



FREEDOM A LA CART

a fresh start!

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 sex trafficking and exploitation, we offer a tasty way to make your meals 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 \$3.25/person

A LA CART —

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

Fresh Fruit Salad — [v/gf] | \$3.25/person
seasonal assortment of fresh, colorful 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 sauce, roasted red pepper sauce,
roasted garlic aioli, crisp lettuce | \$11/person

TURKEY & SWISS

Hand-carved turkey breast, swiss, romaine lettuce, roasted garlic aioli
and honey dijonaise | \$11/person

HAM & PROVOLONE

Hand-carved ham, provolone, romaine lettuce, roasted garlic aioli and
honey dijonaise | \$11/person

HAMLET

Hand-carved ham, salami, provolone, artichoke pate, housemade
olive topenade, roasted garlic aioli | \$11/person

HARVEST CHICKEN SALAD SANDWICH

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

MONTE CRISTO

Hand-carved turkey breast and ham, strawberry jam, swiss, honey
dijonaise, arugula | \$11/person

LADY BIRD

Locally-source Ohio roasted chicken, housemade pickles and onions,
garlic and herb cheese spread, olive tapenade, spinach | \$11/person

HUMMUS VEGETABLE WRAP

 [v]

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

CHICKEN BACON CAESAR WRAP

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

SUMMER SALAD

Spinach, green onions, feta, strawberries, housemade almond croquant
housemade balsamic vinaigrette | \$11/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

Add grilled chicken to any salad | \$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

SIGNATURE BITES

MINIMUM OF 20 | \$3.50 ea.

Bacon-Wrapped Dates
Greek Cucumber Shooters [v]
Peanut Satay Chicken Skewer
Moroccan Meatballs with Romesco Sauce
One Bite Wedge Skewer
Tomato Harissa Pine Nut Puff Tart [v]
Roasted Carrots and Red Pepper Hummus Crostini [v]
Bacon Date Jam and Cheese Crostini
"Caesar" Salad Crostini [v]

SIGNATURE SAMMIES

MINIMUM OF 20 | \$4.25 ea.

Green Goddess Sammie [v]
Caprese Sammie [v]
Harvest Chicken Salad Sammie
Club Sammie
Ham and Brie Sammie
Mini Monte Cristo (sold in increments of 4)

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

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

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
Orange Juice | \$2 each

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



FREEDOM
A LA CART

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