CARROT EXPRESS®

MIAMI · NEW YORK

catering.carrotexpress.com

serves 10-12

ALL DAY BREAKFAST

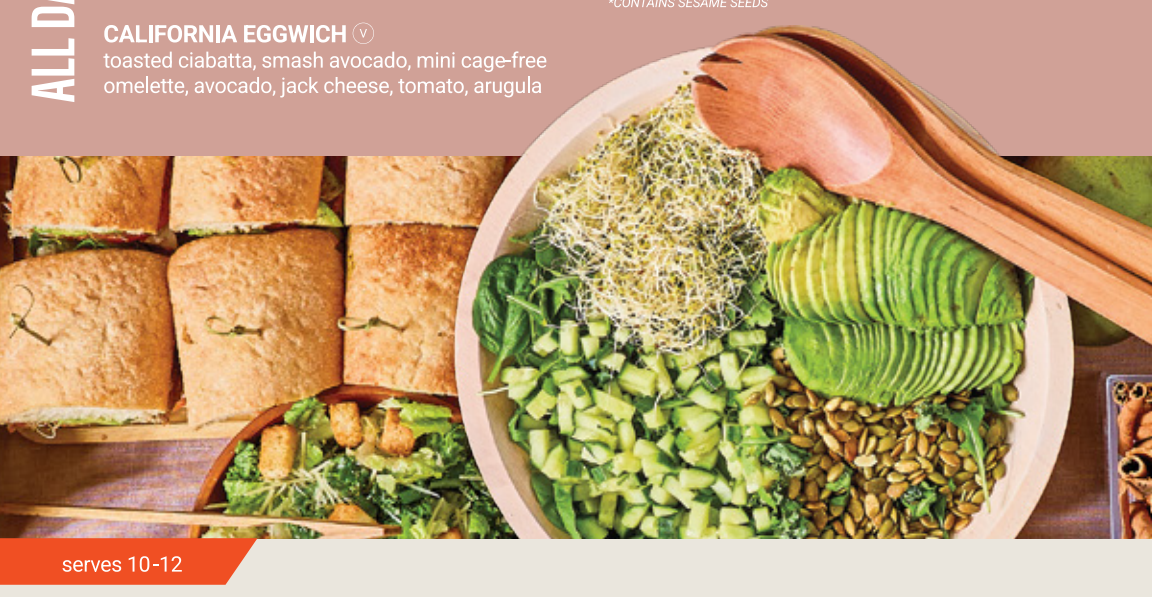
JOSH'S OVERNIGHT OATS (V)
oatmeal, oat milk, seasonal berries, Greek yogurt, granola*, coconut flakes, chia & flax seeds, almond butter, honey
**CONTAINS NUTS*

HUEVOS RANCHEROS BURRITO
cage-free scrambled eggs, brown rice, black beans, corn, avocado, jack cheese, pico de gallo on a whole wheat wrap

CALIFORNIA EGGWICH (V)
toasted ciabatta, smash avocado, mini cage-free omelette, avocado, jack cheese, tomato, arugula

FRESH FRUIT SALAD (V)
pineapple, strawberries, blueberries, banana, granola*, pumpkin seeds, chia seeds, toasted coconut flakes, honey, Greek yogurt
**CONTAINS NUTS*

POWER BAGEL
sesame bagel*, cage-free boiled eggs, arugula, mozzarella, avocado, tomato, red pepper flakes, EVOO. served with side of aioli
**CONTAINS SESAME SEEDS*



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ALL DAY MENU

FRESH SALADS

GREEN GODDESS (GF)(DF)(V)
arugula, spinach, kale, alfalfa, avocado, cucumber, pumpkin seeds, with your *choice of* cilantro lime, soy ginger or miso ginger vinaigrette

ORIENTAL CRUNCH (DF)(V)
mixed greens, romaine, avocado, carrots, bean sprouts, roasted cashews, toasted sesame seeds, crispy wonton strips. *dressing:* honey-lime peanut vinaigrette*
**CONTAINS PEANUTS*

CAESAR (V)
romaine, kale, homemade croutons, parmesan cheese. *dressing:* signature Caesar dressing

GREEK (GF)(V)
heirloom tomatoes, cucumbers, onions, kalamata olives, barrel aged feta, romaine. *dressing:* house made Greek vinaigrette

LA MEXICANA (V)
romaine, corn, black beans, jack cheese, tortilla strips, avocado, cilantro, tomato. *dressing:* honey-lime vinaigrette

MEDITERRANEAN HERB (GF)(V)
arugula, kale, garden herbs, quinoa, pumpkin seeds, pecans, feta. *dressing*: lemon apple cider vinaigrette
**CONTAINS NUTS*

ADD-ONS
tuna salad | chicken salad | chicken breast* | miso tofu**
**ANTIBIOTIC FREE CHICKEN **HAS SESAME SEEDS & MARINATED IN MISO*

serves 10-12

WRAPS

WRAP TRAY choose 1 or 2:

LIV
grilled chicken breast, avocado, quinoa, kale, jack cheese, basil pesto

LEGAL
grilled chicken breast, brown rice, black beans, jack cheese, pico de gallo, chipotle sauce

CHICKEN CAESAR
grilled chicken, romaine, kale, homemade croutons, parmesan cheese, Caesar dressing

CIABATTAS

CIABATTA TRAY choose 1 or 2:

TUNA-CADO
albacore tuna salad, butter lettuce, avocado, carrots, tomato, & alfalfa

CHICKEN-CADO
chicken salad, butter lettuce, avocado, carrots, tomato, & alfalfa

CHICKEN GODDESS
panko-crusted chicken breast*, mozzarella, tomato, red onion & citrus honey mustard slaw
**ANTIBIOTIC FREE CHICKEN*

** * GO VEGGIE! SWAP IN MISO TOFU FOR ANY WRAP OR CIABATTA*

serves 10-12

POWER BOWLS

MARIO'S FAVORITE CHICKEN (DF)
chicken, arugula, kale, spinach, toasted almonds, peas, golden raisins, quinoa, scallions, cilantro brown rice, citrus sauce. *substitute chicken for:* tofu

SALMON BUDDHA (DF)
sautéed salmon, (*choice of:* quinoa, brown or basmati rice) napa cabbage, scallions, edamame, corn, broccoli, roasted carrots, Buddha sauce*
substitute salmon for: ahi-tuna* (RW), chicken or tofu
**CONTAINS SESAME SEEDS; BUDDHA SAUCE CONTAINS FISH SAUCE*

POKE (DF)
brown rice or quinoa, seaweed, edamame, arugula, cucumber, scallions, avocado, roasted carrots, pickled ginger, sesame seeds, crispy onions, spicy mayo, & eel sauce
choice of fresh:
ahi-tuna* (RW), Scottish salmon* (RW)
**MARINATED IN POKE SAUCE & CONTAINS SESAME OIL*

PLATTERS

GRILLED CHICKEN (GF)(DF)
herbs & spices marinated chicken breast*, cilantro brown rice, avocado, pico de gallo
**ANTIBIOTIC FREE CHICKEN*

BBQ CHICKEN (GF)
chicken breast* topped with bbq sauce, cilantro brown rice, avocado, pico de gallo
**ANTIBIOTIC FREE CHICKEN*

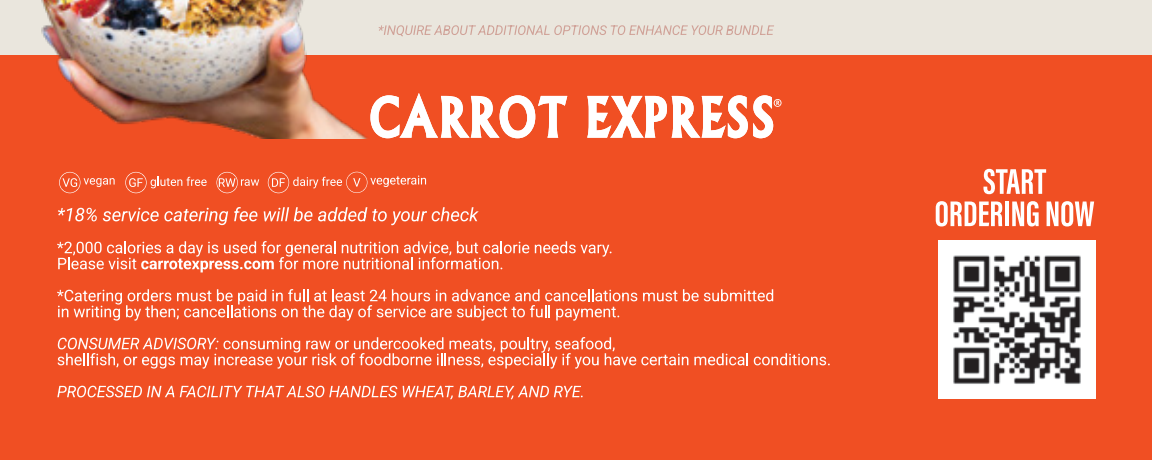
PESTO CHICKEN (GF)
chicken breast* with our signature pesto sauce, cilantro brown rice, avocado, pico de gallo
**ANTIBIOTIC FREE CHICKEN*

half dozen minimum required

TREATS

CHIPS
individual (6) bags plantain / yuca

POWER BITES (GF)(VG)
assorted (6) twin packs, made with wholesome nuts & other nutritious ingredients
**CONTAINS NUTS*



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BAKERY

COOKIE TRAY
- chocolate chunk & walnut
- oatmeal & pistachio
- coconut & guava (GF)

BAKERY TRAY
choose up to 3:
- vegan banana bread (VG)
- signature carrot cake
- gluten free honey almond cake (GF)
- brownie

ASSORTMENT TRAY
choose any 4 from the entire Baked selection

BEVERAGES

REFRESHERS 12 cans

OLIPOP
assorted with lemon lime, cherry cola & classic grape

COLD PRESSED 12 bottles

ASSORTMENT
rejuvenate, zeus, here comes the sun, unbeetable, green power, bliss, hibiscus island, guavalicious, green dream

VITAMIN C
orange juice, apple juice

WATER
12 bottles

ACQUA PANNA
natural spring water

PERRIER
carbonated mineral water

WELLNESS SHOTS
12 shots

ASSORTMENT
valentina, power, ginger, immunity

COFFEE
serves 8 ppl / 2 cups each

HOT COFFEE
96oz, black drip coffee, served with whole, oat and almond milk. *brown sugar – stevia

BUNDLES

BREAKFAST BUNDLES
includes a selection of an egg dish of your choice with our josh's overnight oats or the fresh fruit salad

BUNDLE 1, SERVES 12

BUNDLE 2, SERVES 24

LUNCH BUNDLES

BUNDLE 1, SERVES 12
includes your choice of a wrap or ciabatta & a salad

ADD-ONS
tuna salad | chicken salad | chicken breast* | miso tofu**
**ANTIBIOTIC FREE CHICKEN **HAS SESAME SEEDS & MARINATED IN MISO*

BUNDLE 2, SERVES 24
includes your choice of 2 wraps or 2 ciabattas (or mixed) & 2 salads

ADD-ONS
tuna salad | chicken salad | chicken breast* | miso tofu**
**ANTIBIOTIC FREE CHICKEN **HAS SESAME SEEDS & MARINATED IN MISO*

**INQUIRE ABOUT ADDITIONAL OPTIONS TO ENHANCE YOUR BUNDLE*

CARROT EXPRESS®

(VG) vegan (GF) gluten free (RW) raw (DF) dairy free (V) vegeterain

**18% service catering fee will be added to your check*

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Please visit **carrotexpress.com** for more nutritional information.

*Catering orders must be paid in full at least 24 hours in advance and cancellations must be submitted in writing by then; cancellations on the day of service are subject to full payment.

CONSUMER ADVISORY: consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

PROCESSED IN A FACILITY THAT ALSO HANDLES WHEAT, BARLEY, AND RYE.

START ORDERING NOW