

Salads

Spring Kale Salad / \$8 (V, V+, GF)

Kale blend w/carrot, cucumber, sweet potatoes, golden raisins, pepitas and balsamic vinaigrette

Mixed Greens Salad / \$8 (V, V+, GF)

Mixed greens, tomatoes, cucumbers, carrots and balsamic vinaigrette

Bowls

Wild Salmon Bowl* / \$14 (GF)

Wild salmon, jasmine rice, edamame, carrot, cucumber, avocado, red pepper, sesame seeds, ginger dressing Contains: soy, fish, sesame

Tex Mex Bowl* / \$9.50 (GF)

Grilled chicken, jasmine rice, black beans, roasted corn, avocado, pico de gallo, cilantro citrus dressing

Buffalo Bacon Ranch Bowl* / \$10 (GF)

Grilled chicken tossed in buffalo sauce, jasmine rice, leaf lettuce, applewood bacon, roasted corn, colby jack cheese, buttermilk ranch Contains: dairy

Ginger Chicken Bowl* / \$10 (GF)

Grilled chicken, broccoli, red pepper, carrot, over jasmine rice with ginger sauce & sesame seeds

Quinoa Bowl / \$10 (V, V+, GF)

Quinoa, kale blend w/carrot, roasted sweet potatoes, cucumber, roasted corn, edamame and ginger dressing

Add to any salad or bowl: Shredded Cheese \$1, Applewood Bacon \$2, Chicken \$2.50, grilled salmon \$6

(V) vegetarian, (V+) vegan, (GF) gluten free

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness
menu edited: 3/20/20*

We offer an assortment of fresh and frozen prepared meals as well as other grab & go food. We have a variety of snacks and other grocery items along with many non alcoholic drinks, packaged beer and bottles of wine - stop by to check out our selection! Don't see what you want?

Let us know and we'll try to find it for you?

Thrive Kitchen and Catering is taking the Coronavirus very seriously. Our kitchen is self-contained in the basement of Penn Pavilion and is not open to the general public. Our Staff is following CDC and Duke University's best practices for food preparation, as are our vendors and there is no evidence of COVID-19 being transmitted via food.

Sandwiches - served with a side of potato chips

Gluten Free bread available for \$.75, sub lettuce wrap for no charge

Southwest Wrap* / \$6 (V) *Scrambled eggs, black beans, shredded cheddar, pico de gallo on sun-dried tomato wrap* Contains: egg, dairy

Add bacon \$2, ham \$1.50, extra cheese \$1.00

Blue Devil Club / \$10

Boar's Head Ovengold Turkey and Beechwood Smoked Ham, applewood bacon, sharp cheddar, leaf lettuce, tomato, multigrain Con-tains: wheat, milk, egg (in mayo packet)

Thrive Chicken Salad Wrap / \$8

House made tarragon chicken salad with leaf lettuce and tomato on sun-dried tomato wrap Contains: wheat, milk, egg (in mayo)

Turkey & Havarti / \$9

Boar's Head Ovengold Turkey, havarti, lettuce, tomato, mayo, toasted multigrain Contains: wheat, dairy, egg

Veggie & Hummus Wrap / \$8 (V)

Cucumber, carrots and peppers with traditional hummus, mixed greens, & tomato on sundried tomato wrap with ginger dressing Con-tains:

wheat Orders can be placed 7 days a week:

Order by 10am and your food will be delivered to 300 Swift by noon. Order by 3pm and your food will be delivered to 300 Swift by 5pm. Individual orders will be stored under refrigeration and can be picked up any time after the drop off schedule above.


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kitchen and catering

