

Contact Name _____ Event date _____

Pick-Up Location _____ Pick-Up Time _____

Soups & Salads

  **Seasonal Soups - \$5.50 # _____**

 **Cobb Salad - \$12.00 # _____**
Mixed Greens, Bacon, Egg, Blue Cheese,
Tomato, Avocado Ranch

 **Spring Harvest Salad - \$12.00 # _____**
Mixed Greens, Tomato, Cucumber, Carrots, Dried
Cranberries, Pickled Red Cabbage, Italian Vinaigrette

 **Strawberry Salad - \$12.00 # _____**
Mixed Greens, Strawberries, Feta Cheese,
Red Onion, Sliced Almonds, Strawberry
Balsamic Vinaigrette

 **Mediterranean Salad - \$12.00 # _____**
Mixed Greens, Tomato, Kalamata Olive, Cucumber,
Garbanzo Beans, Citrus Oregano Vinaigrette

Hand Helds

 **Arugula Pesto Chicken Sandwich - \$13.00 # _____**
Chicken, Arugula Pesto, Roasted Tomato, Mozzarella

 **Chipotle Turkey Focaccia - \$13.00 # _____**
Turkey, Chipotle Cream Cheese Spread, Lettuce,
Tomato, served on Focaccia Bread

 **Jamaican Jerk Chicken Salad on Croissant - \$11.00 # _____**
Chicken Breast, Bell Peppers, Jerk Seasoning
served on a Croissant

 **Chicken Caesar Wrap - \$13.00 # _____**
Romaine Lettuce, Grilled Chicken Breast, Parmesan
Cheese, Caesar Dressing, wrapped in a Tortilla

HELP Harvest Sides

 **Sweet Potato Salad \$4.00 # _____**

 **Broccoli Salad \$4.00 # _____**

Grilled Chicken Breast \$5.00 # _____

Macaroni Salad \$4.00 # _____

HELP Harvest Breakfast

Chocolate Chip Muffin \$2.50 # _____

Blueberry Muffin \$2.50 # _____

Croissant \$2.50 # _____

HELP Harvest Power Balls \$6.00 # _____

Fruit Cup \$5.00 # _____

HELP Harvest Beverages

Apple Juice \$2.00 # _____

Orange Juice \$2.00 # _____

Cranberry Juice \$2.00 # _____

Drip Coffee \$2.50 # _____

Bottled Water \$2.00 # _____

Canned Soda \$2.00 # _____

HELP Harvest Baked Goods

Lemon Bread \$3.00 # _____

Brickman's Potato Chips \$2.00 # _____

HELP Harvest Cookies \$2.00 # _____

 *Ingredients grown in the HELP Harvest Greenhouse*  *Indicates food items that can be heated*

*Please submit an advanced order request to Culinary Services Director, Mark Blaszak at [least one week prior to the event date at mblaszak@helpfoundationinc.org](mailto:mblaszak@helpfoundationinc.org)

All orders must be paid for in full at the time of order unless other arrangements have been agreed upon.

o Any cancellations within 24 hours of the event will be charged the full amount.

o Paper products and serving utensils are available for an extra charge.

o Please be sure to check out the HELP website for the most updated menu as there are seasonal changes.

For more information on HELP's mission please visit the website at
www.helpfoundationinc.org