

Thrive Catering

buffet lunch menu

mix and match:

homemade soups:

tuscan white bean
carrot ginger velvet
curried local sweet potato
vegetarian chili

tomato basil bisque
hearty chicken noodle
butternut squash and apple
wild salmon and corn chowder

organic black bean
icy and spicy gazpacho
broccoli and cheddar
spiced pumpkin

(all soup orders include bread or crackers)

gourmet sandwiches:

on 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 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 veganaise-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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on multigrain:

turkey reuben turkey avocado with tomato and cheddar uncured bacon
BLT
vegan 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, 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):

wagyu 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.)

(option to turn into a petite sandwich buffet)



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platters:

“make your own darn sandwich” platter:

your choice of 3: roasted turkey, maple wood 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	
	roasted sweet potato salad with arugula, raisin, & red onion	

heartier salads:

11 superfood salad	thrive's signature chicken salad	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.)



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hot lunch buffet:

mix and match!

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

- \$8.50/pp: grilled wild salmon, chili remoulade
crab cake, lemon caper sauce (check mkt price)
- \$7.75/pp: roasted springer mountain 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 baguette
wild georgia shrimp and freeman's mill stoneground grits
devilled crab
- \$6.75/pp: 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
buttermilk 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:

- \$3.75/pp: farmhouse mac and cheese
fusilli pasta marinara
honey glazed carrots
sauteed kale or collards
sweet potato puree
- \$2.75/pp: herb roasted red potatoes
mashed potatoes
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, oatmeal cranberry walnut, lavender sugar, ginger, peanut butter, oatmeal chocolate chip, white chocolate chip and almond, or coconut oatmeal)	\$2.75/ea
fudgy brownie triangles (made with fair-trade chocolate)	\$3.25/ea
assorted platter of cookies and baked goods:	\$3.25/pp
cream filled chocolate drizzled profiteroles:	\$2.75/pp
apple and berry crumble with organic oatmeal topping	\$38/pan serves 12p
bread pudding with crème anglaise	\$38/pan serves 12p
healthy smoothies made with acai/pomegranate juice, greek yogurt/almond milk, & fresh fruit	\$4.00/ea
greek yogurt, granola, fresh berry parfaits	\$5.25/pp
eye-catching fresh sliced seasonal fruit display:	\$4.50/pp

please order in like quantities of at least 10 items for all categories
(minimum group size 50p)

