

# FIELD & SOCIAL

## CATERING MENU SPRING 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

\$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 MAIN ITEMS

## SANDWICHES + SOUP

### AVO + CHEESE SANDWICH \$12

Half avocado, havarti cheese, tomato, arugula, garlic + lemon aioli  
VEGAN OPTION, VEGETARIAN

### PESTO CHICKEN SANDWICH \$13.5

Freshly made pesto, roasted chicken breast, sun-dried tomato cream cheese + arugula.

### MISO TUNA + CRUNCHY VEG SANDO \$13

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

### DAILY SOUP \$5

Rotates between 5 flavours.

## 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

## 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 \$3.25

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 \$25

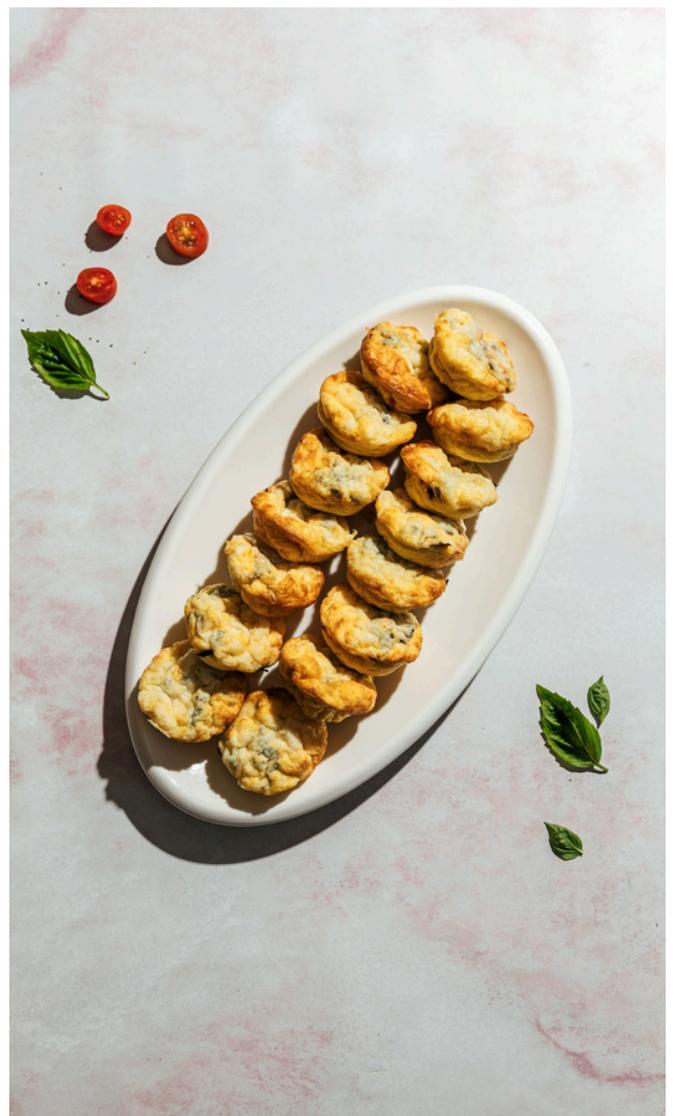
Includes 15 mini cookies

### 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** **\$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 \$117

House-made tuna salad, carrot, cabbage, cucumber, miso mayo  
EIGHTEEN HALF SANDWICHES

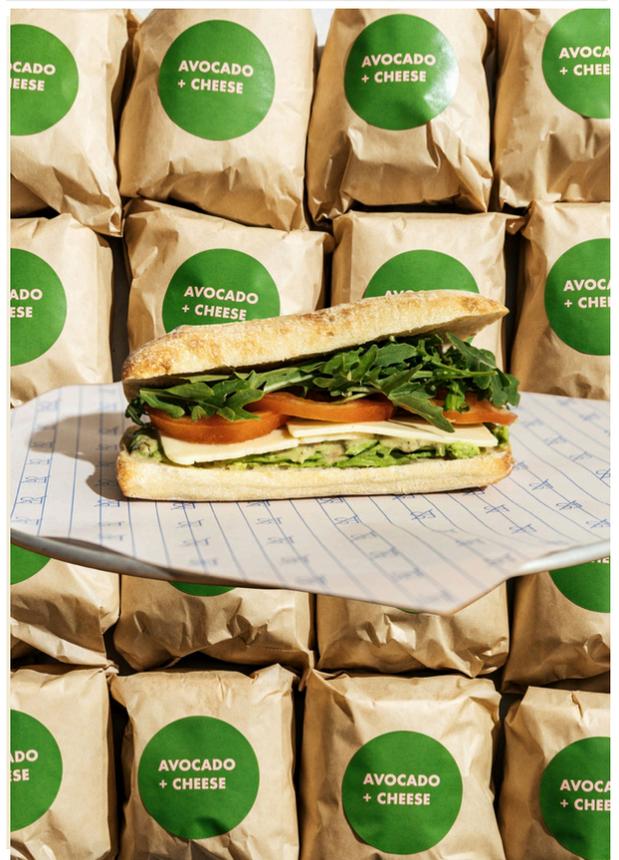
## THE PESTO CHICKEN SANDWICH PLATTER \$121.5

Freshly made pesto, roasted chicken breast, sun-dried tomato cream cheese + arugula.  
EIGHTEEN HALF SANDWICHES

## THE AVO SANDWICH PLATTER \$108

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

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

\$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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# 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.

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## 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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## 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](mailto: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](#)

