FIELD & SOCIAL

CATERING MENU

Fall 2026

INDIVIDUAL BOWLS

AVOCRUNCH **$19**
Roasted chicken breast, carrot, cabbage, feta, marinated wheat berries, romaine + arugula, toasted sunflower seeds, crispy shallots, ½ avocado, basil + white balsamic dressing.

COCONUT CHICKEN **$17.4**
Coconut chicken thigh, kale + romaine, roasted yams + onion, cilantro, pickled red cabbage, toasted sunflower seeds, dates, crispy shallots, sesame seeds, miso dressing
DAIRY FREE

KALE CAESAR **$17.4**
Kale + romaine, roasted chicken breast, toasted cashews, grated Parmigiano Reggiano, garlic and herb croutons, ½ ramen egg, Caesar dressing

THAI PEANUT SATAY **$15**
Your choice of either tempeh, tofu or chicken, arugula + romaine, bell peppers, shredded carrot, tomato, cucumbers, green onion, toasted peanuts, crispy shallots,Thai peanut dressing
VEGAN

SOY MUSHROOM MISO BOWL **$18.5**
Roasted chicken breast or tempeh, warm brown rice, soy sesame mushrooms, chopped green kale, roasted yams + onion, pickled red cabbage, shredded carrots, seed mix, miso dressing
VEGAN OPTION, GLUTEN FREE

INDIVIDUAL BOWLS

SOUTHWEST BBQ CHICKEN **$17.4**
Romaine + kale, green cabbage, smoked chili barbecue chicken, toasted breadcrumbs, roasted corn + pinto beans, cheddar cheese, tomatoes, cilantro, jalapeno ranch dressing.

RUSTIC ORZO **$17.4**
Romaine + kale, orzo with sundried tomatoes, roasted chicken breast, walnuts, bacon, Parmigiana Reggiano, basil + white balsamic dressing.

MEDITERRANEAN QUINOA BOWL **$18.5**
Chicken breast, quinoa, hummus, arugula + romaine, tomato, cucumbers, red onion, bell peppers, feta, pita chips, lemon + garlic tahini dressing

CHICKEN TOSTADA **$17.4**
Chopped romaine + kale, roasted chicken breast,tomato, sunflower seeds, red onion, cilantro feta, crisp baked tostada, charred tomato + jalapeño dressing
GLUTEN FREE

BEETS BOWL **$19.5**
Lightly picked beets, chicken breast, whipped cottage cheese, cucumber, roasted yams + onion, chopped green kale, toasted walnuts, honey balsamic dressing
GLUTEN FREE

KIMCHI CRUNCH **$18.2**
Korean BBQ chicken, kale + romaine, pickled bean sprouts, yam + onion, kimchi slaw, cashews, sesame seeds, gochujang dressing
DAIRY FREE

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INDIVIDUAL MAIN ITEMS

SANDWICHES + SOUP

SMOKEY CHILI CORN SCHMEAR + CHIPOTLE CHICKEN SANDO **$13**
Roasted corn + chilies, cream cheese, cilantro, cheddar, chipotle chicken
VEGETARIAN OPTION AVAILABLE

PESTO CHICKEN SANDWICH **$13.5**
Freshly made pesto, roasted chicken breast , sun-dried tomato cream cheese, chopped romaine.

MISO TUNA + CRUNCHY VEG SANDO **$13**
House-made tuna salad, carrot, cabbage, cucumber, miso mayo

DAILY SOUP **$5**
We rotate 5 different flavors of soup. All are vegetarian. Please ask catering or store manager for the flavor available when booking.

SNACK BOWLS

CHICKEN + EGG PROTEIN BOWL **$12**
Roasted chicken breast, free run egg, quinoa, kale, cumin spiced chickpeas, miso dressing
35g PROTEIN, GLUTEN-FREE

PLANT-BASED PROTEIN BOWL **$11**
Tempeh, tofu, cumin spiced chickpeas, quinoa, kale + miso dressing.
20g PROTEIN, VEGAN, GLUTEN-FREE

FIELD & SOCIAL LUNCH BOXES

MINI GARDEN SALAD LUNCH BOX **$15**
Mini garden salad - chopped romaine + arugula, shredded carrots, tomatoes cucumbers, sunflower seeds, white balsamic + basil dressing. Comes with your choice of half sandwich + peanut butter cookie. Comes in a self-contained box with cutlery.

MINI CAESAR WITH KALE LUNCH BOX **$15**
Mini Caesar salad - chopped romaine + shredded kale, half ramen egg, croutons, grana padano cheese + dressing. Comes with 1/2 sandwich of your choice + peanut butter cookie. Comes in a self contained box with cutlery

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MID MORNING + POST LUNCH

INDIVIDUAL

PEANUT BUTTER + CHOCOLATE CHIP COOKIE **$3.5**
Our addictivehouse-madepeanut butter and chocolate cookie.

LEMON PROTEIN BITES **$4.5**
Cashews,honey,whey protein, coconut flakes, lemon, hemp seed, vanilla.

CHIA PUDDING + FRESH BERRIES **$7**
Chia pudding,toppedwith slivered almonds, coconut flakes, and fresh fruits.

COTTAGE CHEESE DIP **$7**
With freshly cut veggies.

GREEK YOGURT + FRESH BERRIES **$7**

HUMMUS + PITA CHIPS **$5.5**

EGG BITES **$3**
With tomatoes, basil & cheese

SHARING PLATTERS

PEANUT BUTTER + CHOCOLATE CHIP COOKIE PLATTER **$25**
Includes 15 mini cookies

LEMON PROTEIN BITE PLATTER **$34**
Includes 15 individual protein bites

EGG BITES PLATTER **$45**
Includes 15 individual egg bites

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SHARING MENU

Perfect for sharing at events or meetings. Each family size sharing bowl serves 10 to 14 people. They are all served without protein. You can add large portions of sides to any of these bowls. They can be added on top or on the side. The sharing proteins/sides are on the next page. The platters serve around 4-6 people.

SHARING BOWLS

Serving utensils can be added for a small fee. Please see our the last page for more details

BASIL + ORZO BOWL **$95**
Orzo with sun-dried tomatoes, kale + romaine, walnuts, bacon, freshly grated Grana Padano, basil + white balsamic dressing
FAMILY STYLE

MISO BOWL **$95**
Kale + romaine, roasted yam + onion, cilantro, pickled red cabbage, sunflower seeds, dates, crispy shallots, sesame seeds, and miso dressing
FAMILY STYLE, VEGAN

CLASSIC CAESAR WITH KALE **$95**
Romaine, freshly grated Grana Padano, garlic & herb croutons, toasted cashews, 1/2 ramen egg, Caesar dressing
FAMILY STYLE

THAI PEANUT + CRUNCHY VEG **$95**
Arugula + romaine, red peppers, shredded carrot, tomatoes, cucumbers, green onion, toasted peanuts, crispy shallots, Thai peanut dressing
FAMILY STYLE VEGAN,

ROASTED CORN + PINTO BEAN, JALAPEÑO RANCH ROMAINE + KALE **$95**
Green cabbage, roasted corn + pinto beans, cheddar cheese, tomato, cilantro, jalapeño ranch dressing
FAMILY STYLE, GLUTEN FREE

SHARING PLATTERS

These platters serve from 4-6 people. We recommend ordering with a family style bowl.

THE MEDITERRANEAN CHICKEN **$55**
Roasted chicken breast, yam + onion, cucumbers, tomatoes with white balsamic + basil dressing. Soft pita bread, hummus + tahini dressing on the side.
DAIRY FREE

THE BARBECUE CHICKEN **$55**
Smoked chili roasted chicken breast, tomatoes, corn + pinto bean, cabbage with charred jalapeno dressing. Baked ciabatta bread and field & social's ranch dressing on the side.
DAIRY FREE

MISO TUNA + CRUNCH VEG SANDO PLATTER **$117**
House-made tuna salad, carrot, cabbage, cucumber, miso mayo
EIGHTTEEN HALF SANDWICHES

THE PESTO CHICKEN SANDWICH PLATTER **$121.5**
Freshly made pesto, roasted chicken breast , sun-dried tomato cream cheese, chopped romaine.
EIGHTEEN HALF SANDWICHES

SMOKEY CHILI CORN SCHMEAR + CHIPOTLE CHICKEN SANDO PLATTER **$117**
Roasted corn + chilies, cream cheese, cilantro, cheddar, chipotle chicken
EIGHTEEN HALF SANDWICHES

SHARING SIDES

Can be added directly to sharing bowls or ordered
and served separately on the side

CHICKEN BREAST / COCONUT THIGH/SMOKED CHILI CHICKEN BREAST
$35 PER 500G

TEMPEH
VEGAN, GLUTEN FREE **$24** PER 400G

SATAY TOFU
VEGAN, GLUTEN FREE **$18** PER 500G

CHICKPEAS
VEGAN, GLUTEN FREE **$18** PER 1000ML

WHEAT BERRIES
VEGAN **$10** PER 1000ML

QUINOA
VEGAN, GLUTEN FREE **$10** PER 1000ML

PITA CHIPS
VEGAN **$7** PER 1000ML

CROUTONS
$7 PER 1000ML

EXTRA DRESSING BOTTLE (CHOICE)
$10 PER 350ML

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DRINKS

STILL WATER 473 ML	$3.5
SAP SUCKER	$3.5
SPARKLING WATER	$3.75
KOMBUCHA	$6.5

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DIETARY RESTRICTIONS AND ALLERGIES

We try to be as flexible as possible in making any necessary changes to ensure that everyone can enjoy our food, regardless of allergies or restrictions. Our menu offers vegan, vegetarian, and gluten-free options; if special precautions need to be taken or additional changes need to be made, please let us know. Note that our kitchen is not 100% allergen-free.

UTENSILS

In an effort to minimize waste, serving utensils, plates, forks, and napkins are not automatically included in your order. Please select if you would like these items to be included. Serving utensils and plates have a small fee. Forks and napkins can be added free of charge.

DELIVERY POLICY

Please refer to our delivery faqs here for any questions you may regarding our delivery policy. Alternatively you can email our catering director at johanna@fieldandsocial.com or ask us a question for our catering inquiry form located on our website.

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READY TO PLACE AN ORDER? NEED SOME MORE INFO?

SCAN THE QR BELOW OR VISIT OUR WEBSITE