

# TUCKER & BEVVY

## ////////// PICNIC FOOD

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

- SET 1 Sandwich, Chips, Cookie \$16.50
- SET 2 Wrap, Fresh Fruit Salad, Cookie \$17.50
- SET 3 Organic Green Salad, Cold Pressed Juice, Brownie \$20
- SET 4 Side Salad, Fresh Fruit Salad, Brownie \$19
- SET 5 Yogurt Parfait, Mango Macadamia Bread \$14

### Create your own Picnic ...

#### SANDWICH \$8.85

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

#### COLD WRAP \$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, 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- Fresh Mint, Cucumber, Carrot, Tomato, Asian Dressing (Gluten-Free) *\*w/nuts*
- Roasted Butternut + Kale, Spinach, Lentils, Quinoa, Tamari Seeds, Lemon Dressing (Gluten-Free, Vegan)
- Beet-Feta-Walnut- Carrot, Red Cabbage, Orange-Ginger Vinaigrette (GF) *\*w/nuts*
- Chicken Chopped- Bacon, Egg, Tomato, Cucumber, Blue Cheese Dressing
- Mediterranean Chicken, Quinoa Tabbouleh, Feta, Lemon-Tahini Dressing
- 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, Vinaigrette (GF)

#### SIDE SALADS \$8.85

- Asian Noodles with Chicken, Mint, Tomato, Carrot, Cucumber, Red Onion, Peanuts, Sesame, Chili-Lime Dressing (Gluten-Free) *\*w/nuts*
- Buckwheat Soba with Miso Roasted Broccoli, Organic Tofu, Edamame, Green Onion, Sesame, Ponzu Dressing (Vegan)
- Dill Potato Salad with Capers, Red Onions, Mayonnaise (Gluten-Free)
- Couscous, Feta, Mint, Almonds, Roasted Zucchini, Butternut, Tomato + Red Onion, Spinach *\*w/nuts*
- Organic Farro, Kale, Red Cabbage, Carrot, Almonds, Cranberries, Scallions, Orange-Ginger Vinaigrette (Vegan) *\*w/nuts*
- Organic Pasta, Fresh Mozzarella, Pesto, Grape Tomatoes *\*w/nuts*

#### PICNIC ADDITIONS

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

#### BREAKFAST

- Mango-Macadamia Bread \$4    Chocolate Banana Bread \$4    Li'l Beauties 2 pack \$4    Fruit Parfait with Greek Yogurt or Chia Haupia + Granola \$6.5



**PICNIC FOR ONE**