



Green Plate Kitchen

www.greenplatekitchen.com

Adult Catering Menu

Salads

Sesame Ginger Chicken Salad — This low-fat version only tastes decadent. It's served on mixed greens with whole wheat pita chips and a seasonal fruit cup. **\$7.95**

Mediterranean Curry Chicken Salad Pita Pocket — Our special blend of seasonings provides the perfect contrast to crunchy, toasted walnuts and sweet grapes. It's topped with shredded carrots and served with a seasonal fruit cup. **\$7.95**

GPK Salad Trio — Caprese Pasta Salad, Sesame Ginger Chicken Salad and fruit salad on a bed of lettuce served with pita chips. A perfect combination! **\$7.95**

Quinoa, Veggie & Fresh Herb Salad — Fresh spinach and quinoa topped with grilled veggies and fresh herbs, vinaigrette and grated Parmigiano-Reggiano. **\$7.95**

Black Super Rice Salad with Spinach — Antioxidant rich black rice salad mixed with dried cranberries, bell peppers, cucumbers in a red wine vinaigrette on top of a bed of spinach with fresh mozzarella. **\$8.25**

Greek Salad — Mixed greens, cucumbers, tomatoes, Kalamata olives, feta cheese, Greek dressing and topped with grilled chicken. **\$6.95 with grilled chicken breast, \$7.95**

Caprese Pasta Salad — Multi-grain fusilli pasta with cherry tomatoes, fresh mozzarella, yellow bell pepper and basil tossed in a light olive oil dressing. **\$6.95 with grilled chicken breast, \$7.95**

Southwestern Caesar Salad — Classic Caesar with a Southwest twist. Romaine lettuce, black beans, corn, tomatoes, grated Parmigiano-Reggiano, garlic croutons and Caesar dressing. **\$6.95 with grilled chicken breast, \$7.95**

Any of the individual salads above can be prepared as family style portions as well.

Our meats are hormone- & nitrate-free.

Complete nutrition & allergen information is available on our website: www.greenplatekitchen.com

Hot Lunches or Dinners

Chicken Enchiladas — All-white shredded chicken, corn tortillas, sauce with pureed vegetables & just the right amount of spice to please everyone! Meal comes with a side of flavorful black beans and Mexican brown rice. **\$7.95**

Veggie Enchiladas — Sliced seasonal veggies, corn tortillas, a sauce with pureed vegetables & just the right amount of spice to please everyone! Meal comes with a side of flavorful black beans and Mexican brown rice. **\$7.95**

Turkey or Veggie Taco Kit — Ground turkey combined with mild spices, pureed tomatoes, spinach & butternut squash. Served with sides of guacamole, shredded cheese, fresh made salsa & whole wheat tortillas (corn available upon request). Mixed grilled veggie taco also available with same sides. **\$7.95**

Turkey Lasagna — Multi-grain pasta, ground turkey, mixed fresh vegetable puree, low fat ricotta cheese & our delicious GPK marinara sauce topped with low-fat mozzarella cheese. Comes with a seasonal veggie side. **\$7.95**

Veggie Lasagna — Multi-grain pasta, zucchini, summer squash, eggplant, low fat ricotta cheese and marinara sauce topped with low-fat mozzarella cheese. Comes with a seasonal veggie side. **\$7.95**

Turkey Meatloaf — Ground turkey combined with a vegetable puree for a moist & tender meatloaf. Comes with a side of cauliflower mashed potatoes & seasonal veggie. **\$7.95**

Pizza

Fresh-baked, whole wheat crust topped with our homemade tomato sauce blended with spinach, butternut squash & tangy seasonings & topped with mozzarella cheese. Choose from Cheese, Veggie, BBQ Chicken or No-nitrate Pepperoni:

3" Mini-Pizzas (cut in half)

Small Platter – 20 Mini-Pizzas \$40

Large Platter – 40 Mini-Pizzas \$75

12" Pizza — \$12 Cheese, \$14 Other

16" Pizaa — \$14 Cheese, \$17 Other



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Sandwiches, Wraps, & Burgers

Turkey Sandwich — Turkey breast, Swiss cheese, hummus, & cucumber on whole wheat bread. With fruit salad. **\$7.95**

Grilled Veggie, Pesto and Mozzarella Sandwich — Grilled mixed veggies, fresh pesto, sliced fresh mozzarella cheese on a toasted bread with fruit salad. **\$7.95**

Sliced Beef Tenderloin Sandwich — Sliced grass-fed beef tenderloin, roasted red peppers, chimichurri pesto & grilled red onion on fresh baked bread. With fruit salad. **\$8.95**

Sesame Ginger Chicken Salad Sandwich — Made with non-fat Greek yogurt, dried apricots, sliced almonds, scallions & sesame oil. Served on fresh bread with fruit salad. **\$7.95**

Southwestern Chipotle Chicken Wrap — Grilled chicken breast, chipotle mayo, queso fresco & pico de gallo wrapped in a whole wheat wrap. **\$7.95**

Grilled Chicken Caesar Wrap — Grilled chicken breast, red bell pepper, & romaine lettuce with house-made Caesar dressing in a sundried tomato wrap. **\$7.95**

Grilled Veggie Wrap — Seasonal vegetables, pesto & mozzarella cheese all in a spinach wrap. **\$7.95**

Beef Tenderloin Wrap — Sliced grass fed tenderloin with horseradish, roasted red peppers & fresh arugula wrapped in a whole wheat wrap. **\$8.95**

Greek Chicken Wrap — Our grilled and sliced natural chicken, chopped Greek salad and olive tapenade makes this a real crowd pleaser! **\$7.95**

Sandwich or Wrap Platter — Any combination of the above sandwiches and or wraps served on a platter.
(For beef, add \$1 per sandwich or wrap).

Small – Serves 10, \$65

Large – Serves 20, \$130

Turkey Burger — All-natural, hormone-free ground turkey with cheddar cheese, sliced tomato and lettuce on a whole wheat bun. Served with sweet potato fries. **\$7.95**

Turkey Sliders — Turkey combined with veggies & served on a whole wheat bun. Choice of: cheddar cheese or Greek with tzatziki. (Additional charge)

Small Platter — 20 Mini-Sliders \$25

Large Platter — 40 Mini-Sliders \$50

Sides

Sesame Apricot Chicken Salad Platter — chicken with scallions, dried apricots & sliced almonds tossed with non-fat Greek yogurt, sesame & ginger dressing & served with whole wheat pita chips.

Small — serves 10-12 \$35

Large — serves 15-20 \$65

Fresh Veggie Platter — Assorted veggies with your choice of homemade hummus or Greek yogurt-based ranch, or both. We also offer wheat pita chips for half the platter.

Small — serves 10-15 \$25

Large — serves 20-25 \$40

GPK Caprese Pasta Salad — Multi-grain fusilli pasta with cherry tomatoes, fresh mozzarella, diced yellow bell pepper & basil tossed with olive oil.

Small — serves 10-12 \$25

Large — serves 15-20 \$50

Fruit Bowls — Fresh, seasonal, fruit, cut into bite-sized pieces.

Small — serves 10-12 \$35

Large — serves 15-20 \$65

Desserts

Super Brownie Mini-Muffins — This brownie truly is a super food! Packed with antioxidant rich spinach & blueberries. **\$8/dozen**

Cookies — Oatmeal Raisin or Chocolate Chip & Zucchini. **\$8/dozen**

Blueberry Streusel Muffins — Made with nonfat Greek yogurt & wheat germ. **\$8/dozen**

Banana Chocolate Chip Muffins — Dark chocolate, sweet bananas, & hidden butternut squash, applesauce & wheat germ. **\$8/dozen**

Mini Cupcakes — Choice of chocolate, vanilla, or carrot cake. **\$10/dozen**

Bars — Granola: Mix of oats, almonds & dried fruit with hints of honey, vanilla & spices. **Jammy:** whole grains with strawberry. **\$10.50/dozen**

Dried Fruit Nubbler Squares — Raw dried fruit squares, 100% natural and yummy! Apricot Cranberry, Chocolate Cherry or Apple Pie. **\$8/dozen**



Green Plate Kitchen

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Green Plate Kitchen offers healthy, natural & great-tasting food.

We offer prepared meals & catering services.

- Organic & locally-sourced food
- Delicious & nutritious menu
- Created by a registered dietitian & trained chef

Let us simplify your life by providing....

- Breakfast, lunch & dinner
- Children's meals
- Family Meals
- Event catering for children & adults

Order online to schedule delivery or pick-up or call us to customize your next event.

*We require 3 days notice to place order
& 48 hrs to cancel.*

Saturday minimum order \$50 + delivery fee,

Sunday minimum order \$75 + delivery fee

**Delivery rates vary depending on location & time.*

We can help customize your party and accommodate many special diet requests!

Learn More:

www.greenplatekitchen.com

Questions? Please contact us at

info@greenplatekids.com or

713.665.5885

Commercial Kitchen and Office:

5200 West Loop South, Suite 205

Bellaire, TX 77401