

The menu will change slightly for our April SLT event as the caterer makes monthly adjustments to their selections.

We will contact you closer to the event with the final menu options.



EVERYTABLE COBB SALAD

460 cal, 8g protein

Marinated Chicken Breast, Winter Mesclun Greens, Garlic & Thyme Roasted Squash, Gorgonzola Cheese, Coconut Bacon, Lemon-Maple Vinaigrette



CITRUS PECAN SALAD

VG, GF 460 cal, 8g protein

Mandarin Oranges, Spiced Pecans, Garlic & Thyme Roasted Squash, Citrus Grain Salad, Cucumber, Arugula, Habanero Lime Vinaigrette

WITH CHICKEN

610 cal, 28g protein



CHIPOTLE CHIMICHURRI SALAD

V, GF 460 cal, 9g protein

Roasted Yellow Squash, Red Cabbage, Fire Roasted Corn, Black Bean & Poblano Salad, Grape Tomatoes, Arugula, Chipotle Chimichurri Dressing

WITH CHICKEN

610 cal, 29g protein



KALE CAESAR SALAD WITH CHICKEN

GF 780 cal, 41g protein

Shredded Chicken Breast, Kale, Cabbage, Grape Tomatoes, Parmesan Cheese, Parmesan Crisps, Lemon, Caesar Dressing



SALMON SUPERFOOD SALAD

GF 660 cal, 33g protein

Roasted Salmon, Roasted Sweet Potato, Broccoli, Pickled Red Cabbage, Tamari Pepitas, Quinoa & Beluga Lentils, Arugula, Turmeric Ginger Vinaigrette



PUEBLA CHICKEN TINGA

GF 510 cal, 35g protein

Chicken Tinga, Beluga Lentils & Quinoa, Chayote Mix, Black Beans, Cilantro



SPAGHETTI (SQUASH) & MEATBALLS

GF 410 cal, 32g protein

Spaghetti Squash, Turkey Meatballs, Marinara Sauce, Parmesan Cheese, Parsley



TRAP KITCHEN CURRY CHICKEN

GF 850 cal, 29g protein

Jamaican Style Curry Chicken, Roasted Yukon Gold Potatoes, Roasted Carrots, Brown Rice, Baby Spinach, Curry Onion Gravy



CAJUN BLACKENED FISH

GF 470 cal, 28g protein

Blackened Fish, Braised Collard Greens, Black-Eyed Peas, Sweet Potato Puree, Toasted Maple Pecans



JAMAICAN JERK CHICKEN

GF 850 cal, 38g protein

Jerk Chicken, Coconut Grains & Beans, Collard Greens, Sweet Plantains, Jerk BBQ Sauce



SESAME TERIYAKI TOFU

V 740 cal, 35g protein

Roasted Teriyaki Marinated Tofu, Brown Rice, Broccoli, Pickled Ginger, Roasted Scallion Batons, Toasted Sesame Seeds, Sesame Teriyaki Sauce



SESAME TERIYAKI CHICKEN

830 cal, 39g protein

Sesame Teriyaki Chicken, Brown Rice, Broccoli, Pickled Ginger, Roasted Scallion Batons, Toasted Sesame Seeds, Sesame Teriyaki Sauce



MOROCCAN SPICED SALMON

GF 530 cal, 27g protein

Ras El Hanout Spiced Salmon, Baby Spinach, Brown Rice, Pomegranate Seeds, Pickled Red Cabbage, Castelvetrano Olives, Mediterranean Red Pepper & Herb Dressing



YUCATAN CHILI

VG, GF 450 cal, 18g protein

Chickpeas, Kidney Beans, White Beans, Black-Eyed Peas, Ancho Chile, White Mushroom, Zucchini, Corn, Red Bell Pepper, Baked Tortilla Crisps



ROASTED POTATO SOUP

V, GF 290 cal, 4g protein

Roasted Yukon Gold Potatoes, Parsely

KIDS' MEAL

KIDS' SPAGHETTI (SQUASH) & MEATBALLS

GF 250 cal, 19g protein

Spaghetti Squash, Turkey Meatballs, Marinara Sauce, Parmesan Cheese, Parsley

GF - Gluten Free V - Vegetarian VG - Vegan

PLEASE NOTE Prices vary by location.

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