CARROT
enjoy real food

catering menu
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all day breakfast
—serves 12

josh's overnight oats
oatmeal, oat milk, seasonal berries, greek yogurt, granola*, coconut flakes, chia & flax seeds, almond butter, honey
*contains nuts

fresh fruit salad
pineapple, strawberries, blueberries, banana, granola*, pumpkin seeds, chia seeds, toasted coconut flakes, honey, greek yogurt
*contains nuts

huevos rancheros burrito
cage-free scrambled eggs, brown rice, black beans, corn, avocado, jack cheese, pico de gallo, whole wheat wrap

california eggwich
toasted ciabatta, smashed avocado, mini cage-free omelette, jack cheese, tomato, arugula

grab n' go
—minimum 6 / individually served

overnight oats (8 oz cup)
oatmeal, oat milk, strawberries, banana, greek yogurt, granola*, coconut flakes, chia & flax seeds, almond butter, honey
*contains nuts

yogurt parfait (8 oz cup)
strawberries, blueberries, greek yogurt, granola*, pumpkin seeds, chia seeds, toasted coconut flakes, honey
*contains nuts & raisins

chips
individual bags of plantain or yuca chips (6 per order)

power bites
assorted twin packs (6), made with wholesome nuts* and other nutritious ingredients
*contains nuts

fresh salads
—serves 12

oriental crunch
mixed greens, romaine, avocado, carrots, bean sprouts, cashews*, sesame seeds, crispy wonton strips.
dressing: honey-lime peanut vinaigrette*
*contains peanuts

green goddess
arugula, spinach, kale, alfalfa, avocado, cucumber, pumpkin seeds.
choice of dressing: cilantro lime, soy-ginger, or miso-ginger*
*contains sesame oil

caesar
romaine, kale, homemade croutons, parmesan.
dressing: traditional caesar.

mediterranean herb
arugula, kale, garden herbs, quinoa, pumpkin seeds, pecans*, feta.
dressing: lemon apple cider vinaigrette
*contains nuts

greek
romaine, tomatoes, cucumbers, onions, olives, feta.
dressing: greek vinaigrette.

la mexicana
romaine, corn, black beans, jack cheese, tortilla strips, avocado, pico de gallo.
dressing: honey-lime vinaigrette*
*contains sesame oil

add-ons
chicken breast*
*antibiotic free chicken
tuna salad
chicken salad
miso tofu*
*contains sesame, marinated in miso
simply baked salmon

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vegan · gluten free · raw · dairy free · vegetarian · 35+ grams of protein

wrap tray
—serves 12 / choose 1 or 2
go veggie — swap in miso tofu

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

chicken caesar
romaine, kale, homemade croutons, parmesan, caesar dressing

liv
chicken breast, quinoa, kale, avocado, jack cheese, basil pesto

ciabatta tray
—serves 12 / choose 1 or 2
go veggie — swap in miso tofu

tuna-cado
albacore tuna salad, romaine lettuce, avocado, carrots, tomato, alfalfa

chicken-cado
chicken salad, romaine lettuce, avocado, carrots, tomato, alfalfa

chicken goddess
panko-crusted chicken breast*, mozzarella, tomato, red onion, citrus honey mustard slaw
*antibiotic free chicken

START ORDERING NOW

power protein bowls
—serves 12

mario's favorite chicken
chicken, brown rice, arugula, kale, spinach, toasted almonds, peas, golden raisins, quinoa, scallions, citrus sauce.
substitute chicken for tofu

salmon buddha
sautéed salmon with choice of quinoa, brown or basmati rice, napa cabbage, scallions, edamame, corn, broccoli, roasted carrots, buddha sauce*.
substitute salmon for ahi tuna*, chicken, or tofu
*contains sesame seeds & fish sauce

poke
brown rice or quinoa, seaweed, edamame, arugula, cucumber, scallions, avocado, roasted carrots, pickled ginger, sesame seeds, crispy onions, spicy mayo, eel sauce.
choice of protein: ahi tuna* or salmon*
*marinated in poke sauce & contains sesame oil

hot platters —serves 12

grilled salmon
salmon fillet, cilantro brown rice, avocado, pico de gallo. choice of sauce: soy-ginger, pesto, or cilantro lime

grilled chicken
herbs & spices marinated chicken breast*, cilantro brown rice, avocado, pico de gallo. choice of sauce: bbq, pesto, or cilantro lime
*antibiotic free chicken

grazing platters
—serves 18

the veggie
carrot fingers, broccoli florets, cucumber sticks, cherry tomatoes, pita triangles. cilantro lime, caesar dip

the suave
yuca strips, plantain chips. smashed avocado (microgreens, red pepper flakes), black beans & corn, pico de gallo, chipotle dip

baked by carrot
—serves 12

cookie tray
—choose up to 3
chocolate chunk & walnut
oatmeal & pistachio
coconut & guava

bakery tray
—choose up to 3
vegan banana bread
signature carrot cake
gluten-free honey almond cake
brownie

assortment tray
—choose up to 4
chocolate chunk & walnut
oatmeal & pistachio
coconut & guava
vegan banana bread
signature carrot cake
gluten-free honey almond cake
brownie

beverages
—serves 12

refreshers —12 cans
olipop: cherry cola, classic grape
ciao!: lime, blood orange

cold pressed —12 bottles
assortment
rejuvenate, zeus, here comes the sun, unbeetable, green power, bliss, guava lemonade, green dream
vitamin c
orange juice, apple juice
wellness shots
valentina, power, ginger, immunity

water—12 bottles
acqua panna: natural spring water
perrier: carbonated mineral water

coffee —serves 8 (2 cups each)
96 oz black drip coffee, served with whole, oat, and almond milk.
brown sugar, stevia

bundles

breakfast bundles
includes your choice of egg dish, served with josh's overnight oats or fresh fruit salad

— **bundle 1** —serves 12
— **bundle 2** —serves 24

egg options:
huevos rancheros burrito: cage-free scrambled eggs, brown rice, black beans, corn, avocado, jack cheese, pico de gallo, whole wheat wrap
california eggwich: toasted ciabatta, smashed avocado, mini cage-free omelette, jack cheese, tomato, arugula

lunch bundles

— **bundle 1** —serves 12
choice of wrap or ciabatta, served with a salad.
add-ons
tuna salad, chicken salad, chicken breast*, miso tofu**, simply baked salmon
*antibiotic free chicken **contains sesame, marinated in miso

— **bundle 2** —serves 24
choice of two wraps or two ciabattas, served with two salads
add-ons
tuna salad, chicken salad, chicken breast*, miso tofu**, simply baked salmon
*antibiotic free chicken **contains sesame, marinated in miso

— **inquire about additional options to enhance your bundle.**

CARROT

— 2,000 calories a day is used for general nutrition advice, but calorie needs vary. visit **carrotexpress.com** for more information.
— available for pick up or delivery (delivery fees apply)
— catering orders must be paid in full at least 24 hours in advance. cancellations must be submitted in writing by then; same-day cancellations 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.