

# Thrive Catering

## Breakfast/Brunch Menu

warm thoughts:

healthy ham, egg, and cheddar buttermilk biscuit sandwiches  
or breakfast paninis  
or breakfast bagel sandwiches

breakfast burritos: scrambled eggs, cheddar, fresh spinach, and your choice of:  
uncured ham, turkey, applewood smoked bacon, mushrooms

vegan breakfast burrito: quinoa, beans, mixed veggies du jour, spinach

monticristos: ham, turkey, swiss dipped and panfried like french toast, dusted with  
powdered sugar, served with jam

tricolor frittata: sundried tomato, parmigiana, spinach

classic quiche: lorraine, mushroom and cheddar, or broccoli and cheese are a few ideas

simple scrambled eggs or hard boiled eggs

local sausage, applewood smoked bacon, turkey sausage, or assorted veggie meats

classic eggs benedict, or eggs benedict with fried green tomato, eggs florentine (with spinach and mornay sauce), or eggs southern charm (with slow roasted pulled pork, bbq sauce, on a buttermilk biscuit)

buttermilk biscuits and sausage gravy

breakfast strata casseroles, sweet or savory

sides: choose from **freeman's** stoneground grits, organic oatmeal with toppings, hash browns, herb roast potatoes, frenchtoast with berry compote, buttermilk pancakes assorted flavors

action station!

steelcut oatmeal bar with an assortment of fresh berries, dried fruits, nuts, seeds, brown sugar, maple syrup, local honey

**or freeman's stoneground grit bar with butter, jams, shredded cheese, scallions**

add a chicken and waffle with local honey gravy station, wild georgia shrimp and grit station, gourmet omelet station, breakfast quesadilla station, or fresh squeezed juice and smoothie station (with wheatgrass)

all orders can include a gourmet selection of locally roasted friendship coffee and decaf, hot teas, assorted fruit juices and bottled waters.



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## continental notions:

house made gluten free organic granola: gf rolled oats, sunflower seeds, walnuts, dried cranberries, honey

basket of freshly baked organic muffins, buttermilk biscuits, bagels, scones, or danish pastries, selection of butter and spreads

baked organic breakfast bread: banana walnut, sweet potato, zucchini, apple. can be made vegan, served with spreads

greek yogurt, granola, fresh berry parfaits

healthy smoothies made with acai or pomegranate juice, greek yogurt or almond milk, fresh fruit

plattered display of house smoked wild salmon, cream cheese, red onion, capers, tomatoes, other toppings, baguette toasts or bagels

protein jumpstart: uncured ham and turkey, hardboiled eggs, nuts, dried fruit

eye-catching fresh sliced seasonal fruit display or cut fruit salad bowl

## healthy start package:

four fruit smoothie with flaxseed, morning glory muffin, hard boiled egg, and bottled water

