

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

 **Fruit Salad** - **\$12.00 #**  
Spinach Lettuce Blend, Dried Cherries, Strawberries,  
Blueberries, Cranberries, Walnuts, Goat Cheese,  
Shallot Vinaigrette

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

Hand Helds

 **Arugula Pesto Chicken** **\$13.00 #**  
**Sandwich -**  
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** **\$11.00 #**  
**Salad on Croissant -**  
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](http://www.helpfoundationinc.org)