

# POPPY'S

BREAKFAST + LUNCH



## ABOUT US

since 2012, poppy's mission has been to create simple, seasonal, beautiful + approachable food. we believe in supporting local farmers, sourcing responsibly + nourishing our community. our daily menus are based on purveyor availability + change with the seasons. we are very proud of the quality + selection of our food.

our breakfast + lunch bags are ideal for photoshoots, COVID-safe gatherings + picnics in the park. minimum of 10 bags. for shareable add-ons and large-format desserts, please see our platters + pastry menu.

# BREAKFAST | \$30pp

breakfast is always vegetarian + includes everything listed below plus natalie's oj.

vegan breakfast is available upon request as listed below.

all items are individually packaged. please note that meals are served at room temperature.

\*gf - gluten free, df - dairy free, ef - egg free, v - vegan

**MONDAY** scrambled eggs with leeks, potatoes + dill (veg, gf)  
banana oat milk overnight oats with almonds + coconut (v, gf, nuts)  
lemon poppy semolina loaf  
OR: tofu scramble with overnight oats + vegan pastry (v, gf, nuts)

**TUESDAY** burrito with eggs, onions, peppers, cheese + tomatillo salsa (veg)  
organic yogurt parfait, fruit + granola (veg, gf, nuts)  
banana bread (v)  
OR: vegan burrito with coconut yogurt parfait + vegan pastry (v, gf, nuts)

**WEDNESDAY** seasonal frittata (gf)  
banana oat milk overnight oats with almonds + coconut (v, gf, nuts)  
spiced pumpkin loaf  
OR: potato vegetable hash with overnight oats + vegan pastry (v, gf, nuts)

**THURSDAY** breakfast sandwich with eggs, fontina, arugula + pesto (veg, nuts)  
organic yogurt parfait, fruit + granola (veg, gf, nuts)  
apple crumb muffin (gf, nuts)  
OR: tofu breakfast sandwich with coconut yogurt parfait + vegan pastry (v, nuts)

**FRIDAY** burrito with eggs, potatoes, cheddar + tomatillo salsa (veg)  
banana oat milk overnight oats with almonds + coconut (v, gf, nuts)  
lemon poppy semolina loaf  
OR: tofu breakfast burrito with overnight oats + vegan pastry (v, nuts)

**SATURDAY** seasonal frittata (veg, gf)  
organic yogurt parfait, fruit + granola (veg, gf, nuts)  
spiced pumpkin loaf  
OR: potato vegetable hash with coconut yogurt parfait + vegan pastry (v, gf, nuts)

**SUNDAY** seasonal frittata (gf)  
banana milk overnight oats with almonds + coconut (v, gf, nuts)  
banana bread (v)  
OR: potato vegetable hash with overnight oats + vegan pastry (v, gf, nuts)

# LUNCH | \$32 pp

lunch includes your choice of protein plus a grain, vegetable side, fresh fruit + dessert.  
all items are individually packaged. please note that meals are served at room temperature.

\*gf – gluten free, df – dairy free, ef – egg free, v – vegan

- MONDAY**      grilled chicken (df, ef, gf) OR butternut squash steak (v, gf)  
topped with chermoula sauce (v, gf)  
served over quinoa with pomegranate, shaved fennel + feta (veg, ef, gf)  
with spiced carrot + chickpea salad (v, gf)  
and caramel pecan bar (gf, nuts)
- TUESDAY**      grilled curry yogurt chicken thighs (ef, gf) OR spinach fritters w/ coconut yogurt sauce (v, gf)  
served over basmati rice with sautéed kale, red onions + toasted sesame seeds (v, gf)  
with roasted turmeric + cumin carrots (v, gf)  
and sea salt chocolate chip cookie
- WEDNESDAY**      seared or king salmon (df, ef, gf) OR red lentil patties (v, gf)  
topped with green yogurt sauce (veg, ef, gf)  
served over marinated white beans with jalapeno, olives, preserved lemons + parsley (v, gf)  
with grilled cabbage wedge (v, gf)  
and chocolate tahini cake (v)
- THURSDAY**      chicken marinated in cumin, paprika + aleppo (ef, gf) OR falafel w/ green tahini sauce (v, gf)  
served over lentils + rice with chickpeas, roasted red onions, mint + raisins (v, gf)  
with celery root slaw with apples + almonds (v, gf, nuts)  
and dark chocolate buckwheat brownie (gf)
- FRIDAY**      grilled steak (df, ef, gf) OR grilled cauliflower steak (v, gf)  
topped with apple gremolata (v, gf)  
served over farro with shaved brussels sprouts, pickled fresnos, pecorino + fresh herbs (veg)  
with roasted mushrooms, kale + olives (v, gf)  
and caramel pecan bar (gf, nuts)
- SATURDAY**      za'atar grilled chicken (df, ef, gf) OR falafel (v, gf)  
topped with green tahini (v, gf)  
served over basmati rice with cucumbers, pistachios, dill + scallions (v, gf, nuts)  
with roasted fennel, carrots + citrus (veg, ef, gf)  
and sea salt chocolate chip cookie
- SUNDAY**      seared king salmon (df, ef, gf) OR chickpea fritters (v, gf)  
topped with green avocado sauce (v, gf)  
served over wild rice salad with celery, apples, pecans + roasted lemons (v, gf, nuts)  
with broccoli, green beans + kale with goat cheese + toasted sunflower seeds (veg, gf)  
and dark chocolate buckwheat brownie (gf)

## ADD-ONS

SNACKS	cheese + fruit box	\$15pp
	<i>three cheeses, crackers, nuts, fresh + dried fruit</i>	
	hummus + vegetable box	\$12pp
	tortilla chips + tomatillo salsa	\$10pp
	sweet + spicy mixed nuts	\$7pp
	north fork potato chips	\$5pp
	organic popcorn – salted, nori, or rosemary	\$5pp

*see our platter + pastry menu for more add-ons*

BEVERAGES	boxed coffee (serves 10)	\$40
	<i>la colombe coffee, whole + oat milk, sugars, stirrers + cups</i>	
	boxed tea (serves 10)	\$30
	<i>hot water, assorted teas, lemons, sugars, stirrers + cups</i>	
	assorted la colombe canned coffees	\$6pp
	saratoga still + sparkling water	\$5pp
	assorted spindrifts	\$3pp

	pilot kombucha bottles	\$8pp
	fresh fruit + vegetable juice	\$7pp

FEES	delivery fee (varies based on location)*	\$60+
	administrative fee (applies to food + beverage only)	10%
	credit card fee**	5%

*\*orders are subject to additional fees if there are significant wait times or delays upon delivery*

*\*\*we're happy to waive this fee if you choose to pay by bank transfer*

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please reach out to us at [info@poppysbrooklyn.com](mailto:info@poppysbrooklyn.com) for more information on booking.  
we look forward to working with you!

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