

FIELD & SOCIAL

CATERING MENU FALL 2025



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

\$16.9

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

\$16.9

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

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

RUSTIC ORZO

\$16.9

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

ENCHILADA BOWL

\$17

Warm brown charred tomato rice, smoked chili chicken breast, tortilla chips, corn + beans, kale + romaine, cilantro, cheddar cheese, jalapeno ranch dressing
GLUTEN FREE

CHICKEN TOSTADA

\$16.9

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 pickled beets, chicken breast, whipped cottage cheese, cucumber, roasted yams + onion, chopped green kale, toasted walnuts, honey balsamic dressing
GLUTEN FREE





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INDIVIDUAL SANDWICHES

AVO + CHEESE SANDWICH

\$12

Half avocado, havarti cheese, tomato, arugula, garlic + lemon aioli

VEGAN OPTION, VEGETARIAN

CHIMICHURRI CHICKEN SANDWICH

\$13.5

Chimichurri chicken salad, tomatoes, arugula, lemon + herb mayo

MISO TUNA + CRUNCHY VEG SANDO

\$13

House-made tuna salad, carrot, cabbage, cucumber, miso mayo



Individual 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





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MID MORNING + POST LUNCH

INDIVIDUAL

PEANUT BUTTER + CHOCOLATE CHIP COOKIE \$3.25

Our addictive house-made peanut butter and chocolate cookie.

LEMON PROTEIN BITES \$4.50

Cashews, honey, whey protein, coconut flakes, lemon, hemp seed, vanilla.

CHIA PUDDING + FRESH BERRIES \$7

Chia pudding, topped with slivered almonds, coconut flakes, and fresh fruits.

COTTAGE CHEESE DIP \$7

With freshly cut veggies.

GREEK YOGURT + FRESH BERRIES \$7

HUMMUS + PITA CHIPS \$5.50

EGG BITES \$3

With tomatoes, basil & cheese



SHARING PLATTERS

PEANUT BUTTER + CHOCOLATE CHIP COOKIE PLATTER

Includes 15 mini cookies \$25

LEMON PROTEIN BITE PLATTER

Includes 15 individual protein bites \$34

EGG BITES PLATTER

Includes 15 individual egg bites \$45



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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

\$125

Orzo with sun-dried tomatoes, kale + romaine, walnuts, bacon, freshly grated Grana Padano, basil + white balsamic dressing
FAMILY STYLE

MISO BOWL

\$130

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

\$125

Romaine, freshly grated Grana Padano, garlic & herb croutons, toasted cashews, 1/2 ramen egg, Caesar dressing
FAMILY STYLE

THAI PEANUT + CRUNCHY VEG

\$130

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

\$130

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 \$52

Most salads can be made gluten free with some minor modifications.

EIGHT HALF SANDWICHES

THE CHIMICHURRI CHICKEN SANDWICH PLATTER \$54

Chimichurri chicken salad, tomatoes, arugula, lemon + herb mayo

EIGHT HALF SANDWICHES

THE AVO SANDWICH PLATTER \$48

Half avocado, havarti cheese, tomato, arugula, garlic + lemon aioli

EIGHT 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

\$30 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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Sparkling Water
SWEETENED
ORGANIC MA

355 ml

DRINKS



STILL WATER 473 ML	\$3.50
SAP SUCKER	\$3.50
SPARKLING WATER	\$3.50
THE JUICE TRUCK	\$6
KOMBUCHA	\$6.50



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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.

DELIVERY POLICY

\$100 minimum order. Our catering deliveries are handled by our delivery partner. The parameters for delivery are a 10km radius from our Mount Pleasant and Dunsmuir locations. For orders outside this zone, our other delivery partner HUNGRY offers delivery up to 25km away. We offer pick-up catering from all our locations. Delivery times cannot be changed. 24hr minimum cancellation. Next day orders need to be placed by 2pm. For orders on Monday, please order by 12pm on Friday. For more info on our new catering delivery service, please submit a catering inquiry form, found on our website.

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.

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READY TO PLACE AN ORDER? NEED SOME MORE INFO?

SCAN THE QR BELOW OR VISIT
WWW.FIELDANDSOCIAL.COM/MENUS/#CATERING

