

Autumn 2023

"Once bread becomes toast, it can no longer go back to being just bread"



plates + bowls

ORDER:  
Kristen Jenkins | (949) 887-2849  
orders@platesandbowls.net  
@platesandbowls

## BREAKFAST SPREADS

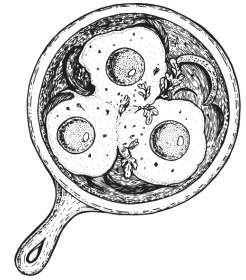
minimum 15 guests

**YOUR WAY PARFAIT** assorted granola, organic yogurt, fresh + dried fruit, açai, assorted nut + seed, local honey | 13.

(VEG)

- gluten free granola available | 2.

**EGG CUPS** bacon + egg cup, croque madame cup, egg + pepper cup (veg), crispy hash brown, seasonal greens, balsamic vinaigrette | 15. (gf)



**CONTINENTAL** mini croissant, mini parfait, market fruit, overnight oats, hard boiled egg, seasonal jam | 13. (VEG)

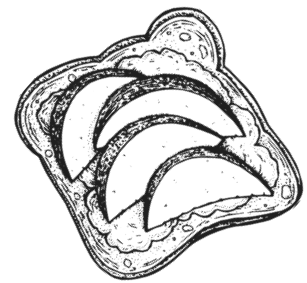
- gluten free option available | 3.

**TOAST** assorted rustic breads, whipped cream cheese, egg, avocado, seasonal jam, bacon, fruit, local honey, almond, crumbled goat cheese, chili flake, herb | 16.

- gluten free bread available | 3.

**PASTRY** breakfast breads, pastries, scones, muffins, donuts, jam + nutella | 13. (veg)

- gluten free options available | 3.



## BREAKFAST PLATES + BOWLS

individual

**MARKET FRUIT** local honey, mint | 7. (veg)

- gluten free granola available | 2.

**OVERNIGHT OATS** almond milk, seeds, honey, berry | 5. (gf + vegan)

**CROISSANWICH** farm egg, ham, swiss, arugula salad | 11.

- gluten free bagel available | 2.

**BURRITO** farm egg, bacon, hashbrown, black bean, pico, jack cheese, sriracha aioli, chips + salsa | 13.

- vegetarian option available

**BREAKFAST BOWL** egg white, spinach, mushroom, butternut squash, arugula, goat cheese | 12. (gf + veg)

- add bacon or ham | 2.

- add avocado | 3.

**QUICHE** egg, bacon, leek, mushroom, kale + shaved brussels sprout salad | 12.

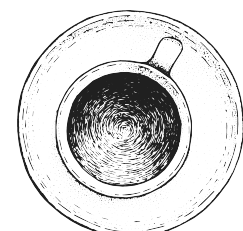
**VEGETABLE QUICHE** egg, spinach, butternut squash, kale + shaved brussels sprout salad | 11. (veg)

## CAFFEINATE | LOCAL SET UP

**COFFEE** almond milk, half + half, sweeteners | 5.

DECAF is definitely available - just ask

**TEA** assorted tea bags, local honey, lemon | 4.



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"I'm still in love with you. I want to see you dance again. Because I'm still in love with you, on this harvest moon"  
-Neil Young

## LUNCH SPREADS

MINIMUM 15 GUESTS

**'CARDIGAN'** herb rubbed chicken (gf + df), chickpea falafel (gf + vegan), shaved market vegetable salad (gf + vegan), squash + arugula + dried cherry tabouli (vegan), brussels sprout hummus, roasted vegetable + pita (vegan) | **17.**

- add sage + rosemary house potato chip | **4.**
- add gluten free pita | **2.**
- add beef or shrimp skewer | **4.**

**'NO DAYS OFF'** assorted petite sandwiches, grinders + wraps, (gf + veg) kale, artichoke + olive pasta salad (veg) shaved vegetable salad (gf + vegan) assorted pickles (gf + vegan) | **17.**

- add vegan + gluten free sandwiches | **3.**
- add sage + rosemary house potato chip (gf + vegan) | **4.**

**'HITS DIFFERENT'** spinach + mushroom stuffed chicken (df), butternut squash ravioli (veg), garlic salmon (df) + sheet pan potato (gf), autumn cobb salad + maple balsamic (gf + veg) | **17.**

- add stuffed portobello (gf + vegan) | **6.**
- add crispy tofu + chili crunch (gf + vegan) | **3.**

**'ANIMAL KINGDOM'** street tacos: braised beef (gf + df), lime chicken (gf + df), classic beans, mexican cobb salad (gf), corn + flour tortillas, chips + salsa, assorted toppings | **17.**

**'AUTUMN IN NEW YORK'** eggplant parmesan + spicy marinara (veg), kale + artichoke stuffed shells (veg), tomato + garbanzo + black olive 'love' salad (gf + veg), garlic knots (veg) | **18.**

- add meatballs, red sauce | **4.**
- add sausage (gf) | **5.**

**'RE:STACKS'** assorted skewers (beef, chicken + shrimp) (gf + df), shaved market vegetable salad (gf + vegan), autumn couscous salad + dijon vinaigrette (gf + veg), fried jo jo's, buttermilk ranch (gf + veg) | **18.**

- add market vegetable skewers (vegan) | **3.**

**'AUTUMN SWEATER'** hot + honey beef noodle + pickled cucumber, bang bang shrimp + stir fry market vegetable + steamed rice, crispy spring rolls + lettuce wrap, dipping sauces (veg) | **19.**

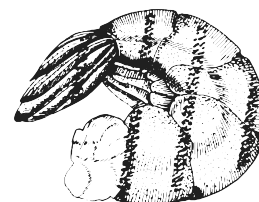
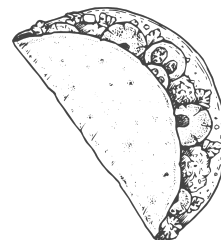
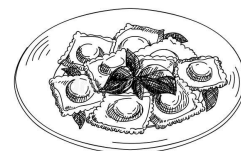
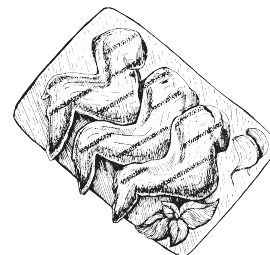
- add chicken skewers (gf + df) | **4.**
- add crispy tofu + chili crunch (gf + vegan) | **3.**

**'LOOKING FOR CHANGES'** sliced beef (gf + df) + boursin mashed potato (gf + veg), shrimp scampi + penne, wedge salad, blue cheese + bacon (gf), garlic knots | **21.**

- add couscous stuffed pepper | add rosemary focaccia bread | **4.**

**'RAIN ON ME'** sausage + chicken 'cassoulet' (gf), shrimp 'provençal' (df + gf), 'bistro' salad + shallot vinaigrette (gf), rosemary focaccia + butter board (veg) | **21.**

- add market vegetable 'cassoulet' (vegan) | **6.**



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"But I miss you most of all,  
my darling, when Autumn  
leaves start to fall."

—Frank Sinatra

## SNACKS

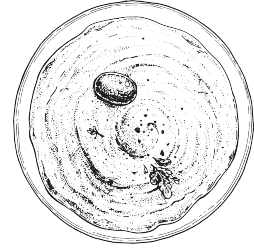
DESIGNED TO FEED 10 GUESTS

**ANTIPASTO SKEWER** (gf) | 60.

**POKE, GUACAMOLE + CORN CHIPS** (gf + df) | 90.

**FOCACCIA + CHIVE BUTTER BOARD, PROSCIUTTO + ARUGULA  
WRAPPED BREADSTICK + EVOO** | 50.

**VEGETABLE CRUDITÉS, BRUSSELS SPROUT HUMMUS** (vegan) | 35.



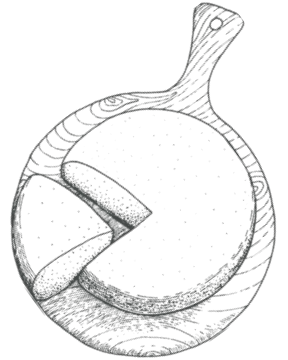
## HAPPIER HOUR PLATTERS

DESIGNED FOR 20 GUESTS GRAZING

**MARKET CRUDITÉS** raw + roasted vegetable, hummus, assorted dips | 110.  
(gf + vegan)

**ANTIPASTO** cured meat, hard + soft cheese, nut, olive, grape, stuffed  
pepper, spread, grilled baguette 175.

**FRUIT + CHEESE** market fruit, whipped mascarpone, burrata, gorgonzola,  
prosciutto, local honey, candied nut, house made focaccia + pesto,  
breadstick 175.



## SWEETS

DESIGNED FOR 20 GUESTS GRAZING

**'SWEATER WEATHER'** chocolate chip cookie, gingersnap cookie, pecan brownie  
bite, cream puff, maple butter blondie | 120.

**'IT ALL FALLS DOWN'** peanut butter rice crispy treat, apple tart, pumpkin  
whoopie pie, petite s'more jar, pumpkin spice trifle, matcha dipped cream puff  
| 160.

**GLUTEN FREE DESSERT PLATTER (½ TRAY)** coconut cookie, butterscotch  
pot de creme, pumpkin trifle | 100.

**APPLE + PEAR COBBLER + SOFT WHIP**

½ tray (feeds 10) | 50.

full tray (feeds 25) | 110.

**PUMPKIN STICKY BUNS + CRUSHED PECAN** extra frosting included :)

½ tray (feeds 6) | 40.

(48 hour notice required)



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"The heat of autumn is different  
from the heat of summer. One  
ripens apples, the other turns  
them to cider." George Eliot

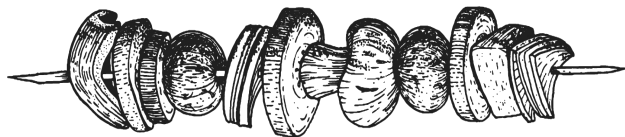
## DON'T SEE IT? LET'S TALK FOOD!

### KRISTEN JENKINS

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## SUNDRIES

36 hour advanced order required prior to engagement.  
Minimum 15 guests per order, unless otherwise noted.



## STANDARD WITH ALL ORDERS

All orders are subject to service charge (15%) and sales tax (7.75%).

15 minute delivery window is required.

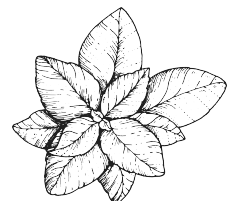
Disposable trays, serving utensils, recycled plates, compostable flatware, napkins + cups included with every order upon request.

Staff will arrive within the delivery window and set up all items.

Please let us know about any food allergies. Although we make every effort to keep allergens separate, we cannot guarantee separation, and cannot take responsibility for any adverse reaction that may occur.

## ADDITIONS

Upgraded linens, china + glassware available for rent or purchase with advance notice.



Our staff is available to work any event - call to discuss hourly and day rates.