

EVERYTABLE

Healthy grab and go food for every day, for everyone.



Salads and Grain Bowls

- California Grain Bowl.....\$6.95
VG | 490 cal, 13g protein
Farro-Quinoa Blend, Roasted Carrots & Squash, Smoked Date Sauce, Roasted Onion, Almonds
with Chicken (640 cal, 41g protein).....\$7.95
- Lemon Tabbouleh Salad.....\$6.95
VG, GF | 390 cal, 7g protein
Mesclun Greens, Quinoa, Mint, Parsley, Cucumber, Tomato, Chickpeas, Pickled Red Onion, Lemon Dressing
with Chicken (510 cal, 31g protein).....\$7.95
- Tahini Farro Salad.....\$6.95
V | 450 cal, 16g protein
Baby Kale, Farro, Beets, Pepitas, Raisins, Pickled Red Onion, Crumbled Feta Cheese, Lemon-Tahini Dressing
with Chicken (570 cal, 39g protein).....\$7.95
- Kale Caesar Salad with Chicken.....\$7.95
GF | 370 cal, 32g protein
Shredded Chicken Breast, Kale, Cabbage, Grape Tomatoes, Parmesan Cheese, Parmesan Crisps, Caesar Dressing, Fresh Lemon
- Ensalada Fresca.....\$6.95
V, GF | 370 cal, 19g protein
Mesclun, Cabbage, Red Bell Pepper, Roasted Corn, Black Beans, Sharp Cheddar and Pepper Jack Cheese, Pickled Red Onion, Salsa Verde Dressing
with Chicken (380 cal, 36g protein).....\$7.95
- Vietnamese Chicken Salad.....\$7.95
GF | 430 cal, 22g protein
Lemongrass Chicken, Mung Bean Noodles, Pickled Carrots and Cauliflower, Kale, Radish, Cucumber, Mint, Peanuts, Spicy Chili-Lime Vinaigrette



Hot Plates

- Adult Spaghetti and Meatballs.....\$7.95
GF | 580 cal, 33g protein
Spaghetti Squash, Turkey-Quinoa Meatballs, Marinara Sauce, Parmesan Cheese
- Smoked Salmon Bibimbap.....\$8.95
GF | 540 cal, 37g protein
Smoked Salmon, Everytable Grain Blend, Pickled Cauliflower and Red Onion, Kale, Carrots, Mushrooms, Edamame, Bean Sprouts, Toasted Sesame Seeds, Gochujang Sauce
- Carnitas Burrito Bowl.....\$7.95
GF | 660 cal, 37g protein
Carnitas, Black Beans, Cabbage, Corn, Brown Rice, Pickled Red Onion, Cilantro, Cotija Cheese, Pepitas, Creamy Chipotle Dressing
- Jamaican Jerk Chicken.....\$7.95
GF | 540 cal, 32g protein
Smoked Chicken, Coconut Rice and Beans, Kale, Carrots, Plantains, Spicy Jerk BBQ Sauce
- Puebla Chicken Tinga.....\$7.95
GF | 430 cal, 33g protein
Spicy Chicken in Chipotle Sauce, Black Beans, Everytable Grain Blend, Chayote Roasted Onions and Peppers, Cilantro, Grape Tomatoes
- Cajun Blackened Fish.....\$7.95
GF | 390 cal, 28g protein
Blackened Fish, Braised Collard Greens, Black-Eyed Peas, Sweet Potato Puree, Maple Pecan Crunch

- Spicy Mexi-Cali.....\$6.95
V, GF | 570 cal, 26g protein
Black Beans, Cabbage, Grape Tomato, Corn, Everytable Grain Blend, Pickled Red Onion, Cilantro, Cotija Cheese, Pepitas, Creamy Chipotle Dressing
- Yucatan Chili.....\$6.95
VG, GF | 490 cal, 20g protein
Chickpeas, Kidney Beans, White Beans, Black-Eyed Peas, Ancho Chile, White Mushroom, Zucchini, Corn, Red Bell Pepper, Baked Tortilla Crisps



Kids' Meals

- Spaghetti and Meatballs.....\$5.95
GF | 210 cal, 12g protein
Spaghetti Squash, Turkey-Quinoa Meatballs, Marinara Sauce, Parmesan Cheese
- Kids' Chicken Nuggets.....\$5.95
GF | 390 cal, 32g protein
Almond-Pecan Crusted Chicken Nuggets with Creamed Corn, Broccoli

Delivery

There is an additional surcharge for delivery. Please contact us for more details.

Our Food

Our chefs draw inspiration from local cuisines and communities to create a menu that is rooted in, and celebrates, the neighborhoods we serve. Using quality, wholesome ingredients, we create flavorful, healthy meals from scratch each day.

This is a sample of our menu, so please contact us for the latest on what we are cooking up!

everytable.com | catering@everytable.com

CATERING

GF=Gluten-Free V=Vegetarian VG=Vegan