



FREEDOM A LA CART

Cause Cuisine!

Freedom a la Cart is a unique approach to catering, delivering our customers fresh, made-from-scratch cuisine. By deliciously combining supportive services with paid workforce training for local survivors of human trafficking, we offer a tasty way to make your meal more meaningful.

BREAKFAST MENU

Sold in increments of 8 | \$10/person
includes one main + one side

CHOOSE ONE MAIN — [all gf]

Spinach, Bacon and Onion Frittata
Ham, Apple and Cheddar Frittata
Ratatouille Frittata [v]

CHOOSE ONE SIDE — [all gf]

Seasonal Fresh Fruit
Roasted Herb Fingerling Potatoes
Applewood Smoked Bacon

additional sides /person | \$3.25

A LA CART —

Yo-Fruit Parfait — minimum of 10 |
Half \$3.50/person | Full \$5.50/person
greek yogurt mixed with housemade granola and
fresh fruit

Fresh Fruit Salad — [v/gf] minimum of 10 |
\$3.25/person | seasonal assortment of fresh, color-
ful fruits, and berries

Banana Bread — [nut free] serves 8 | \$14

Morning Glory Muffins — serves 12 | \$25

Seasonal Loaf — serves 8 | \$17

Seasonal Muffin — serves 12 | \$30

Seasonal Scone — serves 12 | \$35

Assorted Pastry — serves 12 | \$30

Peanut Butter Granola Bar — [gf]
serves 12 | \$24

SIGNATURE BOX LUNCHES

sandwiches include chef's seasonal side, salty snack, sweet treat

TURKEY TANGO

Hand-carved turkey breast, chimichurri, roasted red pepper sauce,
mayo, crisp lettuce | \$11/person

TURKEY & SWISS

Hand-carved turkey breast, swiss, romaine lettuce, mayo and
Dijon mustard | \$11/person

HAM & PROVOLONE

Hand-carved ham, provolone, romaine lettuce, mayo and
Dijon mustard | \$11/person

ROAST BEEF & CHEDDAR

Hand-carved roast beef, aged cheddar, romaine lettuce, horseradish
| \$12/person

PRETTY BIRD

Locally-sourced Ohio roasted chicken breast, mango compote,
blue cheese, sage mayo, crisp lettuce | \$11/person

ITALIAN CHICKEN

Panko-parmesan breaded locally-sourced Ohio fried chicken breast,
olive and herb remoulade, roasted tomato and pepperoncini relish
| \$12/person

HAMALETTA

Hand-carved ham, salami, provolone, artichoke pate, housemade
olive salad, almond aioli | \$11/person

BURLY BOHEMIAN [v]

Herbed polenta patty, arugula, roasted vegetable mix, roasted red
pepper sauce | \$11/person

HARVEST CHICKEN SALAD

Housemade chicken salad prepared with locally-sourced Ohio roasted
chicken, toasted pecans, dried cranberries, crisp apple | \$11/person

HUMMUS VEGETABLE WRAP [v]

Red pepper tortilla, housemade hummus, roasted red and yellow
peppers & tomatoes, artichoke pate, arugula | \$11/person

CHICKEN BACON CAESAR WRAP

Locally-sourced Ohio baked chicken, bacon, provolone, romaine,
spinach tortilla, Caesar dressing | \$12/person

LIFE SALAD

Local Ohio mixed greens, shredded carrots, seasonal or dried berries,
blue cheese, green onions, toasted rosemary pecans, herb-mustard
vinaigrette | \$11/person

CAESAR SALAD

Crisp romaine hearts, shaved parmesan, grape tomatoes, housemade
sourdough croutons, Caesar dressing | \$10/person

ITALIAN SALAD

Romaine hearts, cabbage blend, chickpeas, salami, mozzarella, red
onion, pepperoncini, grape tomatoes, housemade Italian dressing |
\$10/person

Add protein to any salad [grilled chicken, ham, turkey] | \$2

Sandwiches served in convenient boxes. Orders may be plattered for an additional \$1/person.
10 person min | gluten-free and vegan upon request

[v] vegetarian [gf] gluten free

HORS D'OEUVRES

MINIMUM OF 20 | \$3.50 ea.

Bacon-Wrapped Dates
Smoked Salmon Tartar Cucumber Shooter
Tandoori Chicken Skewer with Spicy Mango Chutney
Moroccan Meatballs with Romesco Sauce
Corn Fritters with Herbed Crème Fraiche [v]
Roasted Vegetable Hummus Crostini [v]

SIGNATURE SAMMIES

MINIMUM OF 20 | \$4.25 ea.

Slow Roasted Pulled Pork Sammie
Caprese Sammie [v]
Harvest Chicken Salad Sammie
Salmon Tartar Sammie
Moroccan Meatball Sammie

SPECIALTY DISPLAYS

SERVES 25

Charcuterie Board | \$125/display
includes local and international cheeses, crostini, dried meats, dried fruits, confiture and accompaniments

Seasonal Fruit Display with Yogurt Dip [v] | \$80/display

Seasonal Grilled or Fresh Vegetables with Housemade Hummus [v+gf] \$80/display

DINNER MENU

DINNER BUFFET • SOLD IN INCREMENTS OF 8 • INCLUDES ONE MAIN + ONE SIDE

CHOOSE ONE MAIN —

Beef Tenderloin | \$20/person
Pork Tenderloin | \$16/person
Roasted Ohio Lemon Butter Herb Chicken | \$16/per
Herb Salmon | \$18/person
Vegetable Tagine with Couscous [v] [gf] | \$15/person
Macaroni and Cheese [v] | \$15/person

CHOOSE ONE SIDE —

Herb Roasted Fingerling Potatoes [v] [gf]
Seasonal Roasted Vegetables [v] [gf]
Green Salad and Roll [v]
Macaroni and Cheese [v]

additional sides /person | \$4

DESSERT & MISCELLANEOUS

SOLD IN INCREMENTS OF 12

DESSERTS —

Mini Lemon Curd Cup w/ Mascarpone Whipped Cream | \$4
Ganache Tartlettes | \$4 each
Lemon Tartlettes | \$4 each
Chocolate Cherry Pecan Brownie | \$1.50 each
Sicilian Almond Cookie [gf] | \$1.50 each
Coconut Macaroon | \$1.50 each
Chocolate Chip Cookie | \$1.50 each
Peanut Butter Cookie | \$1.50 each
Assorted Cookie Tray | \$1.50 each

DRINKS —

Ginger Lemonade | serves 12 | \$24
Bottled Water | \$1.50 each
Canned Soda | \$1.50 each
Iced Tea | serves 12 | \$24
Coffee | serves 12 | \$24

Disposables (plates, utensils, napkins) are available for \$1/person
Our disposables are top quality, eco-friendly, and made in the U.S.A.



FREEDOMALACART.ORG
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