



SAMPLE BUFFET

MONDAY

BREAKFAST

HEALTHY START

Organic Fruit Salad

(v, vg, gf, df, nf, r)

Chia Porridge with Organic Berries

(v, vg, gf, df, nf)

SOMETHING SAVORY

Free Range Scrambled Eggs

(vg, gf, df, nf)

Rosemary Roasted Breakfast Potatoes

(v, vg, gf, df, nf)

Crispy Bacon

(gf, df, nf)

Vegan California Style Burrito with

Vegan Chipotle Aioli

(v, vg, df, nf)

Avocado Tartine with Pickled Chilis

(v, vg, df, nf)

SWEET TOOTH

Muffin of the Day

(vg, nf)

LUNCH

SALADS

Shaved Cabbage Salad

(vg, gf)

Persian Cucumber and Cherry Tomato Salad

(v, vg, gf, df, nf)

ENTREES

Chicken Katsu Served with Tonkatsu Sauce

(gf, df, nf)

Tofu Katsu Served with Tonkatsu Sauce

(v, vg, gf, df, nf)

SIDES

Basmati Rice

(v, vg, gf, df, nf)

Sugar Snap Peas with Toasted Sesame

(v, vg, gf, df, nf)

Roasted Sweet Potatoes

(v, vg, gf, df, nf)

DESSERT

Dessert of the Day

(vg, nf)

TUESDAY

BREAKFAST

HEALTHY START

Organic Fruit Salad

(v, vg, gf, df, nf, r)

Organic Greek Yogurt with Granola

(vg, gf)

SOMETHING SAVORY

**Open Faced Breakfast Sandwich with
Pancetta, Pesto, Swiss Cheese on Focaccia**

(nf)

Homemade Socca

(v, vg, gf, df, nf)

Vegan Sausage

(gf, df, nf)

Vegetable & Tofu Scramble

(v, vg, gf, df, nf)

Avocado Tartine with Cherry Tomatoes

(v, vg, df, nf)

SWEET TOOTH

Assorted Mini Pastries

(vg, nf)

LUNCH

SALADS

**Panzanella Salad with Tomatoes,
Cucumbers, Capers, Red Onions, Basil and
Croutons**

(v, vg, df, nf)

Farmer's Market Mixed Greens with Shaved

Radishes

(v, vg, gf, df, nf)

ENTREES

Grilled Bavette Steak

(gf, df, nf)

Vegan Meatballs

(v, vg, gf, df, nf)

SIDES

Brown Rice with Mushrooms

(vg, nf)

**Grilled Zucchini, Eggplant and Yellow
Squash**

(v, vg, gf, df, nf)

Sauteed Tuscan Kale with

Roasted Mushrooms

(v, vg, gf, df, nf)

DESSERT

Dessert of the Day

(vg, nf)

website: www.lemonsandolives.com

DIETARY KEY: *Vegan (v) – Vegetarian (vg) – Gluten free (gf) – Dairy Free (df) – Nut Free (nf)*

WEDNESDAY

BREAKFAST

HEALTHY START

Organic Fruit Salad

(v, vg, gf, df, nf, r)

Overnight Matcha Vanilla Oats

With Pomegranate

(v, vg, gf, df, nf)

SOMETHING SAVORY

Farm Eggs Goat Cheese and Tomato Frittata

(vg, gf, nf)

Roasted Potato Hashbrowns

(v, vg, df, gf, nf)

Chicken Sausage

(gf, df, nf)

Vegetarian Burrito with Mushrooms,

**Zucchini, Squash, Tofu, Feta & Rice Served
with Green Harissa**

(vg, nf)

Avocado Tartine with Shaved Radish

(v, vg, df, nf)

SWEET TOOTH

**Vegan Buckwheat Pancakes with Maple
Syrup and Fresh Berries**

(v, vg, df, gf, nf)

LUNCH

SALADS

Baby Gem Lettuces Salad with Shaved

Radishes

(v, vg, gf, df, nf)

Israeli Salad

(v, vg, gf, df, nf)

ENTREES

Everything Bagel Crusted Salmon

(gf, df, nf)

Impossible Burger

(v, vg, gf, df, nf)

SIDES

White Quinoa with Tomatoes, Cucumbers

(v, vg, gf, df, nf)

Poached Haricots Verts

(vg, nf)

Grilled Asparagus

(vg, gf, df, nf)

DESSERT

Dessert of the Day

(vg, nf)

THURSDAY

BREAKFAST

HEALTHY START

Organic Fruit Salad

(v, vg, gf, df, nf, r)

Vegan Energy Bars

(v, vg, gf, df, nf)

SOMETHING SAVORY

Free Range Scrambled Eggs with

Roasted Mushrooms

(vg, gf, df, nf)

Roasted Rosemary Potato

(v, vg, gf, df, nf)

Turkey Bacon

(gf, df, nf)

Vegetarian Burrito with Mushrooms,

Zucchini, Squash, Tofu, Feta & Rice Served

with Green Harissa

(v, vg, df, nf)

Avocado Tartine with Sprouts

(v, vg, df, nf)

SWEET TOOTH

Muffin of the Day

(vg, nf)

LUNCH

SALADS

Tricolore Salad

(v, vg, gf, df, nf)

Greek Salad

(vg, gf, nf)

ENTREES

Roasted L&O Chicken

(gf, df, nf)

Shawarma Seared Tofu

(v, vg, gf, df, nf)

SIDES

Penne Pesto with Haricot Verts

(vg, nf)

Chickpeas with Cherry Tomatoes, Dill,

parsley, Chives and Lemon Juice

(v, vg, gf, df, nf)

Toasted Corn Succotash with Fava Beans and

Red Bell Peppers

(v, vg, gf, df, nf)

DESSERT

Dessert of the Day

(vg, nf)

FRIDAY

BREAKFAST

HEALTHY START

Organic Fruit Salad

(v, vg, gf, df, nf, r)

Chocolate Chia Porridge with Strawberries

(v, vg, gf, df, nf)

SOMETHING SAVORY

Free Range Scrambled Eggs

(vg, gf, nf)

Homemade Spanakopita

(vg, nf)

Crispy Bacon

(gf, df, nf)

Smoked Salmon Tartine with

Mascarpone Dill

(vg, nf)

Avocado Tartine with Sundried Tomatoes

(v, vg, df, nf)

SWEET TOOTH

Buttermilk Biscuits with Butter & Jam

(vg, nf)

LUNCH

SALADS

Romaine Salad with Shaved Radish, Toasted

Pepitas & Lemon Vinaigrette

(v, vg, gf, df, nf)

Farmer's Market Mixed Greens

(v, vg, gf, df, nf)

ENTREES

Pollo Grillado Tacos

(gf, df, nf)

Beef Barbacoa Tacos

(gf, df, nf)

Roasted Vegetable Tacos

(v, vg, gf, df, nf)

SIDES

Corn Tortillas *(v, vg, gf, df, nf)*

Mexican Rice *(v, vg, gf, df, nf)*

Pico de Gallo Salsa *(v, vg, gf, df, nf)*

Salsa Verde *(v, vg, gf, df, nf)*

Guacamole & Chips *(v, vg, gf, df, nf)*

Black Beans Poblano Style *(v, vg, gf, df, nf)*

DESSERT

Dessert of the Day

(vg, nf)