



## Boxed Breakfast & Lunch Catering Menu

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### Boxed Breakfast Menu Options

#### Boxed Continental Breakfast - \$11.00 each

Your choice of one organic baked good, a piece of organic fruit and a wellness shot or cold-pressed OJ.

##### Baked Goods Options:

Paleo Chocolate Espresso Muffin  
Paleo Banana Spice Muffin  
Chocolate Zucchini Muffin  
Superseed Muffin Top  
Mama's Breakfast Cookie  
Fudge Brownie  
(2) Apple Spice Munchkins

#### Hot Boxed Breakfast - \$20.00 each

Your choice of a delicious and satisfying breakfast wrap, a piece of organic fruit and a wellness shot or cold-pressed OJ.

##### Breakfast Wrap Selection:

Krush Wrap - Egg scramble, avocado, caramelized onion, mushrooms, farmhouse cheddar

Sweet Potato Hash Wrap - Egg scramble, sweet potatoes, red onion, red bell peppers, apples, smoked paprika aioli

Veggie Wrap - Egg scramble, broccoli, spinach, mushrooms, tomatoes

Bacon, Egg & Cheese Wrap - Egg scramble, farmhouse cheddar, bacon

Steak & Egg Wrap - Egg scramble, grass-fed steak, caramelized onion

\*Smaller options available, please inquire about pricing.

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## Boxed Lunch Menu Options

Hot Boxed Lunch - \$23.00 each

# 1: Includes a Krush Classic wrap, apple spice munchkin and a cold-pressed juice.

# 2: Includes choice of a Krush Classic over brown rice, apple spice munchkin and a cold-pressed juice.

### Krush Classics Options for Wraps and Bowls:

Austin Chicken - Roasted chicken, corn, tomatoes, avocado, cilantro, red onion, mesclun mix, smoked paprika aioli

The Chop - Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, pumpkin seeds, lemon-herb dressing

Coconut Shrimp - Grilled wild-caught shrimp, coconut shreds, avocado, cucumber, carrot, red cabbage, mint, basil, mesclun mix, coconut-peanut dressing

Fish Taco - Certified organic salmon, cabbage slaw, avocado, pico de gallo, scallion, mesclun mix, chipotle lime crema

Mediterranean - Falafel, tomatoes, cucumber, sunflower seeds, mesclun mix, artichoke, olives, herb tzatziki

Mexi Steak - Grilled marinated grass-fed steak, black beans, spinach, pineapple, pico de gallo, mesclun mix, chipotle lime crema

Thai Tofu - Citrus marinated tofu, carrots, red pepper, broccoli, scallions, mint, thai dressing

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## **Boxed Salad Lunch - \$14.00 each**

Includes salad, a piece of organic fruit and a cold-pressed juice.

### **Salad Options:**

Chicken Salad - Grilled chicken, celery, cranberries, almonds, mesclun mix, vegenaïse

Tuna Salad - Wild Planet tuna, carrot, celery, red onion, tomato, mesclun mix, vegenaïse

The Chop - Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, pumpkin seeds, mesclun mix, lemon-herb dressing

Farmer Salad - Fresh greens with seasonal ingredients from our favorite local farmers

Kale Caesar - Shredded kale, tomato, cucumber, parmesan, caesar dressing

Kale Detox - Kale, chickpeas, almonds, cranberries, grapefruit, orange honey vinaigrette

### **Snacks**

**Individual Parfaits - \$4.00 each**

Chia Seed Pudding with Almonds & Cacao Nibs

Coconut Yogurt with Granola & Blueberries

Organic Yogurt with Granola & Fruit

Overnight Oats with Granola, Nut Butter & Chocolate Chips

**Individual Bags of Popcorn - \$6.00 each**

Coconut Oil & Sea Salt

Churro

Truffle

**Freshly Baked Gluten-Free Cookies - \$2.25 each**

Mama's Breakfast Cookie - Almond Butter, Oats, Raisins

Chocolate Chip Cookie - Dark Chocolate Chips

Cowboy Cookie - Chocolate, Oats, Walnuts, Coconut

**Seasonal Fresh Fruit Cups - \$5.00 each**

**Chocolate Chip Protein Bars - \$5.00 each**

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