

BREAKFAST

MINIMUM ORDER - \$100
BREAKFAST ORDERS DUE AT LEAST 7 DAYS IN ADVANCE



PARFAIT BAR / COLD BUFFET

\$7 per person

greek yogurt and / or dairy-free coconut yogurt, overnight oats, fruit compote and / or seasonal fruit, house made nut-free granola, peanut butter, and cacao nibs
contains dairy - vegetarian, vegan, and gluten-free options available

ALSO AVAILABLE IN INDIVIDUAL PORTIONS

HOT BREAKFAST BUFFET

\$15 per person

egg frittata (vegetarian), house breakfast potatoes, applewood smoked bacon, with beverage service including drip coffee, orange juice, apple juice, and water
contains dairy - vegetarian, vegan, and gluten-free options available

ADD ON: fruit bowl - \$3 per person

RECOMMENDED: CHAFING DISH ADD ON TO KEEP FOOD WARM DURING SERVICE

BEVERAGE SERVICE

includes cups / lids / milk / sugar

COFFEE

Small | 96 oz (8 - 12oz cups) - \$26
Medium | 1.5 gals (16 - 12oz cups) - \$52
Large | 2.3 gals (24 - 12oz cups) - \$78

HOT CHAI / HOT COCOA

Small | 96 oz (8 - 12oz cups) - \$32
Medium | 1.5 gals (16 - 12oz cups) - \$64
Large | 2.3 gals (24 - 12oz cups) - \$96

BOXED LUNCHES

\$16 PER PERSON - INCLUDES SANDWICH OR SALAD
ZAPPS ORIGINAL POTATO CHIPS AND BOTTLED WATER

ADD ON A COOKIE - \$3.50 PER PERSON

MINIMUM ORDER - \$100
BOXED LUNCH ORDERS DUE AT LEAST 7 DAYS IN ADVANCE



SANDWICHES

TURKEY BACON RANCH

oven roasted turkey, applewood smoked bacon, white cheddar cheese, avocado, tomato, butter lettuce, and ranch on a cuban hoagie

contains pork, dairy, egg, and gluten

CHIPOTLE CHICKEN

FG chicken breast, pepperjack cheese, butter lettuce, red onion, and chipotle aioli on a cuban hoagie

contains dairy, egg, and gluten

GRINDER

smoked ham, pepperoni, salami, mozzarella cheese, shredded iceberg lettuce, tomato, house italian dressing, and sun dried tomato aioli on a cuban hoagie

contains pork, dairy, egg, and gluten

PESTO CHICKEN

FG chicken breast, mozzarella cheese, house allergen-free pesto, arugula, and sundried tomato aioli on a cuban hoagie

contains dairy, egg, and gluten

CAPRESE (vegetarian)

fresh house mozzarella, vine ripened tomatoes, house nut-free basil pesto, sundried tomato aioli, and arugula, on a cuban hoagie

contains dairy, egg, and gluten

SMOKED TOFU (vegan)

house smoked tofu, tomatoes, red onion, butter lettuce, avocado, microgreens, olive oil, dijon mustard, and vegan mayo on a cuban hoagie

contains soy and gluten

SALADS

SOUTHWEST SALAD (gluten-free)

romaine lettuce topped with FG chicken breast, fire roasted corn, black beans, roasted red bell peppers, red onion, tortilla strips, and house chipotle lime ranch

contains dairy and egg

CHICKEN CAESAR SALAD

romaine lettuce topped with FG chicken breast, parmesan cheese, house croutons, red onion, and house caesar dressing

contains dairy, egg, gluten, and anchovy

GOAT SALAD (vegetarian + gluten-free)

romaine and spring mix lettuce, goat cheese, fresh strawberries, candied pecans, red onion, and house balsamic poppyseed dressing

contains dairy and egg

BUFFET SETS

MINIMUM ORDER - \$180

BUFFET SET ORDERS DUE AT LEAST 14 DAYS IN ADVANCE



DELIVERY / SET UP FEES

Allied Health Building Delivery and Setup Fee - \$15

South Campus Delivery and Setup Fee - \$30

Chafing / warming dishes - \$15 per pan (each buffet pan serves ~20 people)

Banquet style with service staff - *email for quote*

HOT MEALS

RIGATONI ALLA VODKA - \$13 per person

rigatoni pasta, san marzano tomatoes, vodka, onions, garlic, and heavy cream topped with olive oil and parmesan cheese (vegetarian)

contains gluten and dairy

VEGAN + GLUTEN-FREE OPTION AVAILABLE BY REQUEST

ADD ON: Spicy Italian Meatballs - +\$3 per person

ADD ON: Roasted Chicken - +\$3 per person

CREAMY PESTO PASTA - \$13 per person

rigatoni pasta, san marzano tomatoes, onions, garlic, heavy cream, mozzarella, and parmesan cheese, topped with basil oil, shaved parmesan, and italian parsley (vegetarian)

contains gluten and dairy

VEGAN + GLUTEN-FREE OPTION AVAILABLE BY REQUEST

ADD ON: Spicy Italian Meatballs - +\$3 per person

ADD ON: Roasted Chicken - +\$3 per person

TACO BAR

\$13 - \$16 per person

your choice of protein (see options below) with diced white onion, cilantro, lime wedges, house tomatillo salsa with corn and / or flour tortillas and sides of umami black beans, cilantro lime rice, and street corn (gluten-free)

contains dairy and gluten (if flour tortillas)

PROTEIN OPTIONS:

Chicken Tinga or Chipotle Chicken - \$14 per person

Flank Steak or Beef Barbacoa - \$16 per person

Roasted Cauliflower (vegan) - \$13 per person

BBQ SANDWICH BAR

\$15 per person

pork shoulder slow cooked with sweet baby rays bbq sauce, dressed green cabbage slaw, golden buns, and your choice of 2 sides (see below)

contains egg, gluten, and dairy

VEGAN OPTION: Pulled Jackfruit

SIDE OPTIONS:

Mac 'n' Cheese (*vegetarian*)

Potato Salad (*vegetarian + gluten-free*)

Garlic Green Beans (*vegan + gluten-free*)

Zapps Original Potato Chips (*vegan + gluten-free*)

MEDITERRANEAN BOWL

\$15 per person

your choice of protein (see options below), with couscous, arugula, sumac pickled red onion, cucumber tomato salad, crumbled feta cheese, and hummus with and a herby lemon tzatziki sauce

contains dairy and egg

SIDE OPTIONS:

Chicken Swarma - *\$14 per person*

Sumac Salmon - *\$16 per person*

Turmeric Roasted Cauliflower - *\$13 per person*

SALADS

SOUTHWEST SALAD (gluten-free) - *\$11 per person*

romaine lettuce topped with FG chicken breast, fire roasted corn, black beans, roasted red bell peppers, red onion, tortilla strips, and house chipotle lime ranch

contains dairy and egg

CHICKEN CAESAR SALAD - *\$11 per person*

romaine lettuce topped with FG chicken breast, parmesan cheese, house croutons, red onion, and house caesar dressing

contains dairy, egg, gluten, and anchovy

GOAT SALAD (vegetarian + gluten-free) - *\$11 per person*

romaine and spring mix lettuce, goat cheese, fresh strawberries, candied pecans, red onion, and house balsamic poppyseed dressing

contains dairy and egg

HALF / SMALL SALAD PORTIONS ALSO AVAILABLE

BAKERY / PASTRY

BOXED LUNCH ORDERS DUE AT LEAST 7 DAYS IN ADVANCE



COOKIES - \$3.50 each

- Chocolate Chip
- Peanut Butter
- M&M
- Snickerdoodle
- Oatmeal Raisin (*gluten-free*)
- Gluten-free Chocolate Chip Pecan (*gluten-free*)

BROWNIES - \$3.50 each

(vegan + gluten-free)

CROISSANTS - \$5 each

- Plain Croissant

SPECIALTY CROISSANTS - \$7 each

- Everything with Chive Cream Cheese
- Almond Croissant
- Seasonal - *contact for current seasonal flavors*

MUFFINS - \$3.50 each

- Blueberry Muffin
- Chocolate Espresso Muffin
- Seasonal - *contact for current seasonal flavors*

LOAF BREADS - \$3.50 per slice

- Lemon Poppyseed Loaf
- Banana Bread (*vegan + gluten-free*)



FAQ / INFO

HOW MANY DOES A BUFFET TRAY SERVE?

Each 12 x 20 inch tray serves approximately 15-20 people / portions.

WHAT COMES IN A BUFFET SET?

Each buffet set includes disposable serving spoons / tongs, 9 inch paper plates, disposable utensils (forks, spoons, knives), and napkins.

WHAT IS INCLUDED IN CHAFING DISH SERVICE-WARE?

Each buffet set has the option to add on a chafing set which includes a wire stand and sternos warmers to help ensure the food stays at temp during service. This option also includes plastic tablecloths. The number of chafing sets you will need to determined based on the number of buffet trays you are ordering. We recommend one per buffet set. Each chafing set is \$15 per buffet tray.

HOW DO I PLACE AN ORDER?

Please submit inquiries and orders via email at chef@freshgatheringscafe.com

HOW IS PAYMENT RECEIVED / PROCESSED?

We prefer to receive payment via ISD transfers for those affiliated with Saint Louis University. However, we can also accept card payments and checks made out to Fresh Gatherings Cafe + Farm.