

# Cold Lunch Quick Pick Catering Menu

Innovative Fresh Sustainable Cuisine

(Please order in like quantities of 6)

*Thrive's Cold Lunch comes with:  
1 Sandwich or Salad, 1 Side, 1 Dessert & 1 Drink for \$14/pp.*

### SANDWICH

<i>QTY</i>	<i>Please order in like quantities of 6 \$8ea</i>
_____	Signature Chicken Salad on Ciabatta Roll
_____	Sustainable Tuna Salad on Ciabatta Roll
_____	Healthy Ham and Swiss on Ciabatta Roll
_____	Healthy Turkey and Cheddar on Ciabatta Roll
_____	Roast Beef w/Cheddar & Arugula on Multigrain Baguette
_____	Healthy Ham, Brie, and Green Apple on Multigrain Baguette
_____	Goat Cheese, Portobello, Red Pepper, & Spinach on Multigrain Baguette (Veg)
_____	Turkey Terrific Wrap (Thanksgiving flavors☺)
_____	Springer Mountain Chicken Caesar Wraps
_____	Muffaletta Wrap (Italian Meats, Cheeses, & Olive Spread)
_____	Organic Hummus and Veggie Wrap (V)
_____	Thai Veggie Wrap with Spicy Peanut Sauce (V)
_____	Turkey Avocado w/Uncured Bacon & Cheddar on Organic Sprouted Multigrain
_____	Uncured Bacon BLT on Organic Sprouted Multigrain

### LIGHTER SALADS

<i>QTY</i>	<i>\$3/pp side or \$6/pp main</i>
_____	Rainbow Garden Salad (V, GF, P)
_____	French Green Lentil Salad (V, GF)
_____	Sunshine Kale Salad (V, GF, P)
_____	Southern Coleslaw (Veg, GF)
_____	Classic Caesar Salad (Veg)
_____	Israeli Couscous (Veg)
_____	Cucumber, Carrot, Beansprout, w/Ginger (V, GF, P)
_____	Quinoa Tabbouli (V, GF, P)
_____	Marinated Cucumber Salad (V, GF, P)
_____	Organic Spinach w/Dried Fruits, Nuts, Cheese (Veg, GF)
_____	Farro Salad w/ Spinach, Feta, Tomato (Veg)
_____	Perfect Pesto Pasta Salad (Veg)
_____	Roasted Sweet Potato Salad with Arugula, Raisin, and Red Onion (V, GF, P)
_____	Classic Potato Salad (Veg, GF)

*Gluten-free breads available upon request. Deli meats are all-natural, raised without antibiotics/hormones.  
V = Vegan Veg = Vegetarian GF = Gluten Free P = Paleo*

<i>QTY</i>	<i>SIDES</i>	<i>\$2 Each</i>
_____	Organic Hummus & Baby Carrots (V, GF)	
_____	Side of Fresh Organic Greens with Dressing	
_____	Gourmet Chips (V)	

<i>QTY</i>	<i>DESSERTS</i>	<i>\$2 Each</i>
_____	Homemade Organic Cookies (Veg)	
_____	<i>Choc Chip Pecan, Oatmeal Cranberry Pecan, Lavender</i>	
_____	Lemon Triangles (Veg)	
_____	Whole Fruit (Veg, GF, P)	
_____	<b>\$2.50 Each</b>	
_____	Fudgy Brownie Triangles (Veg)	

<i>QTY</i>	<i>HEARTIER SALADS (*over fresh greens)</i>	
	<i>(Side 4oz \$4/pp./Main 8oz. \$8/pp)</i>	
_____	*Thrive's Signature Chicken Salad (GF)	
_____	Wild GA Shrimp and Cucumber Salad (GF)	
_____	*Classic Egg Salad (Veg, GF)	
_____	*Sustainable Tuna Salad (GF)	
_____	*Curried Tofu Salad w/Apple & Cashew (V, GF)	
_____	Paleo Plate: Sliced Turkey, Hardboiled Egg, Baby Carrots, Nuts, Dried Fruit (GF, P)	
_____	Springer Mountain Chicken Caesar	
_____	Chopped Greek Salad (Veg, GF)	
_____	11 Superfood Salad (V, GF)	

<i>QTY</i>	<i>DRINK</i>	
_____	Bottled Water or Tea	\$2
_____	each (single serve)	
_____	Sweet/Unsweet Tea or Lemonade	\$6





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Email your order to [thrivecatering@gmail.com](mailto:thrivecatering@gmail.com) or call 912-508-6068. 48 hours notice, please.

Date Ordered: \_\_\_\_\_ Total # of Meals: \_\_\_\_\_

Pick-Up Time: \_\_\_\_\_ Delivery Time: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address of delivery to: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Contact Email: \_\_\_\_\_

ECO-Disposables (\$.25 pp) \_\_\_\_\_ Elegant Disposables (\$.50 pp) \_\_\_\_\_

Special Instructions:

Subtotal \$ \_\_\_\_\_

Taxes \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Please give 48 hours' notice for orders or cancellations.  
(Please order all menu items in like quantities of 6.)

Minimum Order \$200.00 for Delivery, \$100 for Pickup.

Delivery Charge: \$30 in 30 minute radius  
*(Extra charges may apply for farther distances  
and time for location logistics such as security check-ins or extra setup)*

THRIVE CATERING

912-508-6068

[thrivecatering@gmail.com](mailto:thrivecatering@gmail.com)

cateringbythrive.com

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