LOCAL Foods
CATERING MENU
713.789.0642
TANGLEWOOD@HOUSTONLOCALFOODS.COM
GROUP LUNCH
SOMETHING FOR EVERYONE

GROUP ORDERS

SMALL
9 SANDWICHES
3 MARKET SIDES
SERVES 7-11 PEOPLE
$125

MEDIUM
15 SANDWICHES
4 MARKET SIDES
SERVES 12-17 PEOPLE
$194

LARGE
24 SANDWICHES
5 MARKET SIDES
BOWL SALAD
SERVES 18-26 PEOPLE
$295

MARKET SIDES
$18 A LA CARTE

SWEET POTATO SALAD
BROCCOLI, CELERY, PEPPADEW PEPPERS

HOUSEMADE CHIPS
OLD BAY SEASONING

QUINOA
BROCCOLI, CARROTS, FETA, SUNFLOWER SEEDS**

FRUIT BOWL
ASSORTED SEASONAL FRUITS

GRANOLA BOWL
WITH ASSORTED FRUITS, NUTS, YOGURT**

SOUPS
$4 CUP $6 BOWL $10 QUART

GREEN CHILE POSOLE
CHICKEN, HOMINY, POBLANO,
GREEN CHILES, CILANTRO,
PUMPKIN SEED GARNISH **

VEGAN BEAN GUMBO
BROWN RICE, CELERY, BEANS,
CARROTS, GREEN ONION

CURRIED COUSCOUS
CURRANTS, CARROT, CUCUMBER

TUSCAN KALE
GOLDEN RAISINS, PINE NUTS, PARMESAN **

DILL PICKLES
HOUSE RECIPE

BOWL SALADS

YOUR CHOICE OF THE HARVEST, ASIAN SALAD, OR TACO SALAD
SERVES 10-15 PEOPLE
$44
(DOES NOT INCLUDE PROTEIN)
ADD CHICKEN, TOFU, OR VEGAN TACO MEAT $15 ADD SHRIMP $19

MORE TO SHARE
$18 EACH, SERVES 8-10 PEOPLE

SEASONAL HUMMUS
SERVED WITH VEGGIE CRUDITE AND GARLIC OIL**

VEGAN CASHEW “QUESO”
SERVED WITH TORTILLA CHIPS**

FRUIT BOWL
ASSORTED SEASONAL FRUITS

GRANOLA BOWL
WITH ASSORTED FRUITS, NUTS, YOGURT**

SERVING SUPPLIES

UTENSIL KIT
FORK/SPOON/KNIFE/NAPKIN
$.25 PER KIT

PLATES
$.25

BOWLS
$.25

CUPS
$.25

SIDES SERVE WARE
FORK/SPOON/TONG/LADLE
$1 EACH

** CONTAINS NUTS OR SEEDS
**BOX LUNCH**

LETS US MAKE IT PERSONAL

**SANDWICHES**

SERVED WITH YOUR CHOICE OF TWO SIDES OR CUP OF SOUP.
SANDWICHES MAY ALSO BE PREPARED AS BOX LUNCH SALAD

- **BHR PORK BANH MI**
  CHARCOAL GRILLED PORK, CARROT/CUCUMBER SLAW, PICKLED ONIONS, JALAPENOS, SAMBAL, AIOLI, BAGUETTE 14.5

- **TRUFFLED EGG SALAD**
  MIXED GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 10.

- **CRUNCHY CHICKEN**
  NUT/SEED “CRUMBLE”, PROVOLONE, ROMAINE, PICKLES, TOMATO, CRUSHED CHIPS, RANCH PRETZEL BUN 12.5 **

- **GULF SHRIMP & CRAB**
  ROMAINE, TOMATO, PICKLED RED ONION, GREEN GODDESS, CIABATTA 14.

- **QUINOA BURGER**
  SMOKED QUINOA PATTY, TOMATO, ROMAINE, PICKLES, RED ONION, VEGAN SECRET SAUCE, PRETZEL BUN 11.5

- **GARDEN SAMMIE**
  BRUSSELS SPROUTS, AVOCADO, CURRIED CAULIFLOWER, HUMMUS, TOMATO, SPROUTS, PICKLED ONIONS, CIABATTA 10.5 / ADD CHICKEN 13. AS SALAD W/ CHICKEN 14

**SALADS**

- **SEASONAL HARVEST**
  GOAT CHEESE, BRUSSELS SPROUTS, SEASONAL FRUIT, SUNFLOWER SEEDS, SEASONAL VEGETABLES, POMEGRANATE SEEDS, FRESH HERB VINAIGRETTE 11.5 **
  ADD CHICKEN OR TOFU 13.5  ADD SHRIMP 14.5

- **ASIAN CHICKEN**
  NAPA CABBAGE & ROMAINE, MARINATED BEAN SPROUTS, TOASTED CASHEWS, CRISPY RICE NOODLES, GINGER-SOY DRESSING, PEANUT SAUCE 12.5 **

- **LOCAL AUTUMN POWER BOWL**
  PURPLE HULL PEAS, KALE, QUINOA, TOFU, CRISPY BRUSSELS, POMEGRANATE SEEDS, ROASTED ACORN SQUASH WITH MAPLE TAHINI 14.5
  ADD CHICKEN OR 16.5 OR SHRIMP 17.5

- **SALMON POKE (CONTAINS RAW FISH)**
  KELP NOODLES, FRISSEE LETTUCE, SLICED AVOCADO, RUBY RED GRAPEFRUIT, CANDIED JALAPENO, CRISPY HERBS, NUT MIXTURE 17**

- **TACO SALAD**
  BABY KALE & ROMAINE, VEGAN “TACO MEAT,” AVOCADO, PICKLED ONION, CILANTRO HOMINEY, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 12.5

- **VEGAN “CAESAR” SALAD**
  SEASONED CELERY, HOUSE CROUTONS, CASHEW “PARMESAN CHEESE,” BABY KALE & ROMAINE MIX 11.5**

** CONTAINS NUTS OR SEEDS
DESSERTS

SMALL ASSORTED PLATTER (SERVES 6-10) 19
MEDIUM ASSORTED PLATTER (SERVES 11-18) 29
LARGE ASSORTED PLATTER (SERVES 19-24) 39
CHOCOLATE CHIP PECAN COOKIE 2 **
GLUTEN-FREE 7 LAYER "MAGIC" BAR 3
VEGAN CARROT CUPCAKE 4 **
VEGAN CHOCOLATE BROWNIE 3
BUTTERSCOTCH “BLONDIE” 3

*PLEASE NOTE THAT ALL DESSERT PLATTERS WILL INCLUDE: CHOCOLATE CHIP COOKIES, 7-LAYER BARS, AND VEGAN BROWNIES UNLESS OTHERWISE REQUESTED.

DRINKS

SEASONAL LEMONADE GALLON 26 HALF GALLON 13
KATZ BLACK TEA GALLON 20 HALF GALLON 10
HOUSE ICED COFFEE (WITH SOY MILK) 4.5
BOTTLE PAT GREER’S KOMBUCHA 4.5
KATZ NITRO COLD BREW COFFEE 4
BOTTLED WATER 1.5
PAT GREER’S SEASONAL KOMBUCHA 4.5
YERBA MATE TEA 3.5
TOPO CHICO SPARKLING WATER 3.
RICHARD’S RAINWATER STILL WATER 3.
MEXICAN COKE 3.
SAINT ARNOLD’S ROOT BEER 3.5
MARTINELLI APPLE JUICE 3.5

** CONTAINS NUTS OR SEEDS

TO MAKE A CATERING ORDER, PLEASE VISIT OUR WEBSITE AT HOUSTONLOCALFOODS.COM OR CALL US AT 713.789.0642.

24 HOURS ADVANCED NOTICE & $125 ORDER MINIMUM IS REQUIRED FOR LUNCH DELIVERY. DELIVERY FEE IS BASED ON DISTANCE. A FORMAL CONFIRMATION INVOICE WILL BE SENT BACK FOR YOU TO APPROVE.

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING