

# SALAD TO GO

### **ALL YEAR**

2 pound minimum



TUNA SALAD | apples & sunflower seeds in a bumpy mustard dressing

**DEVILED EGG SALAD** I grated egg, celery leaves & cornichons in a mustard mayo

**POPPY SLAW** | cabbage, broccoli, apples, dried cranberries & shredded carrots

PICNIC POTATO SALAD | chopped egg, olives, pickles & celery

**ROASTED FINGERLINGS** I in a garlic aioli with pecan smoked bacon & arugula

**ROASTED SWEET POTATO SALAD** I sugared pecans, dried cranberries in a cider honey vinaigrette

BLUE CHEESE POTATO SALAD | Vidalia onions, pecan smoked bacon & buttermilk blue cheese

**ROASTED PICKLED BEETS** | pickled onions & orange supremes

MARMALADE ROASTED CARROTS | red onion, fresh lemon & mint

**LEMON SPAGHETTI** I fresh basil, arugula, Parmesan & fresh lemon and olive oil dressing

**NEW-FANGLED MACARONI SALAD** I chopped vegetables in a sweet creamy dressing

**LEMON DILL CHICKEN PASTA SALAD** | rotini pasta, chicken, grapes, cucumbers, & celery

CHICKPEA SALAD with zucchini ribbons, tomatoes, feta, chili flakes & fresh herbs

ROASTED CAULIFLOWER, CAPERS & BRUSSELS SPROUT PETALS | dressed in citrus vinaigrette

**MARINATED LENTILS** I celery leaves, radishes & Terra Vita sprouts

**CAULIFLOWER TABBOULEH** | bulgur, fresh mint & chopped vegetables

**QUINOA SALAD** I fresh apples, fennel & spinach in a cider vinaigrette

**GREEK SALAD** I tomatoes, cucumber, mixed olives, peppers & toasted feta in an herb vinaigrette

SRIRACHA ROASTED EGGPLANT, CAULIFLOWER AND MUSHROOMS | scallions & fresh mint

FARRO with fresh vegetables, citrus viniagrette, Praire Breeze cheddar, & garlic almonds

**SESAME GINGER NOODLES** I crunchy vegetables, fresh herbs, and toasted sesame seeds



**HOMEMADE ROASTED CHICKEN SALAD** | mixed grapes & celery

ORZO SALAD WITH SMOKED SALMON | capers & dill in a lemon olive oil vinaigrette

**ROASTED VEGETABLES** | eggplant, mixed peppers, yellow squash, onion, asparagus, & sweet potatoes in a tomato viniagrette

## **EAT YOUR GREENS!**

8 person minimum



**RED, WHITE & BLUE** | local lettuces, mixed berries, sugared pecans and fresh goat cheese in a poppy vinaigrette (Spring/Summer)

**CHOPPED COBB SALAD** I mixed greens, grilled chicken, chickpeas, Prairie Breeze cheddar, crisp vegetables in an herb vinaigrette topped with garlic almonds

**CHOPPED KALE** | grated egg, confetti of vegetables, pickled onions & garlic crumbs in a creamy Parmesan dressing

**HUMBLE ROOTS FARM GREENS** I fresh apple, fennel, dried cranberries, grapes, Prairie Breeze cheddar and spiced pumpkin seeds in a cider dressing topped with cornbread croutons (Fall/Winter)

## SPRING & SUMMER

2 pound minimum



FRESH FRUIT & BERRY | pineapple, mixed melons, grapes, mixed berries

SHREDDED BRUSSELS SPROUTS WITH BLUEBERRIES | in a poppy dressing topped with toasted almonds

**BLT PASTA SALAD** | in a buttermilk dressing

FRESH CORN & AVOCADO | in a lime dressing

**CHOPPED BRUSCHETTA** | garlic croutons, tomatoes, cucumbers, fresh mozzarella, onion, olives & pickled peppers in a red wine viniagrette

FRESH GREEN BEANS with radicchio, pickled onions, castelyetrano olives & whole-grain mustard dressing

ASPARAGUS WITH ROASTED PEPPERS | goat cheese and kalamata olive dressing

MEXICAN STREET CORN | roasted corn with cotija cheese, lime, cilantro, chilis, and garlic aioli

#### **FALL & WINTER**

2 pound minimum



**NEW FANGLED WALDORF** | mixed apples, pears, sugared nuts, grapes & dried fruits in an orange yogurt **ROASTED BRUSSELS SPROUTS** | pecan smoked bacon & balsamic vinegar

FARRO | roasted root vegetables, fresh goat cheese and kale

ROASTED DELICATA SQUASH on French lentils and spinach in a pomegranate molasses vinaigrette

**ROASTED EGGPLANT PASTA SALAD** | with cured tomatoes

PEAR SALAD | apples, blue cheese, mixed nuts, fennel & fresh herbs in a maple dressing

**ROTINI PASTA WITH GRILLED CHICKEN** | roasted butternut squash & onion, fresh spinach, dried cranberries, spiced pumpkin seeds & Prairie Breeze aged cheddar in a cider dressing

#### THE FINE PRINT

- All custom orders are booked on a first come first serve basis. Please call early to plan your event.
- 72 hour notice is appreciated for placing catering orders. Some of our ingredients come from local farmers and specialty vendors & require more notice.
- We accept: Cash, Check, Visa, MasterCard, Discover & American Express.
- Pick up orders require pre-payment or credit card on file.
- Delivery available for event catering only.
- Prices & menu subject to change based on availability.
- Please inquire about SpoonFête full service custom event and wedding catering.

#### **SPOONFED KITCHEN**

1930 Eastwood Rd Suite 105, Wilmington NC

(910) 679-8881 | spoonfedkitchen@gmail.com | www.spoonfedkitchen.com | @spoonfedkitchen



