

BREAKFAST

- Minimum order 20 per item / \$350 per delivery

CONTINENTAL BREAKFAST

Seasonal Fresh Fruit & Berries, Muffins/ Scones
Coffee /Tea

FRITTATA FLORENTINE

sautéed spinach, mushrooms & cheese. **V**
fresh fruit & berries

FRITTATA DE PATATAS, eggs, potatoes,
cheese **V**. fresh fruit & berries

FRITTATA TOMATO, tomatoes, cheese, spiced
potatoes, red onions **V** fresh fruit & berries

LOX BREAKFAST

Hardboiled eggs, cucumber, tomato, olives,
peppers, sliced red onions, cream cheese spread,
Fresh baked bagels, side of fruit and berries

FRENCH TOAST

vanilla and orange zest, cream, nutmeg, served
with Maple syrup, fresh fruit & berries.

BLUEBERRY PANCAKE

maple syrup, butter, fresh fruit & berries

MEDITERRANEAN BREAKFAST

Traditional breakfast platter with sliced
Tomatoes, cucumber, olives, feta cheese, yogurt
Lenah, olive oil, water-soaked walnuts, dates,
peeled hardboiled eggs, flat bread, fruit & berries

A la Carte minimum order 12

BAGEL & CREAM CHEESE

LOX & Bagels

HARDBOILED EGGS peeled

YOGURT PARFAIT, organic Greek yogurt, granola, berries

FRESH FRUIT & SEASONAL BERRIES CUP

WHOLE FRUIT bananas, apples, seasonal

BACON 2 STRIPS

SAUSAGE

COFFEE - REGULAR AND DECAFF OR TEA- minimum order 20

SODAS, BOTTLED WATERS

FRESH JUICE, ORANGE,

CLASSIC BREAKFAST

Scrambled Eggs, breakfast potatoes, bacon or
sausage, fresh fruit & Berries, croissants,
coffee /tea

BREAKFAST EMPANADA

served with side of salsa, fruit, and berries.

JAMON Y QUESO ham, cheese, onions, eggs,
potatoes.

V ESPINACA eggs, sautéed spinach, red onions,
cheese, potatoes.

BREAKFAST QUESADILLA

served with fruit and berries, side of salsa. Available
on gluten free tortilla.

QUESADILLAS eggs, bacon, cheese,
potatoes & sweet onions,

QUESADILLAS mushrooms, spiced potatoes,
scallions, cilantro, cheese,

BREAKFAST SANDWICHES

served with fruit & berries.

VEGETARIAN cream cheese spread, organic
wheat bread, avocado, hardboiled eggs,
tomato.

LOX & BAGEL, lox, cream cheese, cucumber,
tomatoes.

VEGAN OPTIONS

QUESADILLA, potato, cheese, scallions,
(Vegan cheese)

Minimum order for pick up or delivery \$350

SANDWICHES,

minimum order 5 per item, All sandwiches are crafted with lettuce, tomatoes, olive oil spread, we use organic whole grain sliced bread, buttermilk sliced, Italian bread.

Boxed sandwiches + Chips + Brownie

Buffet style on platter + house seasonal salad

TURKEY, Swiss Cheese, lettuce, tomato,

TURKEY BLT turkey, bacon, lettuce, tomato-most popular

CHICKEN SALAD, chopped, celery, cranberries, apricot, mayo,

HAM & SWISS tomatoes, Lettuce, Dijon mustard, mayo

TUNA SALAD, albacore white tuna salad, mayonnaise, tomato, lettuce

CALIFORNIA VEGGIE SANDWICH avocado, cucumber, tomatoes, greens, red onion, cheddar,

ROASTED EGGPLANT, roasted garlic eggplants, fresh herb gremolata, tomato, pepper jack,

GRILLED SANDWICHES /MELTS

Served with vegetable slaw,

THREE CHEESES on Sourdough sliced. **VEG**

MUSHROOMS MELT roasted red onions, sweet peppers, cheese. **VEG**

CUBAN, ham, Swiss, mustard, pickles, buttered toast, ciabatta

TURKE Bacon, Cheddar Melt

WRAPS

Minimum order 5 per item,

buffet style setup, served with house chopped vegetable slaw,

MEDITERRANEAN hummus spread, organic greens, avocado, cucumber, tomatoes, feta cheese, pepperoncini, **VEG.**

FALAFELS organic mixed baby greens, hummus spread, tomatoes, cucumber, pepperoncini, sauce. **VEG**

TURKEY CLUB, bacon, lettuce, tomato, cheddar, **CHICKEN CAESAR**, romaine hearts, parmesan cheese, Caesar dressing,

CHICKEN SALAD, apricot, cranberries, celery, spices, mayo,

TUNA SALAD, albacore tuna salad, organic greens, tomato,

A la cart

Cookies / brownies \$

Sodas, waters \$

Chips \$

Minimum order for pick up or delivery \$350

ENTRÉE SALADS

Individually boxed minimum order 5 per item,
Side of Fruit and Berries

Harvest Salad chicken breast, organic baby green leaves, roasted yams, cranberries, apples, pumpkin & sunflower seeds, balsamic dressing on the side.

Chicken Cobb Salad Mixed green leaves, chicken breast, eggs, bacon, tomato, blue cheese, classic vinaigrette

Mediterranean Chicken Salad Organic baby greens, tomato, cucumber, kalamata olives, pepperoncini, red onions, feta cheese, lemon dressing.

Chicken Caesar Salad, mixed baby greens, romaine hearts, garlic croutons, Caesar dressing on the side.

Mediterranean Black Lentil Salad
organic mixed greens, cucumber, parsley, spinach, red peppers, red onions, water soaked walnuts, Tahini Dressing on the side, Crumble Feta

Niçoise Salad Albacore tuna salad, fresh organic eggs, roasted potatoes, olives, minced shallots, side of lemon & olive oil dressing,

Falafel Salad, VEGAN- Gluten free falafels, tomato, cucumber, red onion atop a bed of greens, hummus, Olive oil & lemon dressing,

Vegetarian Fiesta Salad, Organic mixed greens, tomatoes, cucumber, red onions, olives, black beans, corn, shredded cheddar, avocado dressing

Rainbow Power Green Salad, Kale arugula, black eyed peas, yams, cannellini beans, black Lentils, beets, quinoa, lemon dressing

EMPANADA MEALS

Individually boxed minimum order 10 per item, buffet style setup, minimum order 10 per item
Served with house seasonal slaw, and house spicy salsa.

BEEF PICADILLO Filled with spiced ground beef, Jack cheese.

TURKEY PICADILLO Filled with lean ground turkey, Jack cheese and spices.

JAMON Y QUESO ham, cheese, onions, eggs, potatoes.

ESPINACA eggs, sautéed spinach, red onions, cheese, potatoes, **VEGETARIAN**

VEGETARAIN, soyrizo, spiced potatoes, soy-chorizo, onions, vegetables, black beans, rice, cheese
VEGETARIAN

JAMAICAN SPICY POTATO EMPANADAS - fried onions, potatoes, peppers, **VEGAN-**

Minimum order for pick up or delivery \$350

PLANT BASED, Meals and GUISADO

VEGAN- GLUTEN FREE – STEW, SERVED WITH RICE, AND SIDE SALAD, Brown rice or Polow basmati,

RAGOUT, classic French winter vegetable ragout, butternut squash, red onions, green cabbage, turnips, carrots, olive oil, white spinach, wine, fresh herbs,

STOOPOT, A Dutch classic, potatoes, mushrooms, onion, bell peppers, tomato, tomatoes, paprika, red wine, spices, garlic, turnips,

STIFADO, Greek classic, vegetables and beans, cannellini, northern beans, green beans, lots of shallots and mushrooms, herbs, spices, tomato based

STUFATO the Verde, Spanish casserole, seasonal vegetables, peppers, winter squash, yams, onions, carrots, celery, tomato puree, spinach, parsley,

CURRIED VEGETABLE, cauliflower, onions, chickpeas, gram masala, lime, ginger,

WINTER STEW, potato, butternut squash, quince, dried tart cranberries, and apricots, saffron, lemon, white wine, shallots,

MEXICAN STYLE VEGETABLE GUISADO, zucchini, squash, calabasa, red onion, chipotle sauce, served with Mexican rice,

VEGETABLE WOT (Ethiopian style sauteed vegetables, cauliflower, potatoes, cabbage, onions, peppers) tomato curry sauce, sauteed Jolof rice, chopped salad,

STUFFED PEPPERS, VEGAN quinoa, rice, black beans, spinach, saffron tomato sauce, served with mashed golden potatoes, salad of organic mixed greens, dressing on the side.

STUFFED EGGPLANTS, garlic roasted eggplants, petite golden lentils, squash, roasted red onions, sweet peppers, tomatoes, served with mashed potatoes, salad of organic mixed greens, dressing on the side.

HOT ENTREES

For custom menus, special events or dietary requirements, please send an email inquiry. Available buffet style setup only.

CHICKEN MARSALA, roasted chicken with mushroom Marsala wine, served with rice pilaf, salad of organic mixed greens, side of dressing

LEMON CHICKEN W ARTICHOKE HEARTS, roasted chicken, lemon, garlic, olive oil, served with rosemary roasted potatoes, salad of organic mixed greens, side of dressing

CHICKEN ESPANOLA, garlic roasted chicken with tomato saffron sauce, served with rice pilaf, salad or organic greens, side of dressing

BERBERE STYLE CHICKEN mildly spicy, turmeric, sweet paprika, cinnamon, lemon, served with rice pilaf, chopped salad,

MOROCCAN STYLE CHICKEN sweet fragrant spices, rice pilaf, served with salad Fattoush,

Minimum order for pick up or delivery \$350

HOT ENTREES

CARIBBEAN STYLE CHICKEN, pineapples, sweet peppers & rum, sofrito rice pilaf, served with seasonal vegetable slaw

OVEN BAKED BARBECUE CHICKEN, served with macaroni & cheese, side of classic slaw,

LEMON PESTO PASTA, lemon pesto with parmesan cheese, garlic & olive oil, served with roasted seasonal vegetable platter, salad of organic mixed greens, dressing on the side,

ITALIAN MEATBALLS, baked pasta puttanesca, salad of organic mixed greens, dressing on the side

LASAGNA FLORENTINE with roasted chicken, spinach, garlic, artichoke hearts, served with salad of organic mixed greens, dressing on the side.

FAJITA Chicken, sweet peppers & onions, served with Spanish rice, black beans, chopped Mexican salad, lemon dressing on the side,

VEGETABLE ENCHILADAS W RED CHILI SAUCE, soy chorizo, cheese, olives, jalapenos, served with Mexican chopped picada salad, chips & house salsa

TACO ... MYO

chicken asado with lemon, lime, spices, black beans, shredded cheese, Mexican corn salad, chopped cilantro, onions, jalapeno, tortillas, chips, salsa \$

BURRIOTS ...MYO

Chicken asado, black beans, Mexican rice, shredded cheese, Mexican corn salad, chopped cilantro, onions, jalapenos, tortillas, chips, salsa

VEGAN TAMALES Corn, beans, squash, potatoes, soyrizo, vegan cheese, layered, served with chips, salsa, salad of greens **BAKED VEGAN PASTA BOLONESE** served with salad of organic mixed greens, side of dressing,

PAELLA VERDURAS, green beans, white beans, tomato, roasted potatoes, roasted sweet peppers rice, served with salad of organic mixed greens, dressing on the side

ADDON SIDES**VEGAN CHILI**

beans and vegetables with soyrizo and spices, served with corn bread, side of cheese, Jalapenos, \$

ROASTED SEASONAL VEGETABLE PLATTER

zucchini, squash, sweet peppers, eggplant, red onions, garlic, olive oil, \$

Minimum order for pick up or delivery \$350



Setup- delivery drop, hot meals are delivered in recyclable/compostable carryout boxes.

Setup- warmers/chaffers, additional fee applies.

DESSERTS Available every day, for seasonal and house specialty desserts please send inquiry

COOKIES Minimum Order ½ Dozen
Chocolate Chip or Snickerdoodle
50/50 Chocolate Chip White Chocolate

BARS minimum order ½ dozen
Chocolate Brownies
Gluten Free/ Vegan Brownies

OUR MENUS ARE CHECKED FOR NUTS.

Unless an item is explicitly tagged with (N), everything on this menu is nut free.

PLEASE NOTE: Our catering kitchen carries nuts, our bakery uses nuts in some of their products, therefore a risk of cross contamination is possible.

ORDERING INFORMATION AND GUIDLINE

We book based on first come first served. We no longer take standing orders for groups less than 50 persons. Once the delivery spots are filled, we stop taking orders. Please book your events early. August through December 15th are high season. Please book your events early.

Holiday closures: December 19th through January 15th, 2023 for winter holiday
A

Delivery fees: corporate delivery fees (per occurrence), during business days/hours are determined by location- time of day- style of the event- group size.

Substitutions: we reserve the right to make substitutions when necessary. Prices are subject to change without notice.

Delivery minimum amount: a minimum of \$300.00 PER DELIVERY per order (during weekdays) between 7 am to 4:30 pm. Please contact our office to enquire about private events minimum and terms of service.

MINIMUM order: 25 orders PER KIND, unless otherwise specified.

Weekend orders: by appointment only. A minimum of \$1,000.00 in food items per order is required.

Minimum order for pick up or delivery \$350

ORDERING INFORMATION AND GUIDLINE

Cancellations: we prepare each order specific to each group. To cancel an order, please let us know at least 72 hours before the event (before 12:00pm) Full or partial charges will apply to the items that are already in production or have been purchased for your event. Rental orders, staffing or specialty desserts. will be charged in full.

Rental orders and staffing, cancellation 7days prior to the event date.

Confirmations: please review that everything in your order is accurate and confirm with us via email.

Payment: We accept Visa, Master Card, and American Express (*Amex payments incur in a processing fee). No card payment is accepted for events over \$1500.

Check payments must be received within 15 days from invoice date. Otherwise, the full amount due plus an additional late fee will be charged.

Our kitchen hours 5 am to 3 pm Monday to Friday, office hours 9am to 2pm Please place your orders by email @ info@westfresh.com requests for deliveries, modifications or cancellations please contact us directly by phone 650-619-0228 do not email lastminute change or request to order, we only check emails after 1pm daily and we may miss your request.

Thank you for your continued support, we look forward to being at your service.

Minimum order for pick up or delivery \$350