

Spring 2024

"Food is our love language. Let us speak to you in tastes you can understand."



plates + bowls

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

BREAKFAST SPREADS

minimum 15 guests

"BREAKFAST AT TIFFANY'S" petite croissant (veg), mini parfait (veg), market fruit (gf + vegan), overnight oats (vegan), sliced prosciutto (gf + df), soft boiled egg (gf), seasonal jam (gf + df) | 13.

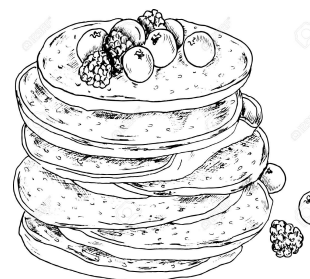
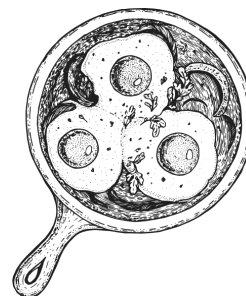
"BREAKFAST CAN'T WAIT" 'huevos ranchero' | carnitas (gf + df), black bean + queso (gf + veg), fried egg (gf + veg), crispy corn tortilla + jack cheese (gf + veg), assorted salsa + toppings | 14.

"WAKE ME UP BEFORE YOU GO GO" assorted egg cup | bacon + egg (gf), ham + egg (gf), pepper + egg (gf + veg), spinach + asparagus quiche (veg), crispy hash brown (gf + veg), seasonal greens + balsamic vinaigrette (gf + veg) | 15.

"HOUSE OF THE RISING SUN" scrambled egg (gf + veg), crispy potato hash (gf + veg), bacon + sausage (gf + df), buttermilk pancake (veg) + fruit + yogurt parfait (veg) | 15.

"TOAST OF THE TOWN" assorted breads, cream cheese, soft boil egg, avocado, jam, bacon, fruit, local honey, almond, goat cheese, chili flake + market toppings | 16.

- gluten free bread available | 3.



BREAKFAST PLATES + BOWLS

individually packaged

OVERNIGHT OATS almond milk, seed, honey, berry | 6. (vegan)

YOGURT PARFAIT greek yogurt, granola, seed, honey, berry | 7. (veg)

MARKET FRUIT local honey + mint | 8. (gf + vegan)

OPEN FACE everything bagel, cream cheese, bacon, tomato, red onion, lemon pepper + arugula salad | 11.

- gluten free bagel available | 2.

NY KAISER bacon, ham, egg, cheese + kaiser, roasted sweet potato hash | 11.

- gluten free bagel available | 2.

BURRITO egg, ham, bacon, black bean, sweet potato hash, jack cheese, sriracha aioli, chips + salsa | 13.

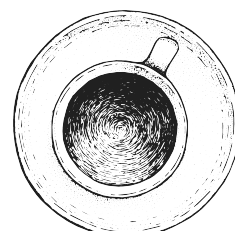
CAFFEINATE | LOCALLY

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

DECAF is definitely available - just ask

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

ICED TEA tropical tea + lemon | 4.



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P+B = LUNCH

LUNCH SPREADS

MINIMUM 15 GUESTS

'WHAT IS LOVE? (baby don't hurt me)' fried chicken (bone + boneless), 'dirty' rice (gf), cajun jojo (gf + vegan), braised greens (gf + vegan), cobb salad + jalapeno ranch (gf + veg), biscuit + honey butter (veg) **16.**



'CAN I CALL YOU ROSE?' assorted banh mi's | pulled chicken (gf + df), steak (gf + df), tofu (gf + vegan), assorted sauces + pickles (gf + vegan), shaved vegetable salad (gf + vegan), green garlic + cilantro rice (gf + df), jalapeno + dill potato chip (gf + vegan) **17.**

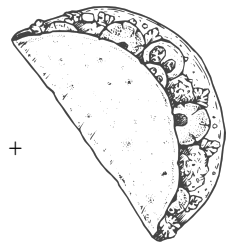
- *gluten free baguette* | 4.

'UNDER THE MAGNOLIA TREE' street tacos: **PICK (2)**

- barbacoa
- carnitas (gf + df)
- carne asada (gf + df) | 3.
- chicken (gf + df)
- roasted potato (gf + vegan)
- blackened salmon **OR** shrimp | 4.

comes with black bean (gf + veg), shaved vegetable salad (gf + vegan), corn + flour tortillas (veg), chips + salsa (gf + veg), market toppings **17.**

- *add mexican rice* | 3.



'TAKE IT TO THE LIMIT' cubano sandwich: ham, carnitas, swiss, pickle + djon, blooming onion flower (veg), ranch potato chip (gf + veg), macaroni salad (veg), cilantro coleslaw (veg) **17.**

- *gluten free baguette* | 4.

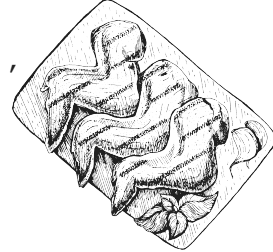
- *vegan muffaletta* | 2.

'THERE'S A NEW DAY COMING' herbed chicken (gf + df), chickpea falafel (gf + vegan), cucumber, olive + tomato salad (gf + vegan), za'tar potato chip (gf + vegan), raw + roasted vegetable, assorted pickled vegetable (gf + vegan), pita + beet hummus (vegan) **18.**

- *add gluten free pita* | 2.

- *add beef or shrimp skewer* | 4.

- *add meatball* | 6.



'IS IT A CRIME?' skewers | kung pao chicken (gf + df), garlic shrimp (gf + df), sesame beef (gf + df), shaved market vegetable salad (gf + vegan), steamed rice (gf + vegan), crispy spring roll (veg), assorted topping + dipping sauce (gf + veg) **18.**

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

'YOU MAKE ME WANNA' chicken piccata, spinach + orzo, sausage, rigatoni + broccoli, artichoke + kale caesar (gf + veg), garlic knot (veg) **19.**

- *add stuffed portobello (gf + vegan)* | 6.

'LIVE WELL' chicken 'niçoise' (gf + df) + charred green bean salad (gf + df), garlic salmon (gf + df), charred gnocchi + spring pea pesto (df), berry + goat cheese salad + balsamic vinaigrette (gf + veg) **19.**

- *add stuffed portobello (gf + vegan)* | 6.



'YOU OUGHTA KNOW' salmon pinwheel, arugula + mustard glaze (gf + df), roasted chicken (gf + df), english 'garden' salad + shallot vinaigrette (gf + veg), rosemary focaccia (vegan) + butter board(veg) **21.**

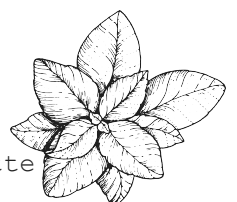
'THAT'S THE WAY LOVE GOES' sliced beef (gf + df), crispy jojo + chimichurri (gf + veg), shrimp + pea + potato, wedge salad, blue cheese + bacon (gf), garlic knot (veg) **23.**

- *add stuffed portobello (gf + vegan)* | 6.

'BREATHE DEEPER' pack your own bowl | tuna poke (gf + df), garlic shrimp (gf + df), grilled salmon (gf + df), steamed rice (gf + vegan), black bean (gf + veg), spring greens, assorted sauces + toppings **23.**

- *add kung pao tofu (gf + vegan)* | 3.

'RETURN OF THE MACK' crispy chicken cutlet, asparagus + pea risotto, bisecta + roasted potato (gf + df), burrata + pesto salad, balsamic vinaigrette (gf + df) **25.**



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"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that's what makes them beautiful." - Jim Carrey

WANT MORE?

DESIGNED TO FEED 10 GUESTS

HOUSE POTATO CHIP (gf + veg) | 40.

FOCACCIA + BUTTER BOARD | 50.

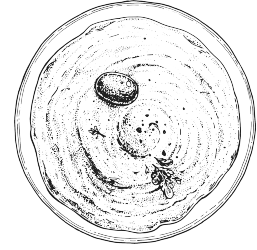
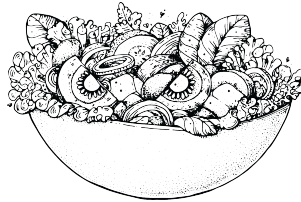
FARM TO DESK VEGETABLES (gf + vegan) | 50.

POKE, GUACAMOLE + CORN CHIP (gf + df) | 110.

WANT TO ADD A SALAD? Pick one.

\$55 ½ tray

\$100 full tray



HAPPIER HOUR PLATTERS

DESIGNED FOR 20 GUESTS GRAZING

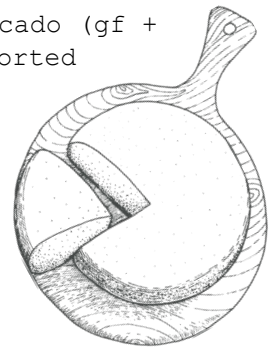
MARKET CRUDITÉS raw + roasted vegetable, beet hummus + assorted dips |125.
(gf + vegan)

ANTIPASTO cured meat, hard + soft cheese, nut, olive, grape, prosciutto wrapped asparagus, assorted spread + grilled baguette |175.

FRUIT + CHEESE market fruit, whipped ricotta, burrata, gorgonzola, honey, nut, focaccia, cracker + breadstick | 175. (veg)

SOUTHWEST chipotle chicken "eggroll", bacon + jalapeno skewer, shrimp + jalapeno skewer (gf + df), black bean taquito (gf + veg), chorizo fundido, corn chip + salsa (gf + df) | 200.

ECHO BEACH tuna poke (gf + df), shrimp ceviche (gf + df), smashed avocado (gf + vegan), pico de gallo (gf + vegan), corn chip + salsa (gf + vegan) + assorted sauces | 350.



SWEETS

'LOVE ME LIKE' banana sheet cake + passionfruit icing (veg)
feeds (10-15 guests) | 75.

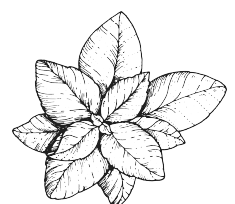
GLUTEN FREE DESSERT PLATTER (12) vanilla budino + berry, (12) chocolate chip cookie, (12) espresso brownie + chocolate ganache |100.

'POUR SOME SUGAR ON ME' (18) sea salt chocolate chip cookie, (18) 7-layer bar, (18) espresso brownie + chocolate ganache |150.

MARKET BERRY SHORTCAKE + SOFT WHIP

½ tray (feeds 10) | 50.

full tray (feeds 25) | 110.



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"Spring will come and so will
happiness. Hold on, life will get
warmer." - Anita Krizzan

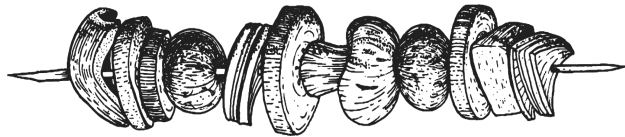
DON'T SEE IT? LET'S TALK FOOD!

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LOOKING FOR MORE VEGAN OPTIONS?

Our sister catering company, [@plantandseedcatering](#), has playful and delicious offerings to feed the entire office. Please reach out Kristen for monthly offerings.



STANDARD WITH ALL ORDERS

All orders are subject to service charge (18%) and sales tax (7.75%).

WE DO OUR BEST BUT A 15 minute delivery window is required.

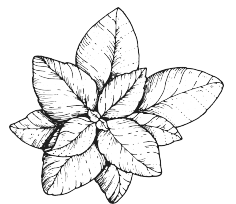
Disposable trays, serving utensils, recycled plates, compostable flatware, napkins + cups included with every order upon request.

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.