



CATERING (ONLINE ORDERING NOW AVAILABLE)

SALADS (SERVES 1)



CHICKEN CAESAR — \$13.00

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar


BATATAS — \$10.00

romaine, roasted sweet potatoes, sweet corn, black beans, avocado, cilantro, green onion, salsa roja  

LOCAL ROOTS — \$10.50



kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic vinaigrette  

CULTURED COBB — \$15.00



romaine, sweet corn, cherry tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette 

GRAINS (SERVES 1)




POWER BOWL — \$9.75

black/red rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess  

FIESTA BOWL — \$10.00



black/red rice, corn, poblano cabbage slaw, mild cheddar, black bean dip, pico de gallo, cilantro, tortilla strips, salsa roja  

THAI BOWL — \$9.75


black/red rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto   

GREENS AND GRAINS (SERVES 1)


CASHEW BOWL — \$11.50

black/red rice, mixed greens, roasted broccoli, 5 spice cauliflower, cucumber salad, sunflower sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette  

CLUB MED BOWL — \$10.25




arugula, tabbouleh (quinoa, tomato, cucumber, mint, lemon, bell pepper, red onion), golden raisins, feta cheese, hummus cilantro, pita chips, creamy tahini 

AVOCADO CRUNCH — \$13.50



black/red rice, romaine, poblano cabbage slaw, guacamole, tortilla strips, pickled red onions, forage tuna salad, avocado green goddess 

FEATURED BOWLS (SERVES 1)

GREEN MOLÉ BOWL — \$11.00

black/red rice, quinoa, roasted tomato & onion, poblano cabbage slaw, black beans, guacamole, green molé, charred poblano & pineapple dressing   

BUFFALO BOWL — \$11.00

black/red rice, kale, pickled red onions, cucumbers, roasted brussels sprouts, giardiniera, buffalo sauce, ranch  

MAKE YOUR OWN STATION

includes your choice of one or two base options, one to three standard ingredients, one or two protein options, and your choice of one or two dressings. — \$10.50 per person
(additional ingredients available for an additional charge)

PLATTER (FOR 10-15 PEOPLE OR 15 TO 25)

BIG DIPPER — STARTING AT \$50.00

includes: guacamole, hummus, black bean dip, our chef's selection of fresh vegetables, and pita chips

PROTEINS AVAILABLE TO ADD

ROASTED CHICKEN	\$3.50 PER ENTREE
ROASTED TOFU	\$3.50 PER ENTREE
ROASTED TEMPEH	\$3.50 PER ENTREE
LENTIL MEATBALLS(3)	\$3.50 PER ENTREE
FORAGE TUNA SALAD (WISCONSIN ONLY)	\$7.00 PER ENTREE
SMOKED SALMON (CHAMPAIGN ONLY)	\$7.00 PER ENTREE

BEVERAGES

KOMBUCHA — \$2.95

lemon ginger, tropical, peach, blackberry grape, raspberry, grapefruit, jasmine rose

BOTTLED STILL OR SPARKLING WATER — \$3.50

AVAILABLE UPON REQUEST

- PARTY SALADS FOR 10+

IMPORTANT DETAILS

- \$25 SERVICE FEE
- 15% GRATUITY FEE ASSIGNED
- \$100 MINIMUM FOR ALL CATERING ORDERS

CATERING INQUIRIES: eatforage.com/catering

 VEGAN  VEGETARIAN  GLUTEN-FREE

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

MAKE YOUR OWN

BASES

black/red rice
quinoa
mixed greens
romaine
kale
arugula
spinach
quinoa tabbouleh

STANDARDS

poblano cabbage slaw
roasted sweet potatoes
rosemary lentils
roasted broccoli
carrots
cucumber salad
black beans
cucumbers
cherry tomatoes
sweet corn
pickled red onions
5 spice cauliflower
cilantro
green onion
beets

PROTEINS

roasted chicken
roasted tofu
roasted tempeh
lentil meatballs
forage tuna salad (wisconsin only)
smoked salmon (champaign only)

CHEESE

mild cheddar
shaved parmesan
goat
feta
blue

CRUNCHY OR SWEET

toasted cashews
candied walnuts
roasted pepitas
tortilla strips
sourdough croutons
pita chips
dried cranberries
golden raisins

PREMIUM TOPPINGS

roasted brussels sprouts
kalamata olives
avocado
pico de gallo
bacon
roasted tomato & onion
hard boiled egg
sunflower sprouts
hummus
black bean dip
citrus roasted fennel
giardiniera
guacamole

DRESSINGS

ranch
charred poblano & pineapple
caesar
avocado green goddess
thai basil pesto
salsa roja
maple balsamic vinaigrette
thai cashew
red wine vinaigrette
creamy tahini

WARM SAUCES

sweet potato curry
buffalo sauce
green molé

ADDITIONAL INGREDIENT CHARGES

STANDARDS \$0.50/serving

BASES \$1.00/serving (except quinoa tabbouleh)

QUINOA TABBOULEH, CHEESE, CRUNCHY OR SWEET AND WARM SAUCES \$1.50/serving/each

PREMIUM TOPPINGS \$1.50/serving (except guacamole)

GUACAMOLE \$2.00/serving

PROTEINS \$3.50/serving (roasted chicken, roasted tofu, roasted tempeh, lentil meatballs (3)). \$7/serving (forage tuna salad, smoked salmon)