

# TUCKER & BEVVY

////////// PICNIC FOOD



## SETS include PICNIC bag w-ice (*minimum 10 per set*)

- SET 1 Sandwich, Chips, Cookie \$16.35
- SET 2 Wrap, Fresh Fruit Salad, Cookie \$17.50
- SET 3 Organic Green Salad, Cold Pressed Juice, Brownie \$19.85
- SET 4 Noodle Salad, Fresh Fruit Salad, Brownie \$18.85
- SET 5 Yogurt Parfait, Mango Macadamia Bread \$14

## Create your own Picnic ...

### SANDWICHES \$8.85

- Chicken BLT with Mayo, Celery, Applewood Bacon, Tomato, Organic Greens
- Turkey, Cranberry, Organic Greens
- Turkey, Pesto, Mozzarella, Tomato
- Turkey + Provolone w-Mayo + Dijon Mustard on the side
- Local Egg Salad (*free-range + organic*) w-Organic Greens
- Ham + Local Egg Salad (*free-range + organic*)
- Curried Chicken with Almonds + Raisins, Carrots, Organic Greens
- Aussie Salad- Hummus, Organic Spinach, Tomato, Beets, Cucumber, Carrot, Sprouts, Sweet Chili Sauce (*Vegan*)
- HLT- Ham, Lettuce (Organic Greens), Tomato
- BLT- Bacon, Lettuce (Organic Greens), Tomato
- Tuna Salad with Tomato, Organic Greens, Alfalfa

### COLD WRAPS \$7.50

- Chicken BLT with Mayo, Celery, Grape Tomato, Organic Greens
- Curried Chicken with Mayo, Almonds + Raisins, Carrots, Greens *\*w/nuts*
- Roasted Butternut, Hummus, Pistachio Dukkah, Red Pepper, Baby Kale (*Vegan*) *\*w/nuts*
- Turkey + Organic Greens, Spinach, Alfalfa, Green Goddess
- Roast Beef with Potato Salad, Spinach, Tomato, Horseradish
- BLT- Bacon, Lettuce (Organic Greens), Tomato, Avocado Mayonnaise
- Turkey + Provolone with Organic Greens, Tomato
- Spicy Eggplant with Couscous, Spinach, Carrot
- Ham + Swiss with Organic Greens, Tomato
- Greek Salad with Falafel Chickpeas, Spinach, Quinoa Tabbouleh, Feta, Red Onion, Tomato, Cucumber, Kalamata Olives

### ORGANIC GREEN SALADS \$9.85

- Almond Chicken, Mint, Cucumber, Tomato, Carrot, Onion, Asian Dressing (*GF*)
- Chicken Chopped, Bacon, Egg, Cheese, Tomato, Cucumber, Avocado Green Goddess Dressing (*GF*)
- Sesame Beets, Feta, Walnuts, Carrot, Cucumber, Tomato, Orange-Ginger Dressing (*GF*)
- Roasted Butternut, French Lentils, Tamari Seeds, Quinoa, Kale + Spinach, Lemon Dressing (*GF, Vegan*)
- Mediterranean Chicken with Chicken Shawarma, Spinach, Quinoa Tabbouleh, Feta, Tomato, Cucumber, Lemon-Tahini Dressing (*GF*)
- Greek with Falafel Chickpeas, Spinach, Quinoa Tabbouleh, Feta, Red Onion, Tomato, Cucumber, Kalamata Olives, Lemon Dressing (*GF*)
- Asian Beef with Organic Greens, Tomato, Cucumber, Peanuts, Red Cabbage, Carrot, Asian Dressing *\*w/nuts* (*GF*)
- Tuna Salad with Organic Greens, Tomato, Cucumber, Alfalfa, Vinaigrette (*GF*)

### NOODLE SALADS \$8.85

- Buckwheat Soba, Miso Roasted Broccoli, Organic Tofu, Edamame, Sesame, Scallions, Ponzu Dressing (*Vegan*)
- Rice Noodles with Chicken, Peanuts, Mint, Carrot, Cucumber, Tomato, Sesame, Asian Dressing (*GF*)
- Organic Pasta with Pesto, Fresh Mozzarella, Grape Tomatoes
- Couscous with Roasted Butternut, Roasted Tomato, Roasted Red Onion, Feta, Mint, Spinach, Lemon Dressing

### PICNIC ADDITIONS

- |                  |             |                       |                              |                           |
|------------------|-------------|-----------------------|------------------------------|---------------------------|
| Bag of Chips \$2 | Cookie \$2  | 8oz Side Salad \$5    | Cold Pressed Juice 8oz \$4.5 | Dip + Organic Carrots \$5 |
| Water \$2        | Brownie \$2 | 8oz Fruit Salad \$4.5 | PICNIC bag + ice pack \$3.5  | 8oz Dip \$5.5             |

### BREAKFAST

- Mango-Macadamia Bread \$4
- Chocolate Banana Bread \$4
- Li'l Beauties 2 pack (Oat-Date Cake) \$4
- Fruit Parfait with Yogurt + Organic Granola \$6.5