



Freedom a la Cart empowers survivors of sex trafficking and exploitation to build lives of freedom and self-sufficiency.

BREAKFAST

Mini Quiches | \$26

serves 6; Bacon Scallion & Cheddar, Ham Apple & Cheddar or Ratatouille [v]

Chill Breakfast Sandwich | \$40

serves 8; candied bacon, eggs, Vermont cheddar cheese, arugula, lemon aioli, habanero jam served on a baguette (served chilled)

Ham & Brie Breakfast Sandwich | \$40

serves 8; hand-carved ham, brie, roasted garlic aioli & honey dijonnaise served on a baguette

Lox Board

\$85 (serves 10-12) | \$160 (serves 20-25); smoked salmon, fresh tomatoes, cucumbers, radishes, candied bacon, capers, and housemade herbed cream cheese spread served with mini bagels

Assorted Pastry Platter | \$48

serves 12

Peanut Butter Granola Bars | \$36

serves 12; gluten friendly

Banana Bread | \$24

serves 8; nut free

Zucchini Bread | \$24

serves 8; nut free

Rosemary Olive Oil Cake | \$24

serves 8; with hints of orange

Fresh Fruit Salad

\$50 (serves 10-12) | \$95 (serves 20-25)

seasonal assortment of fresh, colorful fruits and berries

Yo-Fruit Parfait | \$5.00

greek yogurt mixed with housemade granola, jam and fruit

Overnight Oats | \$5.00

Almond milk-soaked oats & chia seeds topped with golden chai raisins, toasted almonds, and coconut shavings

Bacon, Scallion & Parm Scone | \$45

serves 12

Seasonal Scone | \$45

serves 12; currently Citrus Earl Grey Scone

Seasonal Muffin | \$45

serves 12; currently Blackberry Lavender Muffins and White Chocolate Lemon Muffins



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SIGNATURE BOXED LUNCHES

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

Turkey Tango | \$15

hand-carved turkey, chimichurri, roasted red pepper sauce, roasted garlic aioli & arugula

Turkey & Swiss | \$15

hand-carved turkey, swiss, honey dijonaise, roasted garlic aioli & arugula

Ham & Provolone | \$15

hand-carved ham, provolone, honey dijonaise, roasted garlic aioli & arugula

Harvest Chicken Salad Sandwich | \$14

housemade chicken salad prepared with locally-sourced Ohio roasted chicken, chimichurri, toasted pecans, dried cranberries, crisp apple & arugula

Caprese Chicken | \$15

locally-sourced Ohio roasted chicken, roasted red tomatoes, provolone, arugula, pesto aioli, balsamic & olive oil

Hummus Vegetable Wrap [v] | \$15

roasted tandoori cauliflower, shredded carrots, arugula, housemade citrus hummus, chimichurri lemon vinaigrette, spinach tortilla

Chicken Bacon Caesar Wrap | \$15.50

locally-sourced Ohio roasted chicken, bacon, provolone, romaine lettuce, spinach tortilla & Caesar dressing

Caesar Salad | \$13

crisp romaine hearts, shaved parmesan, grape tomatoes, housemade brioche croutons & Caesar dressing

Quinoa Tabouli Salad | \$15.50

red quinoa tabouli, romaine, radishes, fresh tomatoes, feta, toasted almonds, w/ housemade lemon vinaigrette

Life Salad | \$15

local Ohio mixed greens, shredded carrots, dried berries, blue cheese, green onion, toasted rosemary pecans, herb-mustard vinaigrette

+ chicken to any salad | \$2.5

+ gluten free & vegan upon request

PLATTERED LUNCHES

served with platter identifiers + serving disposables; plates and cutlery not included (+\$1.25/set)

Small Lunch Package | \$180

serves 10-12; includes:

- 8 sandwiches cut into halves (16)
- seasonal side salad, Life Salad (+\$30), or Caesar Salad (+\$20)
- kettle chips or bagged chips (\$8)
- 'Traditional' Cookie Platter or Sweet Tooth Platter

Large Lunch Package | \$320

serves 20-25; includes:

- 15 sandwiches cut into halves (30)
- seasonal side salad, Life Salad (+\$60), or Caesar Salad (+\$40)
- kettle chips or bagged chips (+\$16)
- 'Traditional' Cookie Platter and/or Sweet Tooth Platter



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HORS D'OEUVRES

[serves 10-12 / serves 20-25]

Charcuterie Board | [\$100/\$200]

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

Seasonal Fruit Display with Yogurt Dip | [\$95/\$180]

includes a variety of fresh fruits with housemade yogurt dip

Seasonal Grilled & Fresh Vegetables with Hummus | [\$95/\$180]

includes both grilled and fresh vegetables with housemade citrus hummus

Mediterranean Board | [\$75/\$140]

whipped chili honey ricotta spread, tomato & mozzarella mixture, housemade basil pesto, roasted tomatoes & artichokes, prosciutto and greek olives served with toasted rosemary pita and crostini

SWEETS | sold by the dozen

Chocolate Cherry Pecan Brownies | \$34

Sicilian Almond Cookies [gf] | \$24

Coconut Macaroons | \$20

Chocolate Chip Cookies | \$27

Oatmeal Butterscotch Cookies | \$27

'Traditional' Cookie Platter | \$30

includes our chocolate chip & oatmeal butterscotch cookies

Sweet Tooth Platter | \$28

includes our coconut macaroons, Sicilian almond cookies & chocolate cherry pecan brownies

DRINKS

Coffee / Decaf | \$30 ; serves 12

Cold Brew | \$36 ; serves 12

Hot Tea | \$30 ; serves 12

Iced Tea | \$26 ; serves 12

Ginger Lemonade | \$26 ; serves 12

Bottled Water | \$1.50 ea

Canned Soda | \$2.50 ea

Orange Juice | \$ 2.50 ea