



*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.*

Grab and Go and Delivery Menu

Office Deliveries

Curbside Pickup at Penn Pavilion 107 Union Drive
off Towerview at Duke University – We will be at the Thrive Sign.

Packed Meal Options and Beverages to take home to your family

All meals besides family options served in compostable single serving containers.

Phone 919 599 9517 for more information

Effective March 16

Pick up at Penn Pavilion between 9am and 6pm NO MINIMUM

Delivery on Duke Campus between 9am to 6pm \$25 minimum

Delivery between 9am and 6pm off Duke campus \$50 minimum

Delivery or pickup before 9am \$150 minimum

Breakfast Options – Available anytime of day

Continental Breakfast - \$7

Muffins, croissants, fresh fruit, single size local brewed coffee, creamer, juice

Gluten free muffins \$2

Quiche \$22

Broccoli, Onion, Colby Jack/ Spinach Mushroom, Baby Swiss/ Ham, Tomato, Onion, Gouda
(serves up to 8 people)

Frittata (GF) \$22

With seasonal vegetables, feta, sundried tomatoes (serves up to 10 people)

Lunch Options – Available anytime of day

Premium Assorted Sandwiches and wraps with bottled water, chips, cookie and small pasta or fruit salad. \$12

Assorted bread options, including Gluten Free and Wraps

Turkey, Havarti and Fig Jam/ Roast Beef with Caramelized Onion Spread and Provolone/ Ham with Brie and Caramelized Onion/ Grilled Herb Chicken Breast with Provolone/ Grilled Veggie Wrap(V+)/Thrive Chicken Salad with lettuce and pickled red onion wrap

Salad Options with chips, cookie and bottled water

Sides: Salmon \$6.50 pp, Diced Chicken \$3.00 pp

Quinoa or Turkey Cobb Salad (GF/V if no turkey) \$12

Mixed greens, hard boiled egg, mozzarella, tomato, cucumber, olives and balsamic

Wild Salmon Bowl (GF) \$14

Wild Salmon, jasmine rice, edamame, carrot, cucumber, red pepper, sesame seeds, ginger dressing

Buffalo Bacon Ranch Bowl (GF) \$12

Chicken tenders tossed in buffalo sauce, jasmine rice, romaine, Applewood bacon, roasted corn, Colby jack cheese, buttermilk ranch

Quinoa Protein Bowl (GF/V+) \$12

Quinoa, spinach, roasted sweet potatoes, roasted corn, cucumbers, tomatoes

With either Buttermilk Ranch (Contains Dairy) or Ginger dressing (V+)

Add Chicken Vegetable Soup (GF) or Vegetable Soup (GF/V+) 8 oz for \$3/ 16 oz for \$5

Dinner Options Available anytime – Sized for 2ppl, 4ppl and 8ppl

4 ppl servings and 8 ppl will be in foil containers.

If you would like these delivered for lunch service in an office, we ask for an 8 person minimum

Dinner Options Pricing includes full entrée with vegetable, starch, salad and dessert bite.

\$24 for 2 people

\$11 each for 4 or more

Kids meals \$5 each (portioned for children – see options)

Add on of soup 8 oz \$3/ 16 oz \$5

Monday and Tuesday

Options come with bread (GF on request), green salad and dessert bites

Flank Steak with charred onion vinaigrette, goat cheese and olives GF

Grilled Herb Chicken with lemon caper sauce GF
Crispy Risotto topped with eggplant, wilted kale ragout GF, V

Chicken Vegetable Soup GF
Vegetable Soup GF/V+

Wednesday and Thursday

Options come with chips and guacamole, green salad and dessert bites

Steak Quesadilla
Chicken Quesadilla
Vegetarian Quesadilla V

Chicken Vegetable Soup GF
Vegetable Soup GF/V+

Friday

Options come with garlic bread, green salad and dessert bites
Eggplant Parmesan with spaghetti
Chicken Parmesan with spaghetti
Vegan Rigatoni over tomato, eggplant and saffron sauce with greens
Gluten Free pasta over tomato, eggplant and saffron sauce with greens (cheese on the side)

Weekend Options (available for pick up on Friday or Saturday)

Options come with garlic bread, green salad and dessert bites
Classic Meat Lasagna
Vegetarian Lasagna
Vegetable Soup GF/V+

Sides and Kids Meals served anytime and any day

Mac and Cheese (V) \$3.00
Chicken Tenders with 2 sauces (GF) \$5.00
Roasted Vegetables (GF/V+) \$3.00

Pico/Salsa (GF/V+) \$5
Chicken Salad - served with crackers, GF on request (GF) \$5
Jalapeno Pimento Cheese – served with crackers, GF on request (GF, V) \$5
Whipped Feta with spiced honey and pistachios - served with crackers, GF on request (GF, V)
contains nuts. \$5

Cookies for 6 for \$10
Brownie for 6 \$10

Beverages

Coffee –

Columbe \$4

and Larry's Nito Cold Brew \$5

Bottled Water types –

Dasani 20oz - \$1.75 – 1L - \$2.50

Smartwater – 20oz - \$2.25 – 1L - \$3.00

Sparkling Water –

San Peligrino half a liter- \$2.50

San Peligrino Lemon or Blood Orange - \$2.25

Soda includes - \$2.00 – Coke, Diet Coke, Sprite, Ginger Ale, Mtn Dew, Dr. Pepper

Bottled Iced Tea – Tevana - \$4.00 Honest Tea - \$3.00

Bottled Lemonade – Boylan's Sparkling Lemonade - \$2.50

Bottled Juice – Minute Maid - \$2.25 – Orange, Apple, Cran-Raspberry

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