



Pick Up Catering Menu *Must call 72 hours in advance for orders*

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We use nature's freshest ingredients to create all of our made-from-scratch dishes.

Fresh Yummy Food

Salads	6-8 People	12-15 People
Baby Kale & Pomegranate ● Fresh Italian baby kale tossed with a delicious blend of wild rice, quinoa, feta and pomegranate seeds. Dressed in sweet apple cider honey vinaigrette and garnished with crushed oven roasted walnuts.	\$40	\$80
Marinated Beet & Arugula ● Balsamic marinated roasted red beets served over an arugula and spring greens mix, tossed in our maple balsamic vinaigrette. Topped with candied walnut encrusted goat cheese medallions, avocado and sun-dried cranberries.	\$35	\$70
Manna's Caesar Salad This unique salad is served with our house made Caesar dressing, fresh avocado, croutons, tomato and parmesan cheese.	\$35	\$70
Exotic ●◆ Combination of mixed greens, avocado, mango, jicama, tomato, green onion, cucumber and quinoa. Sprinkled with pepitas and currants, then dressed in mango-lime vinaigrette.	\$45	\$90
Cauliflower Couscous ●◆■ A flavorful salad made with chopped cauliflower, green onions, carrots, sundried currants and cranberries. Deliciously seasoned with a coconut apple cider vinaigrette.	\$40	\$65
Trays	10-20 People	25-40 People
Vegetable Crudités & Dip ● (with Vegan Options) A mouth watering array of seasonal vegetables served with our house made dip. Choose from hummus, creamy herb, maple balsamic vinaigrette, or apple cider honey vinaigrette. <ul style="list-style-type: none"> • Cauliflower, broccoli, carrots, bell peppers, cherry tomatoes, celery, radishes, cucumbers • Garnished with alfalfa sprouts, green olives, and pepperoncinis 	\$50	\$100
Seasonal Fruit ●◆■ Our seasonal selection of succulent and yummy fruit is sliced and ready to enjoy.	\$50	\$100
Grilled Vegetables & Dip ● (with Vegan Options) Our Chef's select vegetables are marinated with herbs and then grilled and chilled to perfection. Arranged beautifully and served with house made dip. Choose from creamy herb, maple balsamic vinaigrette, or apple cider honey vinaigrette.	\$75	\$150
Artisan Cheese Tray A yummy variety of local, domestic, and international cheeses are paired with candied nuts, dried fruits, strawberries and red grapes. Includes pita chips and gluten free crackers.	\$68	\$136
Hummus Platter ◆ Coconut cashew hummus served with an array of fresh crudité vegetables and pita chips.	\$55	\$110

Sandwiches (One Sandwich Per Person)

10 People
Choose 2 Types

25 People
Choose 3 Types

Cold Sandwich Platter

1. Tempeh Tu-No Salad with turmeric nut cheese, lettuce, tomato and onion on caraway rye. ◆
2. Balsamic marinated Portabella with lettuce, tomato, onion and sundried tomato & basil pesto on kalamata olive rosemary bread. ◆
3. Egg Salad with lettuce, tomato and onion on caraway rye.
4. Grilled Vegetables with hummus, balsamic glaze, alfalfa sprouts, lettuce and tomato on kalamata olive rosemary bread. ◆

\$80

\$200

Tortilla Wrap Platter

1. Tempeh Tu-No salad with turmeric nut cheese, lettuce, tomato and onion. ◆
2. Balsamic marinated Portabella with lettuce, tomato, onion and sundried tomato & basil pesto. ◆
3. Egg Salad with lettuce, tomato and onion.
4. Grilled Vegetables with hummus, balsamic glaze, alfalfa sprouts, lettuce and tomato. ◆

\$80

\$200

Desserts

Whole Raw Cheesecake ●◆■

Our freshly made cheesecake, unique and dairy-free. Available flavors: raspberry lemon, chocolate banana, pineapple mango, strawberry lime.

\$65

Whole Carrot Cake

Our signature moist and rich carrot cake made with macadamia nuts, coconut and ginger. Iced with classic cream cheese frosting.

\$65

Whole Triple Chocolate Cake ●

Rich chocolate cake layered with dark chocolate frosting and chocolate ganache. Served with a drizzle of coffee caramel sauce.

\$70

Chocolacados (1 Dozen) ●◆

Creamy chocolate avocado truffles covered in a rich chocolate ganache. Served with a strike of fruit coulis.

\$42

Almond Bites (1 Dozen) ●◆

\$45

Almond Cookies (1 Dozen)

\$25

Chocolate Chip Cookies (1 Dozen)

\$25

*Gluten free cookies available upon request.

Sides

Hummus (Per Quart) ●◆

\$32

Lentil Soup (Per Quart, Cold) ●◆

\$20

Pita Chips (Per Bag) ◆

\$7

Gluten Free Crackers (Per Box) ●◆

\$7