



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

Quiches (Plattered) | \$6 ea

Bacon, Scallion and Cheddar

Ham, Apple & Cheddar

Ratatouille [v]

Make your quiche into an individual breakfast box for \$2. Each box includes your choice of quiche + a fruit cup!

Fresh Pastry Box

includes a fresh pastry + small yo-fruit parfait | \$6

Yo-Fruit Parfait — Small \$3.50 | Large \$5.50

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 salad, sweet treat and salty snack

TURKEY TANGO

hand-carved turkey, chimmichuri, roasted red pepper sauce, roasted garlic aioli & crisp lettuce | \$12

TURKEY & SWISS

hand-carved turkey, swiss, honey dijonaise, roasted garlic aioli & crisp lettuce | \$12

HAM & PROVOLONE

hand-carved ham, provolone, honey dijonaise, roasted garlic aioli & crisp lettuce | \$12

HARVEST CHICKEN SALAD SANDWICH

housemade chicken salad prepared with locally-sourced Ohio roasted chicken, toasted pecans, dried cranberries, crisp apple | \$12

MONTE CRISTO

hand-carved turkey, ham, swiss, strawberry jam, honey dijonaise & arugula | \$12

HUMMUS VEGETABLE WRAP [v]

red pepper tortilla, housemade hummus, roasted red and yellow peppers & tomatoes, artichoke, grilled eggplant & arugula | \$12

CHICKEN BACON CAESAR WRAP

locally-sourced Ohio baked chicken, bacon, provolone, romaine lettuce, spinach tortilla & Caesar dressing | \$13

CAESAR SALAD

crisp romaine hearts, shaved parmesan, grape tomatoes, housemade sourdough croutons & Caesar dressing | \$11

LIFE SALAD

local Ohio mixed greens, shredded carrots, seasonal or dried berries, blue cheese, green onion, toasted rosemary pecans, herb-mustard vinaigrette | \$12.50

+ grilled chicken to any salad | \$2

Sandwiches served in convenient boxes | 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**
- One Bite Wedge Skewer**
- Tomato Harissa Pine Nut Puff Tart** [v]
- Greek Cucumber Shooter** [v]
- Peanut Satay Chicken Skewers**
- Roasted Carrots and Red Pepper Hummus Crostini** [v]
- Bacon Date Jam and Cheese Crostini**

SIGNATURE SAMMIES

MINIMUM OF 10 | \$4.25 ea.

- Caprese Sammie** [v]
- Green Goddess Sammie** [v]
- Harvest Chicken Salad Sammie**
- Club Sammie**
- Ham and Brie Sammie**

SPECIALTY DISPLAYS

Serves 25

Charcuterie Board | \$125

includes local and international cheeses, crostini, dried meats, dried fruit, confiture and accompaniments

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

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

DESSERTS

- 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

All desserts may be individually packaged for \$.25

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.