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**LOCAL**

*—Foods—*

# Catering Menu

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HEIGHTS

714 YALE ST #1A

713-360-6011

[WWW.HOUSTONLOCALFOODS.COM](http://WWW.HOUSTONLOCALFOODS.COM)

OPTION ONE

## GROUP LUNCH

SOMETHING FOR EVERYONE

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### PLATTERS

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#### 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**

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### MARKET SIDES

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**BEETS** BROWN RICE, GREEN APPLES, MINT, PISTACHIOS \*\*

**QUINOA** POMEGRANTE, ALMONS, SQUASH, GREEN BEANS \*\*

**TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN \*\*

**DILL PICKLES** MADE IN HOUSE

**RED POTATO SALAD** HARD BOILED EGG, MUSTARD, DILL

**HOUSE MADE CHIPS** OLD BAY SEASONING

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### SEASONAL HUMMUS

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**\$20**

**SERVES 6-8 PEOPLE**  
SERVED WITH ASSORTED VEGETABLES

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### SOUPS

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#### CHICKEN POSOLE

HOMINY, GREEN CHILES,  
CILANTRO, LIME \*\*

**\$10**

**SERVES 4-5 PEOPLE**

#### VEGAN BEAN GUMBO

BASMATI RICE, SCALLIONS

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### BOWL SALADS

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YOUR CHOICE OF THE  
**SEASONAL HARVEST or ASIAN SALAD**

SERVES 10-15 PEOPLE

**\$44 (DOES NOT INCLUDE PROTEIN)**

**ADD CHICKEN OR TOFU \$15    ADD SHRIMP \$19**

**\*\* CONTAINS NUTS OR SEEDS**

# BOX LUNCH

LET US MAKE IT PERSONAL

## SANDWICHES

SERVED WITH YOUR CHOICE OF TWO SIDES OR CUP OF SOUP.

(SIDES CANNOT BE SUBSTITUTED FOR DESSERT)

SANDWICHES MAY ALSO BE PREPARED AS A SALAD.

### “BANH MI”

PORK, PICKLED ONION,  
CUCUMBER, JALAPENO, CILANTRO,  
SAMBAL, AIOLI, BAGUETTE. 13

### TRUFFLED EGG SALAD

MIXED GREENS, TOMATO,  
PARMESAN, AIOLI,  
PRETZEL BUN. 10

### ROAST BEEF

CHEDDAR, KALE, TOMATO,  
CURRIED CAULIFLOWER,  
HORSERADISH AIOLI, WHEAT. 14.5

### GULF SEAFOOD

GREEN GODDESS, PICKLED  
RED ONION, TOMATO,  
CIABATTA. 14

### GARDEN SAMMIE

BRUSSELS SPROUTS, AVOCADO,  
HUMMUS, TOMATO, SPROUTS,  
PICKLED ONIONS, CIABATTA. 10.5  
ADD CHICKEN 13  
AS SALAD W/ CHICKEN 14

### “CRUNCHY” CHICKEN

NUT “CRUMBLE”, PROVOLONE,  
BUTTERMILK RANCH, PICKLES,  
TOMATO, CRUSHED CHIPS,  
PRETZEL BUN. 12.5 \*\*

### QUINOA BURGER

SMOKED QUINOA BLACK BEAN PATTY,  
PICKLES, RED ONION, TOMATO,  
LETTUCE, SECRET SAUCE. 12

## SALADS

### SEASONAL HARVEST

GOAT CHEESE, BRUSSELS SPROUTS, FRUIT,  
NUTS, SEASONAL VEGETABLES, FRESH HERB  
VINAIGRETTE 11.5 \*\*  
ADD CHICKEN OR TOFU 13.5 ADD SHRIMP 14.5

### TACO SALAD

BABY KALE MIX, VEGAN “TACO MEAT”, AVOCADO,  
PICKLED ONION, TORTILLA STRIPS, CILANTRO-CORN,  
LIME VINAIGRETTE 12.5 \*\*

### ASIAN CHICKEN

GINGER-SOY DRESSING, SPROUTS, TOASTED  
CASHEWS, RICE NOODLES, PEANUT SAUCE 12.5 \*\*

### TURKEY COBB

AVOCADO, TOMATO, EGG, BACON, CUCUMBER, CHEDDAR,  
AGAVE CREOLE MUSTARD DRESSING 14.5

\*\* CONTAINS NUTS OR SEEDS

EXTRAS  
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THE FINAL TOUCH ON THE PERFECT LUNCH.

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## DESSERTS

SMALL ASSORTED PLATTER (SERVES 6-10) **19**  
MEDIUM ASSORTED PLATTER (SERVES 11-18) **29**  
LARGE ASSORTED PLATTER (SERVES 19-24) **39**  
CHOCOLATE CHIP COOKIE **2**

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## DRINKS

SEASONAL LEMONADE GALLON **26** HALF GALLON **13**  
BLACK TEA GALLON **20** HALF GALLON **10**  
HONEY ICED COFFEE (WITH SOY MILK) **4**  
PAT GREER'S SEASONAL KOMBUCHA **4.5**  
MEXICAN COKE, TOPO CHICO, DR. PEPPER **3**  
COLD BREW NITRO COFFEE ON DRAFT **6**

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## SERVING & SUPPLIES

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

**PLATES BOWLS CUPS**  
\$.25 \$.25 \$.25

**SERVE WARE**  
SPORK/SPOON/TONG/LADLE/SCOOP  
\$1 EACH

TO MAKE A CATERING ORDER, PLEASE VISIT OUR WEBSITE  
[HOUSTONLOCALFOODS.COM](http://HOUSTONLOCALFOODS.COM), CHOOSE LOCATION AND SELECT **CATERING ORDER FORM**  
OR CALL US AT 713.360.6133

24 HOURS ADVANCED NOTICE & \$125 ORDER MINIMUM IS REQUIRED FOR DELIVERY. \$25 DELIVERY FEE.  
A FORMAL CONFIRMATION INVOICE WILL BE SENT BACK FOR YOU TO APPROVE.

IF YOU DO NOT RECEIVE A CONFIRMATION INVOICE YOUR ORDER HAS NOT BEEN PLACED.

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING.

