



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!

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## BREAKFAST MENU

### Quiches (Plattered) | \$8 ea

Bacon, Scallion and Cheddar

Ham, Apple & Cheddar

Ratatouille [v]

### Individually Wrapped Pastries

an assortment of wrapped pastries | \$3.75

### Yo-Fruit Parfait — \$4.25

Greek yogurt mixed with jam, housemade granola and fresh fruit

### Fresh Fruit Salad

\$45 (serves 8-12) | \$90 (serves 20-25)

seasonal assortment of fresh, colorful fruits, and berries (serving amount)

### Peanut Butter Granola Bar — [gf]

serves 12 | \$28

### Zucchini Date Bread — serves 8 | \$20

### Banana Bread — [nut free] serves 8 | \$20

### Morning Glory Muffins — serves 12 | \$36

### Seasonal Muffin — serves 12 | \$36

### Seasonal Scone — serves 12 | \$42

### Assorted Pastry Platter — serves 12 | \$42

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## SIGNATURE BOX LUNCHES

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

### TURKEY TANGO

hand-carved turkey, chimichuri, roasted red pepper sauce, roasted garlic aioli & arugula | \$14

### TURKEY & SWISS

hand-carved turkey, swiss, honey dijonaise, roasted garlic aioli & arugula | \$14

### HAM & PROVOLONE

hand-carved ham, provolone, honey dijonaise, roasted garlic aioli & arugula | \$14

### HARVEST CHICKEN SALAD SANDWICH

housemade chicken salad prepared with locally-sourced Ohio roasted chicken, toasted pecans, dried cranberries, crisp apple & arugula | \$14

### CAPRESE CHICKEN [NEW!]

locally-sourced Ohio roasted, roasted red tomatoes, mozzarella, arugula balsamic & olive oil | \$14

### HUMMUS VEGETABLE WRAP [v]

roasted tandoori cauliflower, shredded carrots, arugula, housemade citrus hummus, chimichurri lemon vinaigrette, spinach tortilla | \$14

### CHICKEN BACON CAESAR WRAP

locally-sourced Ohio baked chicken, bacon, provolone, romaine lettuce, spinach tortilla & Caesar dressing | \$14

### CAESAR SALAD

crisp romaine hearts, shaved parmesan, grape tomatoes, housemade sourdough croutons & Caesar dressing | \$12

### LIFE SALAD

local Ohio mixed greens, shredded carrots, seasonal or dried berries, blue cheese, green onion, toasted rosemary pecans, herb-mustard vinaigrette | \$14.00

+ 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 10 | \$3.50 ea.

- Bacon-Wrapped Dates**
- One Bite Wedge Skewer**
- Greek Cucumber Shooter** [v]
- Peanut Satay Chicken Skewers**
- Roasted Carrots and Red Pepper Hummus Crostini** [v]

### SIGNATURE SAMMIES

MINIMUM OF 10 | \$4.50 ea.

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

## SPECIALTY DISPLAYS

[serves 10-12 / serves 20-25]

### **Charcuterie Board** [\$75/\$145]

includes local and international cheeses, dried meats, dried fruit, accompaniments and grains

### **Seasonal Fruit Display with Yogurt Dip** [v+/gfl] [\$55/\$105]

### **Seasonal Grilled or Fresh Vegetables with Housemade Hummus** [v+/gfl] [\$55/\$105]

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## DESSERTS

**Chocolate Cherry Pecan Brownie** | \$30; dozen

**Sicilian Almond Cookie** [gfl] | \$24; dozen

**Coconut Macaroon** | \$18; dozen

**Chocolate Chip Cookie** | \$24; dozen

**Peanut Butter Cookie** | \$24; dozen

**'Traditional' Cookie Platter** | \$24; dozen

Includes our peanut butter and chocolate chip cookies

**Sweet Tooth Platter** | \$24; dozen

Includes our coconut macaroon, sicilian almond cookie and chocolate cherry pecan brownies

\*All desserts may be individually packaged for \$.25

## DRINKS

**Ginger Lemonade** | serves 12 | \$24

**Bottled Water** | \$1.50 each

**Canned Soda** | \$2.50 each

**Iced Tea** | serves 12 | \$24

**Coffee** | serves 12 | \$25

**Orange Juice** | \$2.50 each

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