbowls\_ family owned | women owned

## Signature Bowls

Pre-made & ready to serve!  
Fully prepared and conveniently packaged in 16 oz containers.  
(Serving size: 1 per person)

10 Bowls	\$100
20 Bowls	\$185
30 Bowls	\$275

### bowl options

**avalon** pure açai blended with frozen bananas and blueberries, and almond milk– topped with granola, bananas, blueberries, and strawberries.

**nutty-nutella** pure açai blended with frozen bananas and blueberries, and almond milk– topped with granola, bananas, strawberries, coconut flakes, and drizzles of nutella and peanut butter.

**“the pink one”** pitaya topped with granola, bananas, blueberries, and strawberries. **df**

**go green** frozen bananas and mango blended with green spirulina, spinach, kale, and coconut milk– topped with granola, bananas, blueberries, and strawberries. **df**

**it’s bananas** frozen bananas blended with coconut milk– topped with granola, bananas, blueberries, and strawberries. **df**

**coco-nutty** coconut base topped with granola, bananas, strawberries, coconut flakes, and drizzles of nutella and peanut butter. **df**

**No modifications for bulk orders.  
One flavor for every ten bowls.**

## Build Your Own Bowl Bar

A customizable package for every event!  
A fully interactive experience where guests create their own bowls.

<b>Small</b> (Serves 10-12)	\$150
Includes your choice of two bases, granola, your choice of three fruits, two toppings, two drizzles	
<b>Medium</b> (Serves 20-30)	\$275
Includes your choice of four bases, granola, your choice of four fruits, two toppings, three drizzles	
<b>Large</b> (Serves 45-50)	\$400
Includes your choice of eight bases, granola, your choice of four fruits (split into 8 containers), four toppings, three drizzles	

**base options** açai, banana, pitaya, green, coconut

**granola** regular, gluten-friendly + \$, nut-friendly + \$

**fruits** banana, strawberry, blueberry, pineapple, mango, kiwi

**toppings** chia seeds, coconut flakes, cacao nibs, goji berries, sliced almonds, dark chocolate chips

**drizzles** honey, peanut butter, almond butter, nutella



## Wrap & Salad Platters

(Serving size: 2 half wraps or 1 salad per person)

**Wrap Platter** (12 halves) **\$90**  
Option for dressings mixed in or on the side

**Salad Platter** (16 oz, serves 10-12) **\$75**  
One salad comes with one 16 oz container of designated dressing

Additional 16 oz dressing containers **\$8.00/ea**

### wrap & salad options

**avocado chicken caesar** romaine, chicken breast, avocado, parmesan, lemon juice, hemp seeds, and caesar dressing. **nf gf**

**protein power hour** mixed greens, chicken breast, avocado, cucumber, apple, dried cranberry, almond, chickpea, tomato, red onion, goat cheese, chia seeds, and goodness house vinaigrette. **gf**

**spicy southwest chicken** romaine, chicken breast, avocado, tomato, corn, black beans, cheddar cheese, and cilantro lime vinaigrette. **nf gf**

**buffalo bacon ranch** romaine, chicken breast, bacon, tomato, cheddar cheese, and buffalo ranch dressing. **nf gf**

**buffalo chicken caesar** romaine, chicken breast, parmesan, goat cheese, tomato, celery, red onion, and buffalo caesar dressing. **nf gf**

**classic cobb** romaine, chicken breast, avocado, bacon, hard-boiled egg, tomato, and goodness house vinaigrette. **df nf gf**

**classic greek** romaine, cucumber, red onion, tomato, feta cheese, kalamata olives, and lemon & olive oil dressing. **nf gf**

## Bagel Trays

(Serving size: 1 per person)

**One Dozen Bagels** (cut in halves) **\$24.99**  
Plain or everything – one flavor for every 6 bagels  
Includes one 16 oz container of cream cheese and one 16 oz container of butter

**Two Dozen Bagels** (cut in halves) **\$45.99**  
Plain or everything – one flavor for every dozen bagels  
Includes two 16 oz containers of cream cheese and two 16 oz containers of butter

## Toast Platters

Think finger sandwiches but in toast form! Suggested serving size is two halves per person. One flavor for every twelve half-toasts.

**12 Toasts** (24 halves) **\$85**  
Choose up to two different toasts

**24 Toasts** (48 halves) **\$170**

### toast options

**avocado smash** house avocado spread, everything seasoning **nf df v**

**caprese smash** house avocado spread, mozzarella pearls, tomato, balsamic glaze **nf**

**spicy sriracha smash** house avocado spread, hard-boiled egg, red pepper flakes, sriracha drizzle **nf df**

**chicken salad tartine** house avocado spread, chicken breast, red onion, goat cheese, hot sauce **nf**

**pb or ab toast** peanut butter or almond butter, sliced bananas, cinnamon, cacao nibs, honey drizzle **df v**

