

**BREAKFAST**

- Minimum order 20 per item / \$350 per delivery

**CONTINENTAL BREAKFAST**

Seasonal Fresh Fruit & Berries, Muffins/ Scones  
Coffee /Tea

**FRITTATA FLORENTINE**

sautéed spinach, mushrooms & cheese. **V**  
fresh fruit & berries

**FRITTATA DE PATATAS**, eggs, potatoes,  
cheese **V**. fresh fruit & berries

**FRITTATA TOMATO**, tomatoes, cheese, spiced  
potatoes, red onions **V** fresh fruit & berries

**LOX BREAKFAST**

Hardboiled eggs, cucumber, tomato, olives,  
peppers, sliced red onions, cream cheese spread,  
Fresh baked bagels, side of fruit and berries

**FRENCH TOAST**

vanilla and orange zest, cream, nutmeg, served  
with Maple syrup, fresh fruit & berries.

**BLUEBERRY PANCAKE**

maple syrup, butter, fresh fruit & berries

**MEDITERRANEAN BREAKFAST**

Traditional breakfast platter with sliced  
Tomatoes, cucumber, olives, feta cheese, yogurt  
Lenah, olive oil, water-soaked walnuts, dates,  
peeled hardboiled eggs, flat bread, fruit & berries

**A la Carte minimum order 12**

**BAGEL & CREAM CHEESE**

**LOX & Bagels**

**HARDBOILED EGGS** peeled

**YOGURT PARFAIT**, organic Greek yogurt, granola, berries

**FRESH FRUIT & SEASONAL BERRIES CUP**

**WHOLE FRUIT** bananas, apples, seasonal

**BACON 2 STRIPS**

**SAUSAGE**

**COFFEE - REGULAR AND DECAFF OR TEA-** minimum order 20

**SODAS, BOTTLED WATERS**

**FRESH JUICE, ORANGE,**

**CLASSIC BREAKFAST**

Scrambled Eggs, breakfast potatoes, bacon or  
sausage, fresh fruit & Berries, croissants,  
coffee /tea

**BREAKFAST EMPANADA**

served with side of salsa, fruit, and berries.

**JAMON Y QUESO** ham, cheese, onions, eggs,  
potatoes.

**V ESPINACA** eggs, sautéed spinach, red onions,  
cheese, potatoes.

**BREAKFAST QUESADILLA**

served with fruit and berries, side of salsa. Available  
on gluten free tortilla.

**QUESADILLAS** eggs, bacon, cheese,  
potatoes & sweet onions,

**QUESADILLAS** mushrooms, spiced potatoes,  
scallions, cilantro, cheese,

**BREAKFAST SANDWICHES**

served with fruit & berries.

**VEGETARIAN** cream cheese spread, organic  
wheat bread, avocado, hardboiled eggs,  
tomato.

**LOX & BAGEL**, lox, cream cheese, cucumber,  
tomatoes.

**VEGAN OPTIONS**

**QUESADILLA**, potato, cheese, scallions,  
(Vegan cheese)

**Minimum order for pick up or delivery \$350**

**SANDWICHES,**

minimum order 5 per item, All sandwiches are crafted with lettuce, tomatoes, olive oil spread, we use organic whole grain sliced bread, buttermilk sliced, Italian bread.

Boxed sandwiches + Chips + Brownie

Buffet style on platter + house seasonal salad

**TURKEY**, Swiss Cheese, lettuce, tomato,

**TURKEY BLT** turkey, bacon, lettuce, tomato-most popular

**CHICKEN SALAD**, chopped, celery, cranberries, apricot, mayo,

**HAM & SWISS** tomatoes, Lettuce, Dijon mustard, mayo

**TUNA SALAD**, albacore white tuna salad, mayonnaise, tomato, lettuce

**CALIFORNIA VEGGIE SANDWICH** avocado, cucumber, tomatoes, greens, red onion, cheddar,

**ROASTED EGGPLANT**, roasted garlic eggplants, fresh herb gremolata, tomato, pepper jack,

**GRILLED SANDWICHES /MELTS**

Served with vegetable slaw,

**THREE CHEESES** on Sourdough sliced. **VEG**

**MUSHROOMS MELT** roasted red onions, sweet peppers, cheese. **VEG**

**CUBAN**, ham, Swiss, mustard, pickles, buttered toast, ciabatta

**TURKE Bacon, Cheddar Melt**

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**WRAPS**

Minimum order 5 per item,

buffet style setup, served with house chopped vegetable slaw,

**MEDITERRANEAN** hummus spread, organic greens, avocado, cucumber, tomatoes, feta cheese, pepperoncini, **VEG.**

**FALAFELS** organic mixed baby greens, hummus spread, tomatoes, cucumber, pepperoncini, sauce. **VEG**

**TURKEY CLUB**, bacon, lettuce, tomato, cheddar, **CHICKEN CAESAR**, romaine hearts, parmesan cheese, Caesar dressing,

**CHICKEN SALAD**, apricot, cranberries, celery, spices, mayo,

**TUNA SALAD**, albacore tuna salad, organic greens, tomato,

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**A la cart**

**Cookies / brownies** \$

**Sodas, waters** \$

**Chips** \$

**Minimum order for pick up or delivery \$350**

## ENTRÉE SALADS

Individually boxed minimum order 5 per item,  
Side of Fruit and Berries

**Harvest Salad** chicken breast, organic baby green leaves, roasted yams, cranberries, apples, pumpkin & sunflower seeds, balsamic dressing on the side.

**Chicken Cobb Salad** Mixed green leaves, chicken breast, eggs, bacon, tomato, blue cheese, classic vinaigrette

**Mediterranean Chicken Salad** Organic baby greens, tomato, cucumber, kalamata olives, pepperoncini, red onions, feta cheese, lemon dressing.

**Chicken Caesar Salad**, mixed baby greens, romaine hearts, garlic croutons, Caesar dressing on the side.

**Mediterranean Black Lentil Salad**  
organic mixed greens, cucumber, parsley, spinach, red peppers, red onions, water soaked walnuts, Tahini Dressing on the side, Crumble Feta

**Niçoise Salad** Albacore tuna salad, fresh organic eggs, roasted potatoes, olives, minced shallots, side of lemon & olive oil dressing,

**Falafel Salad, VEGAN**- Gluten free falafels, tomato, cucumber, red onion atop a bed of greens, hummus, Olive oil & lemon dressing,

**Vegetarian Fiesta Salad**, Organic mixed greens, tomatoes, cucumber, red onions, olives, black beans, corn, shredded cheddar, avocado dressing

**Rainbow Power Green Salad**, Kale arugula, black eyed peas, yams, cannellini beans, black Lentils, beets, quinoa, lemon dressing

## EMPANADA MEALS

Individually boxed minimum order 10 per item, buffet style setup, minimum order 10 per item  
Served with house seasonal slaw, and house spicy salsa.

**BEEF PICADILLO** Filled with spiced ground beef, Jack cheese.

**TURKEY PICADILLO** Filled with lean ground turkey, Jack cheese and spices.

**JAMON Y QUESO** ham, cheese, onions, eggs, potatoes.

**ESPINACA** eggs, sautéed spinach, red onions, cheese, potatoes, **VEGETARIAN**

**VEGETARAIN, soyrizo**, spiced potatoes, soy-chorizo, onions, vegetables, black beans, rice, cheese  
**VEGETARIAN**

**JAMAICAN SPICY POTATO EMPANADAS** - fried onions, potatoes, peppers, **VEGAN-**

**Minimum order for pick up or delivery \$350**

**PLANT BASED, Meals and GUISADO**

VEGAN- GLUTEN FREE – STEW, SERVED WITH RICE, AND SIDE SALAD, Brown rice or Polow basmati,

**RAGOUT**, classic French winter vegetable ragout, butternut squash, red onions, green cabbage, turnips, carrots, olive oil, white spinach, wine, fresh herbs,

**STOOPOT**, A Dutch classic, potatoes, mushrooms, onion, bell peppers, tomato, tomatoes, paprika, red wine, spices, garlic, turnips,

**STIFADO**, Greek classic, vegetables and beans, cannellini, northern beans, green beans, lots of shallots and mushrooms, herbs, spices, tomato based

**STUFATO** the Verde, Spanish casserole, seasonal vegetables, peppers, winter squash, yams, onions, carrots, celery, tomato puree, spinach, parsley,

**CURRIED VEGETABLE**, cauliflower, onions, chickpeas, gram masala, lime, ginger,

**WINTER STEW**, potato, butternut squash, quince, dried tart cranberries, and apricots, saffron, lemon, white wine, shallots,

**MEXICAN STYLE VEGETABLE GUISADO**, zucchini, squash, calabasa, red onion, chipotle sauce, served with Mexican rice,

**VEGETABLE WOT** (Ethiopian style sauteed vegetables, cauliflower, potatoes, cabbage, onions, peppers) tomato curry sauce, sauteed Jolof rice, chopped salad,

**STUFFED PEPPERS, VEGAN** quinoa, rice, black beans, spinach, saffron tomato sauce, served with mashed golden potatoes, salad of organic mixed greens, dressing on the side.

**STUFFED EGGPLANTS**, garlic roasted eggplants, petite golden lentils, squash, roasted red onions, sweet peppers, tomatoes, served with mashed potatoes, salad of organic mixed greens, dressing on the side.

**HOT ENTREES**

For custom menus, special events or dietary requirements, please send an email inquiry. Available buffet style setup only.

**CHICKEN MARSALA**, roasted chicken with mushroom Marsala wine, served with rice pilaf, salad of organic mixed greens, side of dressing

**LEMON CHICKEN W ARTICHOKE HEARTS**, roasted chicken, lemon, garlic, olive oil, served with rosemary roasted potatoes, salad of organic mixed greens, side of dressing

**CHICKEN ESPANOLA**, garlic roasted chicken with tomato saffron sauce, served with rice pilaf, salad or organic greens, side of dressing

**BERBERE STYLE CHICKEN** mildly spicy, turmeric, sweet paprika, cinnamon, lemon, served with rice pilaf, chopped salad,

**MOROCCAN STYLE CHICKEN** sweet fragrant spices, rice pilaf, served with salad Fattoush,

**Minimum order for pick up or delivery \$350**

**HOT ENTREES**

**CARIBBEAN STYLE CHICKEN**, pineapples, sweet peppers & rum, sofrito rice pilaf, served with seasonal vegetable slaw

**OVEN BAKED BARBECUE CHICKEN**, served with macaroni & cheese, side of classic slaw,

**LEMON PESTO PASTA**, lemon pesto with parmesan cheese, garlic & olive oil, served with roasted seasonal vegetable platter, salad of organic mixed greens, dressing on the side,

**ITALIAN MEATBALLS**, baked pasta puttanesca, salad of organic mixed greens, dressing on the side

**LASAGNA FLORENTINE** with roasted chicken, spinach, garlic, artichoke hearts, served with salad of organic mixed greens, dressing on the side.

**FAJITA** Chicken, sweet peppers & onions, served with Spanish rice, black beans, chopped Mexican salad, lemon dressing on the side,

**VEGETABLE ENCHILADAS W RED CHILI SAUCE**, soy chorizo, cheese, olives, jalapenos, served with Mexican chopped picada salad, chips & house salsa

**TACO ... MYO**

chicken asado with lemon, lime, spices, black beans, shredded cheese, Mexican corn salad, chopped cilantro, onions, jalapeno, tortillas, chips, salsa

\$

**BURRIOTS ...MYO**

Chicken asado, black beans, Mexican rice, shredded cheese, Mexican corn salad, chopped cilantro, onions, jalapenos, tortillas, chips, salsa

**VEGAN TAMALES** Corn, beans, squash, potatoes, soyrizo, vegan cheese, layered, served with chips, salsa, salad of greens BAKED VEGAN PASTA BOLONESE served with salad of organic mixed greens, side of dressing,

**PAELLA VERDURAS**, green beans, white beans, tomato, roasted potatoes, roasted sweet peppers rice, served with salad of organic mixed greens, dressing on the side

**ADDON SIDES****VEGAN CHILI**

beans and vegetables with soyrizo and spices, served with corn bread, side of cheese, Jalapenos,

\$

**ROASTED SEASONAL VEGETABLE PLATTER**

zucchini, squash, sweet peppers, eggplant, red onions, garlic, olive oil,

\$

**Minimum order for pick up or delivery \$350**



Setup- delivery drop, hot meals are delivered in recyclable/compostable carryout boxes.

Setup- warmers/chaffers, additional fee applies.

## **DESSERTS** Available every day, for seasonal and house specialty desserts please send inquiry

COOKIES Minimum Order ½ Dozen  
Chocolate Chip or Snickerdoodle  
50/50 Chocolate Chip White Chocolate

BARS minimum order ½ dozen  
Chocolate Brownies  
Gluten Free/ Vegan Brownies

### **OUR MENUS ARE CHECKED FOR NUTS.**

Unless an item is explicitly tagged with (N), everything on this menu is nut free.

**PLEASE NOTE:** Our catering kitchen carries nuts, our bakery uses nuts in some of their products, therefore a risk of cross contamination is possible.

## **ORDERING INFORMATION AND GUIDLINE**

We book based on first come first served. We no longer take standing orders for groups less than 50 persons. Once the delivery spots are filled, we stop taking orders. Please book your events early. August through December 15<sup>th</sup> are high season. Please book your events early.

**Holiday closures:** December 19<sup>th</sup> through January 15<sup>th</sup>, 2023 for winter holiday  
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**Delivery fees:** corporate delivery fees (per occurrence), during business days/hours are determined by location- time of day- style of the event- group size.

**Substitutions:** we reserve the right to make substitutions when necessary. Prices are subject to change without notice.

**Delivery minimum amount:** a minimum of \$300.00 PER DELIVERY per order (during weekdays) between 7 am to 4:30 pm. Please contact our office to enquire about private events minimum and terms of service.

**MINIMUM order:** 25 orders PER KIND, unless otherwise specified.

**Weekend orders:** by appointment only. A minimum of \$1,000.00 in food items per order is required.

**Minimum order for pick up or delivery \$350**

**ORDERING INFORMATION AND GUIDLINE**

**Cancellations:** we prepare each order specific to each group. To cancel an order, please let us know at least 72 hours before the event (before 12:00pm) Full or partial charges will apply to the items that are already in production or have been purchased for your event. Rental orders, staffing or specialty desserts. will be charged in full.

**Rental orders and staffing,** cancellation 7days prior to the event date.

**Confirmations:** please review that everything in your order is accurate and confirm with us via email.

**Payment:** We accept Visa, Master Card, and American Express (\*Amex payments incur in a processing fee). No card payment is accepted for events over \$1500.

Check payments must be received within 15 days from invoice date. Otherwise, the full amount due plus an additional late fee will be charged.

Our kitchen hours 5 am to 3 pm Monday to Friday, office hours 9am to 2pm Please place your orders by email @ [info@westfresh.com](mailto:info@westfresh.com) requests for deliveries, modifications or cancellations please contact us directly by phone 650-619-0228 do not email lastminute change or request to order, we only check emails after 1pm daily and we may miss your request.

**Thank you for your continued support, we look forward to being at your service.**

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