

# Thrive Catering

## Lunch Menu

mix and match:

### homemade soups:

tuscan white bean	tomato basil bisque	organic black bean
carrot ginger velvet	hearty chicken noodle	icy and spicy gazpacho
curried local sweet potato	butternut squash and apple	broccoli and cheddar
vegetarian chili	wild salmon and corn chowder	spiced pumpkin
wild georgia shrimp bisque	she-crab stew	

(all soup orders include bread or crackers.)

### gourmet sandwiches:

on herbed foccacia:

italian meats panini: pesto, turkey, ham, salami, provolone  
turkey pesto panini: pesto, roasted turkey, roasted red pepper, provolone, baby spinach  
caprese panini: pesto, vine ripe tomatoes, fresh mozzarella, baby spinach  
sustainable tuna melt panini: responsibly caught tuna, vine ripe tomato, cheddar

on multigrain baguette:

healthy ham, brie, green apple  
roast beef with cheddar and arugula  
fresh goat cheese, grilled portobello, roasted red pepper, organic spinach

on fresh baked cuban bread:

cuban sandwich: sriracha mayo, pickles, slow roasted pork, ham, swiss

on ciabatta rolls:

signature chicken salad: springer mountain chicken, celery, red grapes, toasted almonds, dried cranberries, light mayo-yogurt dressing, organic greens

sustainable tuna salad: responsibly caught tuna, red onion, relish, parsley, light mayo-olive oil dressing, organic greens

curried tofu salad: cashew, green apple, light vegenaïse-curry dressing, organic greens

wild georgia shrimp salad: cucumber, red onion, light mayo dressing, organic greens

healthy ham and swiss: vine ripe tomato, organic greens

healthy turkey and cheddar: vine ripe tomato, organic greens



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**tyrone's turkey reuben** on organic sprouted multigrain:  
vegan BLT turkey avocado with tomato and cheddar uncured bacon BLT  
grilled pimento cheese and tomato montecristos  
**plowman's sandwich:** chutney, sharp white cheddar, fresh cucumber, sprouts

on wheat tortillas:  
thai veggie wraps: tofu, cucumber, red bell pepper, shredded carrot, local beansprouts, organic greens, spicy peanut sauce

chicken caesar wraps: springer mountain chicken, crisp romaine, garlic croutons, parmesan, homemade dressing

organic hummus and veggie wrap: cucumber, tomato, carrot, bell pepper, organic greens

turkey terrific wrap: cranberry jelly, homemade boursin cheese, roasted turkey, organic spinach

muffaletta wrap: chopped olive spread, giardiniera (Italian pickled vegetables), roasted red peppers, ham, salami, provolone

on flatbread:  
gyros: seasoned lamb meat, cucumber, vine ripe tomato, organic greens, tzatziki dressing

vegan falafels: fried spiced chickpea patties, cucumber, vine ripe tomato, organic greens, tahini dressing

sliders (2 per regular serving):  
american kobe beef slider  
slow roasted pulled pork with bbq sauce  
homemade vegan black bean burgers

(note: gluten free breads are available on request. our deli meats are all-natural, raised without antibiotics or hormones. sandwich orders include pickles and healthy chips.)



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platters:

sandwich platter: your choice of two or three flavors

sandwich wraps platter: your choice of two or three flavors

mini sandwich platter: your choice of two or three flavors

**“make your own darn sandwich”** platter:

**your choice of 3: roasted turkey, maplewood smoked ham, roast beef, genoa salami, thrive’s chicken salad, tuna salad, or organic hummus**

accompanied by: sliced cheddar and swiss, organic greens, vine ripe tomato, red onion, pickles, assorted breads, healthy chips, mayo and mustard  
(great option for gluten free or paleo diets)

**farmer’s market salad** platter:

an eye-catching display of composed fresh seasonal vegetables.  
(includes homemade buttermilk ranch dressing and balsamic vinaigrette)

trio of dips and crudité vegetables:

colorful tasty medley of local seasonal vegetables, olives, gourmet chips with a choice of 3 **homemade dips such as: organic hummus, spinach artichoke, local radish dip, thrive’s pimento cheese, or roasted eggplant...**

springer mountain chicken caesar salad platter:

romaine, diced springer mountain chicken, garlicky croutons, shredded parmesan, and homemade caesar dressing

cobb salad platter:

composed platter of diced springer mountain chicken, avocado, cucumber, vine ripe tomato, chopped bacon, hardboiled egg, crumbled blue cheese over greens



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## salads:

### lighter salads:

rainbow garden salad	southern coleslaw	perfect pesto pasta salad
french green lentil salad	classic caesar salad	quinoa tabbouli
sunshine kale salad	israeli couscous	marinated cucumber salad
farro salad with spinach, feta, & grape tomatoes		peanut noodle tangle
organic spinach with dried fruits, nuts, & cheese	cucumber, carrot, beansprout, with ginger	
roasted sweet potato salad with arugula, raisin, & red onion		

### heartier salads:

11 superfood salad	<b>thrive's signature chicken salad</b>	sustainable tuna salad
classic egg salad	chopped greek salad	caprese salad
curried tofu salad with green apple and cashew		herb roasted vegetable salad
wild Georgia shrimp and cucumber salad		

(note: we use many local, seasonal, and organic ingredients in our salads. all salad orders include bread.)

### other sides:

hummus & baby carrots, organic greens w/dressing, gourmet chips, whole fruit

customize any of the above sandwiches/salads into an ecofriendly boxed lunch with side/chips, cookie/fruit, and bottled drink!



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hot lunch buffet:

mix and match!

(we recommend a selection of 2 entrees and 2 sides. comes with bread.)

grilled wild salmon, chili remoulade  
crab cake, lemon caper sauce  
roasted springer mountain airline chicken breast, pesto cream sauce  
grilled springer mountain chicken breast, roasted red pepper sauce  
cuban sandwich with slow-roasted pork  
turkey reuben  
warm roast beef with cheddar and arugula on multigrain baguette  
wild georgia **shrimp and freeman's mill stoneground grits**  
devilled crab  
braised beef brisket sliders  
pulled pork sliders, bbq sauce  
brunswick stew: roasted pork, organic white beans, corn, tomato, bbq sauce  
herb roasted springer mountain chicken, roasted red pepper sauce  
**"oven fried" chicken**, buttermilk ranch  
handmade local fishcakes, tartar sauce  
beer-battered springer mountain chicken tenders, local honey dijon  
veggie lasagna  
beer-battered **gardein "chicken" tenders**, bbq sauce  
vegan black bean sliders  
hearty vegetable, bean, quinoa stuffed portobello  
veggie burritos du jour

sides:

check out these warm options, plus soups and salad ideas:

farmhouse mac and cheese  
frali fusilli pasta marinara  
honey glazed carrots  
sauteed kale or collards  
sweet potato puree  
herb roasted red potatoes  
oven roasted fries  
organic beans and rice  
savannah red rice  
organic quinoa  
green beans  
simply steamed broccoli



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## sweet treats:

homemade organic cookies or lemon triangles

(choose from chocolate chip pecan, oatmeal cranberry pecan, lavender sugar, ginger, peanut butter, oatmeal chocolate chip, white chocolate chip and almond, or coconut oatmeal)

fudgy brownie triangles (made with fair-trade chocolate)

assorted platter of cookies and baked goods

cream filled chocolate drizzled profiteroles

apple and berry crumble with organic oatmeal topping

bread pudding with crème anglaise

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

greek yogurt, granola, fresh berry parfaits

eye-catching fresh sliced seasonal fruit display

