



gFoodNow.com

Thoughtfully sourced Gluten free green catering
Phone: 425-669-9739 Text: 206-489-3745 Support@gfoodnow.com

Catering Menu

Buffet Style or Individual Boxed Style. 10 Person Minimum. Starting at \$9.99 setup & delivery fee.

BOWL [SERVED COLD]

Build your own Bowl Bar	Starting @ \$12.99 per person
OR	
Choose any of the chef crafted Bowl bar	
American Green Goddess Bowl Bar	\$10.99 per person
<i>Quinoa with vine ripe cherry tomatoes, Washington apples, pistachio nuts, fresh crisp English peas, and perfectly ripe green avocados. Served with small batch fresh avocado creamy vinaigrette.</i>	
Asian Buckwheat Bar	\$10.99 per person
<i>Organic Buckwheat with chopped cabbage, thinly grated fresh carrot ribbons, fresh chopped cucumber, steamed edamame, roasted fresh Red pepper, fresh chopped scallions, fresh coriander, sesame seed, fresh crisp Snow pea, fresh garlic, grated ginger root, mandarin orange, served with house asian dressing made with rice wine vinegar, brown sugar, red pepper flakes and lemon juice.</i>	
French Quinoa Bowl Bar	\$10.99 per person
<i>Organic cooked quinoa tossed with roasted garlic asparagus, steamed edamame, halved red grapes, orange segments, thinly sliced watermelon radish, crumbled soft goat cheese, fresh Micro green, par boiled red potatoes with chopped fresh chive & parsley. Served with scratch made small batch Lemon Tahini dressing.</i>	
Italian Buckwheat Bowl Bar	\$11.99 per person
<i>Steamed Organic Buckwheat with steamed fresh Edamame, imported Pecorino Romano, artisanal Salami, fresh Scallions, fresh Mint leaves, marinated Peppercornini, diced olive tapenade and dry Italian herbs and spices.</i>	
Mexican Burrito Bowl Bar	\$10.99 per person
<i>Steamed organic wild rice layered with Cooked Black Beans, fresh sliced and roasted red-green-yellow sweet bell pepper, marinated red onion, fresh cilantro and locally made small batch artisanal salsa with authentic Mexican seasonings and spices.</i>	
Savory pork belly and egg quinoa bowl	\$11.99 per person
<i>Fresh vegetables sautéed with pork belly and egg served with quinoa</i>	
Quinoa yogurt chocolate fruit Bowl	\$11.99 per person
<i>Yogurt Chocolate tossed with fruit and fresh quinoa</i>	

SAUTÉ [SERVED HOT]

Build your own Sauté Bar	Starting @ \$12.99 per person
OR	
Maninis Pasta Sauté'	\$11.99 per person
<i>Gluten Free Maninis Pasta Sautéed with Seasonal Vegetables</i>	
Mediterranean Sauté	\$11.99 per person
<i>A combination of fresh mediterranean vegetables sautéed</i>	
VeggieMac Sauté'	\$11.99 per person
<i>Vegetables sautéed with Mac and Cheese</i>	
Asian Sauté with Orange sauce	\$11.99 per person
<i>A combination of fresh seasonal veggies tossed in a succulent asian orange sauce prepared with fresh hand peeled Mandarin oranges and served over warm buckwheat</i>	
Wild Rice Sauté	\$11.99 per person
<i>Wild Rice sautéed with fresh seasonal vegetables</i>	

SOUP [SERVED HOT]

Build your own soup	Starting @ \$12.99 per person
OR	
Bone Broth vegetable soup	\$11.99 per person
<i>Chicken Bone Broth Served with fresh seasonal vegetables. Good for Paleo diet.</i>	
Veggie and Lentil Dal chowder	\$11.99 per person
<i>lentil dal served with fresh seasonal vegetables</i>	

Southwestern Black bean Chili stew
Southwestern Black bean Chili stew

\$11.99 per person

Mexican Pozole Spring Stew
Mexican Pozole Spring Stew

\$11.99 per person

BAKE [SERVED HOT]

Build you own Bake
OR

Starting @ 12.99 per person

Korean BimBimBap Bake
Korean BimBimBap Bake

\$11.99 per person

Quinoa Frittata Breakfast Bake
Quinoa Frittata Breakfast Bake

\$11.99 per person

Mediterranean Quinoa Pilaf Bake
Mediterranean Quinoa Pilaf Bake

\$11.99 per person

Wild Rice, spinach and Apple bake
Wild Rice, spinach and Apple bake

\$11.99 per person

Santa Fe Black Bean and Red Potato Bake
Santa Fe Black Bean and Red Potato Bake

\$11.99 per person

SNACKS & SIDES

Build you own Snack or Side
OR

Starting @ \$5.99 per person

Granola Bar
Granola Bar

\$4.99 per person

Sweet and savory Nuts
Sweet and savory Nuts

\$4.99 per person

Sweet and savory yogurt
Sweet and savory yogurt

\$4.99 per person

Fruit Plate
Oranges, Apples, Grapes and Seasonal fruit platter

\$3.99 per Person

Wild Caught Salmon Fillet
4-6oz Roasted Wild Caught Salmon with light herbs and spices.

\$5.99 per person

Cooked Shrimp
Four to six shrimps of Jumbo Cooked Shrimp per person

\$4.99 per person

Roasted Pork
4-6 oz of Roasted Local Pork

\$4.99 per person

Drinks and Beverages
Choice Snapple, Lemonade, Gatorade, Water

\$1.99 per person

Premium Drinks and Beverages
Coconut water, organic ice tea, organic lemonade

\$2.99 per person

Custom menu can be designed for retirement, birthday, office party or baby shower or any event