



# *Catering & Events Package*

**Nourish to Heal**



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# OCCASIONS

Host your fully-  
customizable event at  
Nourish to Heal. We have  
experience hosting  
birthday parties, rehearsal  
dinners, bridal & baby  
showers, corporate events,  
book talks, educational  
presentations, and more!









# 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 and decor and layout is tailored to you.









# A SAMPLING OF MENU OPTIONS

An abbreviated listing of menu choices. Menus can be customized and items can be modified to your liking. All menu items are gluten and peanut free. Many vegetarian and vegan options available. We are comfortable with accommodating a variety of dietary needs and preferences.

## Sample Brunch/Lunch Menu

Roasted Garlic Feta dip and Lemon Dill Hummus with crudités 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





# 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 fee

All the package will get:

Light Decor

3 Hour Space Rental

Staff & Service

Custom Menu

BYOB

Private Venue



# 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.







# BOOK YOUR EVENT

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Visit [www.nourishtoheal.com](http://www.nourishtoheal.com) to book your event. Fill out the Catering Inquiry Form online.

*Have a question?*

Email: [nicole@nourishtoheal.com](mailto:nicole@nourishtoheal.com)



[WWW.NOURISHTOHEAL.COM](http://WWW.NOURISHTOHEAL.COM)  
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