



Catering & Events Package

Nourish to Heal



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01

TYPES OF CATERING

In-House Catering

We offer in-house catering at Nourish to Heal, which can comfortably accommodate parties of up to 50 people in our dining area.

Off-Site Catering

Host an event at home or another venue with Nourish to Heal off-site catering. You may choose to pick up your meals at Nourish to Heal, which are ready to heat & eat at your convenience. You may also choose to have your meals delivered to the location of your choice. Set up and/or a full service event with staff are available at an additional cost.

Menus for all events are customizable. Please see our Menu PDF document for the most popular choices.

02

OCCASIONS

Host your fully-
customizable event either
at Nourish to Heal or at an
outside venue. We have
hosted birthday parties,
rehearsal dinners, bridal &
baby showers, corporate
events, book talks,
educational presentations,
and more!





03

OUR SPACE

Our newly renovated space consists of a lounge area, bar, and spacious dining room which can accommodate 20-50 people. In the warmer months, our patio may be used as well.

Our space is private for your event. Décor and layout are tailored to you.





04

A SAMPLING OF MENU OPTIONS

An abbreviated listing of menu choices. Menus can be customized and items can be modified to your liking. Our food is prepared from scratch in our kitchen by our skilled team using high quality and clean ingredients. All menu items are gluten and peanut free. Many vegetarian and vegan options available. We can accommodate a variety of dietary needs and preferences.

Sample Brunch/Lunch Menu

Roasted Garlic Feta dip and Lemon Dill Hummus with crudité's and crackers

Mushroom, Onion, Spinach Gruyere Frittata
Broccoli & Cheddar Frittata

Greek Lemon Roasted Fingerling Potatoes

Grilled Vegetables with Kale Pesto

Roasted Salmon
Rosemary Roasted Chicken Breasts

2 salads

-Baby Greens, Quinoa, Strawberries, Figs, Almonds, Goat Cheese and Honey Ginger Vinaigrette

-Roasted Red Beets, Red Onions, Baby Spinach, Toasted Pepitas, Gorgonzola and Balsamic Vinaigrette

Fresh Fruit Salad
Fruited Water, Coffee & Tea

Sample Dinner Party Menu

Fruited water

Charcuterie board

Hummus & roasted beet dip - meats, cheese, nuts, fruit, crackers, veggies

Salad

Lacinato kale, Quinoa, Roasted Butternut Squash, Chickpeas, Pepitas, Dried Cranberries with Lemon Tahini Dressing

Entrees

-Jumbo lump crab cakes with housemade tarter, and served with roasted sweet potato wedges, and purple cabbage and carrot slaw

-Grilled cilantro carne asada grassfed flank steak with avocado, pickled onions, served with brown rice & black beans

-Cauliflower gnocchi, sundried tomatoes, broccolini, & pesto

Dessert

Peach & blueberry crisp with vanilla bean ice cream

Sample Cocktail Party Menu

Charcuterie Board with meats, cheeses, fruit, veggies, nuts, crackers and whipped feta dip and black bean chipotle hummus

Lemon garlic chicken skewers with tzatziki

Cucumber rounds with shrimp and smashed avocado

Kalamata olive & pepper calamari with sweet chili sauce

Quesadilla - cheddar, caramelized onions, spinach

Spinach artichoke stuffed mushrooms

Vegetable black bean bites red pepper coulis

Mozzarella, basil, tomato skewers with balsamic glaze



ON-SITE PRICING

Brunch

\$60

Charcuterie &
Crudités Spread

3 proteins, 2 salads,
1 side, fresh fruit

Dinner

\$ 75

Choice of 3
appetizers

3 main courses, 2
salads, 3 sides

Cocktail

\$55

Charcuterie &
Crudités Spread
Choice of 5
appetizers

\$5pp additional
appetizers

Plated menu with table service may include
additional fees

All packages will get:

Light Decor

3 Hour Space Rental

Staff & Service

Custom Menu

BYOB

Private Venue



OFF-SITE PRICING

Brunch

\$45

Charcuterie &
Crudités Spread

3 proteins, 2
salads, 1 side, fresh
fruit

Dinner

\$60

Choice of 3
appetizers

3 main courses, 2
salads, 3 sides

Cocktail

Varies

Choose 3 appetizers -
\$20 pp

Choose 5 appetizers -
\$30 pp

Choose 7 appetizers -
\$40 pp

Additional charges may include 10% off site catering fee and sales tax. Service and delivery/set-up available, please inquire directly.

Pricing may vary and minimums may apply.

Full plated menu with table service available. Please contact nicole@nourishtoheal.com to plan these events.



FREQUENTLY ASKED QUESTIONS

Q: Is the event space private?

A: Yes, our space will be opened and set-up for your event. You have private use of the lounge, dining area, and the patio for your event.

Q: Is there a deposit required to lock in the date and time?

A: Yes, we require a \$500 deposit in order to guarantee the event and the space. The deposit amount will be deducted from your overall balance

Q: What forms of payment do you accept?

A: You may pay with cash, check, or venmo for the deposit and to the event. Arrangements can be made for credit card payments and will incur 3% fee.

Q: Is gratuity included?

A: Gratuity is not included in our events and is appreciated, but not required.

Q: Can we come early to set-up decor?

A: We encourage arrangements for early drop-off of alcohol. You are welcome to arrive 30 minutes before the event to set-up special decor.

Q: Is there a minimum guest count?

A: We have a minimum guest count of 20 people, you will be charged for a minimum of 20 guests. Final guest count must be given one week before.

Q: Is there a cancellation charge?

A: If the event is canceled more than 2 weeks before the event, the deposit is refundable, minus a \$50 fee. If the organizer cancels and reschedules a new date at the same time, 100% of the deposit is credited to the new date. The deposit may be transferred to a new date scheduled at the same time as the cancellation. For cancellations less than 7 days before the event, the deposit is both non-refundable and nontransferable.

Q: Can we bring alcohol to the event?

A: You are welcome to alcohol and mixers to our event. Please drop off before the day of the event, so we can set up the bar. We will provide service. We can provide fruited water, lemonade and iced tea - you can bring other non-alcoholic beverages

Q: Can we bring dessert?

A: You are welcome to bring dessert. If you need recommendations of bakeries, we are happy to advise.

Q: Can we bring gluten containing foods?

A: Our kitchen is gluten free, but you are welcome to bring in gluten from another bakery or location to serve.

Q:Can we make modifications to the event packages?

A:Our event packages are able to be customized to meet your needs. The listed event packages are suggestions based on our most popular customer selections. Pricing may vary and minimums may apply.

Q:For off-site events, how is the food brought to the venue and plated?

A: You may choose pick-up or delivery for off-site catering. If choosing pick-up at Nourish to Heal, your food would be ready for you to heat at your convenience. If choosing delivery, we can deliver the food to your selected venue or home. Plating options include disposable platters or platters from Nourish to Heal (in which an arrangement would need to be made to return).

We are a family owned & operated business. We look forward to working with you and helping to make your event delicious and beautiful with ease.

Anthony & Nicole





05

BOOK YOUR EVENT

Visit www.nourishtoheal.com to book your event. Fill out the Catering Inquiry Form online.

Have a question?

Email: nicole@nourishtoheal.com



WWW.NOURISHTOHEAL.COM

[@NOURISHTOHEAL](https://www.instagram.com/NOURISHTOHEAL)

Appetizer menu

Seafood

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Bloody Mary Shrimp Shooters • Cucumber Rounds or Crostini with Dilled Salmon with Capers • Smoked Salmon Cucumber Rolls | <ul style="list-style-type: none"> • Guacamole Cucumber Shrimp Rounds • Cod Potato Leek or Salmon Cakes with housemade Tartar sauce • Kalamata Olive & Pepper Roasted Calamari | <ul style="list-style-type: none"> • Coconut Shrimp with Thai Dipping Sauce • Rice Paper Rainbow Rolls (shrimp) with dipping sauce • Jumbo Lump Crab Cakes with tartar sauce |
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Vegetarian

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| <ul style="list-style-type: none"> • Endive Spears with Chive Cashew Cream • Rice Paper Rainbow Rolls with Almond Dipping Sauce • Caprese Skewers with tomato, basil, mozzarella, and pesto aioli • Green Chickpea Falafel with parsley, mint, collard greens, and garlic. Served with Lemon Tahini Drizzle. | <ul style="list-style-type: none"> • Herbed Goat Cheese Stuffed Mini Peppers • Spinach Artichoke Filled Mushrooms • Roasted Figs with Goat Cheese, Pistachio, and Honey • Veggie Bean Bites with Red Pepper Coulis | <ul style="list-style-type: none"> • Watermelon and Feta Bites • Kimchi Deviled Eggs • Parmesan Roasted Carrot Fries • Polenta Triangles with Roasted Red Pepper Coulis • Goat Cheese crusted cranberry, pecan, parsley balls |
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Meat & Chicken

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| <ul style="list-style-type: none"> • Beef Satay Skewers • Sweet & Spicy Meatballs • Granola-Crusted Meatballs with Ginger Teriyaki • Baked Potato Bites with Bacon, Cheddar, Sour Cream, and chives | <ul style="list-style-type: none"> • Charcuterie with assortment of meats, cheeses, crackers, fruit, veggies, and nuts • Prosciutto-wrapped Peaches with Arugula and Balsamic Drizzle • Bacon-wrapped Dates stuffed with Goat Cheese & Balsamic Glaze | <ul style="list-style-type: none"> • Curried Chicken Pinwheel Wraps • Pulled BBQ Chicken Bites • Thai Sweet & Spicy Chicken Wings • Lemon Garlic Chicken Skewers |
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Handheld *menu*

Wraps/Sandwiches/Flatbreads

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| <ul style="list-style-type: none"> • Curried chicken salad tossed in creamy Coconut Curry dressing with maple walnuts, green apples, apricot jam, raisins, celery, and red onions • Chicken, creamy Apple Cider Vinaigrette with maple walnuts, raisins, celery, and red onions • Roasted Red Pepper, Arugula, Fresh Mozzarella, Grilled Chicken with Balsamic Vinaigrette | <ul style="list-style-type: none"> • Coconut curry chickpea with onions, mushrooms, red peppers, carrots, kale and raisins • Salmon with dill, yogurt, vegan mayo, celery, onion, carrots, and capers • Grilled chicken, our caesar, kale, parmesan • Italian tuna and white bean with dill, red onion, tomato, vinaigrette | <ul style="list-style-type: none"> • Hummus, grilled veggies, baby greens • Roasted corn, black beans, tomatoes, shredded cheese, chipotle yogurt sauce • Jumbo lump crab salad with dill, red onion, celery, dijon, lemon • Assorted & custom Flatbreads |
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Cold Salads/Party Dips

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| <ul style="list-style-type: none"> • Quinoa Tabbouleh • Creamy Chive Fingerling Potato Salad • Green Goddess Pasta Salad • Deviled Egg Salad • Citrus Fresh Shrimp Salad • Coconut Curry Chickpea Salad • Babaganoush | <ul style="list-style-type: none"> • Roasted Garlic & Whipped Feta • Muhammara – Roasted Red Pepper & Walnut Dip • Verde Street Corn • Cowboy Caviar • Roasted Beet & Goat Cheese • Fruited Quinoa Salad with Toasted Coconut & Lime | <ul style="list-style-type: none"> • Spinach Artichoke Dip • Calvestrano Olive, Blue Cheese Spread • Buffalo Chicken Spread • Chive Cashew Cream • Endless Hummus Flavors (lemon dill, sundried tomato, Coconut curry, pesto, black bean, pumpkin, kalamata) |
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Handheld Appetizers

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| <ul style="list-style-type: none"> • Roasted figs with goat cheese, pistachio, and honey • Smoked salmon cucumber rolls • Avocado cucumber shrimp rounds • Watermelon and feta bites • Guacamole stuffed BLT tomato bites • Sweet potato rounds with herbed ricotta and pomegranates | <ul style="list-style-type: none"> • Endive spears with chive cashew cream • Rice paper rainbow rolls with Almond dipping sauce • Cucumber rounds with salmon dill • Beef satay skewers • Caprese skewers with tomato, basil, mozzarella, and pesto aioli | <ul style="list-style-type: none"> • Herbed goat cheese stuffed mini peppers • Spinach artichoke filled mushrooms • Bloody Mary shrimp shooters • Prosciutto wrapped peaches with arugula and balsamic drizzle • Kimchi deviled eggs |
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Brunch & More *menu*

Breakfast/Brunch

- Frittata (Broccoli & Cheddar, Mushroom & Gruyere)
- Pancakes to your liking
- Oatmeal & yogurt bar
- French toast casserole
- Breakfast burrito
- Cranberry orange oatmeal bake
- Chia pudding parfait

- Pear, Arugula Salad with Balsamic Vinaigrette and maple walnuts
- Quinoa Fruit Salad with Toasted Coconut & Lime Dressing
- Fresh Fruit Salad or fruit platter
- Mixed Greens, quinoa, berries, avocado, goat cheese, sliced almonds with Maple Ginger Vinaigrette

- Grilled Vegetables with kale pesto
- Roasted Red Beet, Goat Cheese, Red Onion, Toasted Pecans, Balsamic Vinaigrette, Mixed Greens
- Breakfast meat - nitrate free bacon, turkey bacon, sausage
- Greek Roasted Fingerling Potatoes

Brunch/Lunch

- Quinoa Tabbouleh
- Creamy Chive Fingerling Potato Salad
- Green Goddess Pasta Salad
- Deviled Egg Salad
- Citrus Fresh Shrimp Salad
- Coconut Curry Chickpea Salad
- Jumbo Lump Crab Salad

- Baked Potato Bar
- Flatbreads - sweet or savory
- Avocado Toast
- Assorted Wraps (see menu)
- Kale Caesar, Pecorino Romano & Crispy Chickpeas
- Fruited Quinoa Salad with Toasted Coconut & Lime

- Charcuterie Board
- Smoked Salmon, Capers, Red Onion, Dill, Cream Cheese Board
- Beet, Carrot, & Vegetable Latkés
- Crudité with Endless Hummus Flavors (lemon dill, sundried tomato, Coconut curry, pesto, black bean, pumpkin, kalamata)

Sweets & Treats

- Pistachio Chocolate Chip Cookies
- Black & White Sesame Cookies
- Vanilla Bean Crème Brulée
- Sugar Plums
- Dark Chocolate Flourless Cake
- Matcha Mochi
- Maple Tahini Rice Krispie Treat

- Chocolate Chip Cookie Dough Power Balls
- Birthday Cake Power Balls
- Ooey Goopy Chocolate Peppermint Oat Cookies
- Cinna Bliss Rolls
- Chocolate Avocado Mousse

- Red Wine-Cider Poached Pear with Goat Cheese & Maple Walnuts
- Cookie Dough Hummus
- Lemon, Ricotta, Almond Cake
- Super Food Granola Bars
- Cranberry Orange Bread

Entrée menu

Salads

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| <ul style="list-style-type: none"> • Lacinato kale, quinoa, roasted butternut squash, chickpeas, pepitas, dried cranberries, with lemon tahini dressing • Kale Caesar salad with crispy chick peas, parmesan, lemon zest, housemade caesar dressing • Creamy Chive Fingerling Potato Salad | <ul style="list-style-type: none"> • Goat cheese, dried figs, dried cranberries, shaved Brussels sprouts, and pistachios, with apple cider vinaigrette • Red Quinoa, Mixed Greens, Almonds, Avocado, Figs, Pomegranates, Ginger Honey Vinaigrette • Quinoa Tabbouleh | <ul style="list-style-type: none"> • Roasted Red Beets, Red Onions, Mixed Baby Greens, Maple Walnuts, Goat Cheese, and Balsamic Vinaigrette • Cowboy Caviar with mango chipotle • Green Goddess pasta salad with chives, mint, parsley, lemon, avocado, spring peas, and asparagus |
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Meat & Chicken

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| <ul style="list-style-type: none"> • Chimichurri flank steak • Roasted Vegetable & red wine beef osso bucco • BBQ pulled pork with pickled onions • Fennel sausage with peppers & onions | <ul style="list-style-type: none"> • Grandma's pot roast with potatoes, carrots, parsnips, and red wine • Truffled mushroom meatloaf with mushroom gravy • Jerk Rubbed Chicken topped with Grilled Pineapple • Kale Pesto & Sundried Tomato Chicken Breast | <ul style="list-style-type: none"> • Pulled BBQ Chicken Breast • Slow cooked molé roasted chicken breast • Roasted lemon chicken breast with lemon-herb pan sauce with capers and mushrooms |
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Seafood

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| <ul style="list-style-type: none"> • Coconut Shrimp with Thai Red Curry sauce • Ginger Teriyaki Shrimp with Baby Boy Choy • Kale Pesto Shrimp with Sun-Dried Tomatoes | <ul style="list-style-type: none"> • Lemon caper salmon • Ginger Citrus Salmon with grapefruit, orange, fennel, carrots, and peas • Pistachio-Matcha Crusted Cod | <ul style="list-style-type: none"> • Greek cod with feta, roasted tomatoes, kalamata olives, fresh herbs • Salmon Sweet Potato Cakes with housemade tartar • Honey Dijon Salmon |
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Entrée menu

Vegetarian

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| <ul style="list-style-type: none"> • Roasted Delicata Squash with Harissa, Pomegranates, and Mint • Vegetable-Lentil Loaf with Cranberry-Orange Chutney • Eggplant Vegetable Pie with peppers, mushrooms, spinach, and feta with red pepper coulis | <ul style="list-style-type: none"> • Coconut curry chickpea with onions, mushrooms, red peppers, carrots, kale and raisins with kimchi on the side • Vegan taco-inspired Beyond burger crumbles, brown rice, roasted corn, black bean, sautéed peppers and onions, salsa verde, chipotle-tofu cream on side • Roasted Red Pepper cashew cream with brown rice pasta | <ul style="list-style-type: none"> • Gingered butternut squash, chickpeas and forbidden black rice bowl with sautéed ginger, garlic, onions, carrots, butternut squash, roasted red beets and lacinato kale in maple ginger sauté • Chickpea and black bean chili with fire roasted red pepper and chunky tomato base with butternut squash, and lacinato kale served with tofu chipotle cream |
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Vegetable/Grain

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| <ul style="list-style-type: none"> • Stir-fry Vegetables (carrots, broccoli hearts, bok choy, onions, peppers) • Grilled Vegetables (eggplant, carrots, red onions, peppers, zucchini, asparagus) • Garlicky Kale • Green Beans • Roasted Red Beets | <ul style="list-style-type: none"> • Maple Spiced Carrots • Sautéed Broccoli • Roasted Brussel Sprouts • Sprouted Brown Rice Black • Rice Rosemary Roasted • Potatoes Roasted Sweet • Potato Wedges | <ul style="list-style-type: none"> • Smashed Potatoes with aioli • Pesto Quinoa • Mashed Jewel Yams • Gingered Butternut Squash • Butternut Mac & Cheese with Brown Rice Pasta |
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N O U R I S H T O H E A L C A T E R I N G

Menus can be customized and items can be modified to your liking. Our food is prepared from scratch in our kitchen by our skilled team using high quality and clean ingredients. All menu items are gluten and peanut free, unless otherwise specified or requested. Many vegetarian and vegan options available. We are comfortable with accommodating a variety of dietary needs, special requests, and preferences. Nicole & Anthony are culinary trained at the Institute of Culinary Education. Additionally, Nicole is a Registered Dietitian.