

# CATERING PACKAGES

PICK A PACKAGE ACCORDING TO YOUR GROUP SIZE.

## SMALL

up to 10 people  
**1 quality protein**  
 +  
**1 grain or salad**  
 +  
**1 hot or cold side**  
**\$130**

## MEDIUM

up to 20 people  
**2 quality proteins**  
 +  
**2 grains or salads**  
 +  
**4 hot or cold sides**  
**\$245**

## LARGE

up to 30 people  
**3 quality proteins**  
 +  
**3 grains or salads**  
 +  
**6 hot or cold sides**  
**\$360**

add an additional \$25 to original price for packages with grilled salmon.

# A LA CARTE PLATTERS

## QUALITY PROTEINS

(serving size of each tray is 10 people)



shredded  
lemon chicken  
**\$45**



grilled salmon  
**\$65**



grilled turkey  
breast  
**\$45**



all white meat  
turkey burger  
**\$45**



baked tofu  
**\$35**



baked falafel  
**\$35**



natureburger  
**\$40**

## HEARTY GRAINS AND SALADS

(serving size of each tray is 10 people)



roasted sweet  
potatoes  
**\$20**



brown rice  
**\$15**



fresh salad  
**\$15**

## SIDES

*hot*

vegetarian chili soup **\$35**  
 hearty lentil soup **\$35**  
 steamed sweet potatoes **\$35**

*cold*

**\$25** guacamole  
**\$25** hummus  
**\$25** tuna + hummus mixed  
**\$25** pico de gallo  
**\$25** mixed vegetables (broccoli, cauliflower, zucchini, baby carrots)

# WHOLESUME WRAP BOX

MIX AND MATCH ANY HEARTY NATUREWORKS WRAPS



10 wraps per box

**\$100**

Chicken w/ Guacamole  
 Mediterranean Chicken  
 Spicy Chicken  
 Tuna & Hummus  
 Falafel w/ Hummus

Natureburger w/ Guacamole  
 The Lexington  
 South American Burrito  
 Vegetarian Burrito  
 Mediterranean Burrito

# EXTRAS

ADD TO ANY A LA CARTE OR PACKAGE ORDER

*desserts*

whole apple pie **\$25**  
 whole sweet potato pie **\$25**  
 whole carrot cake **\$36**  
 10 protein brownies **\$25**  
 24 mini protein carrot muffins **\$20**  
 tray of fruit salad **\$45**

*drinks*

water **\$1.35**  
 coke zero **\$2.25**  
 vitamin water **\$2.25**  
 honest tea **\$2.25**  
 can of diet Pepsi **\$1.85**

# DRESSINGS

PICK FROM OUR SELECTION OF DRESSINGS

tahini - yogurt sauce - oil and vinegar  
 honey dijon - carrot ginger - hot sauce

# NATUREWORKS

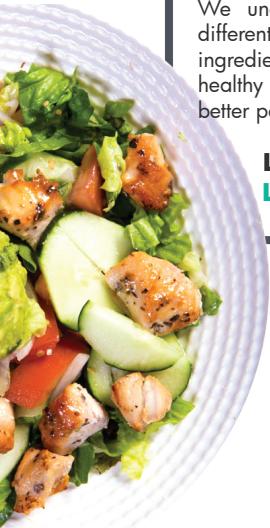
THE LIFESTYLE KITCHEN

## say hello to our CATERING MENU

We understand that everyone's fitness lifestyle has different needs. But there is one constant; quality ingredients for a quality lifestyle. Healthy living driven by healthy eating leads to more productive employees, better performance, stronger profits.

**Let us do the heavy lifting.**  
**Let your tastebuds do the picking.**

we also accept corporate accounts



# NATUREWORKS

THE LIFESTYLE KITCHEN

## NATUREWORKS CLASSICS

SELECT FROM OUR CLASSIC PLATES AND SALADS

serving size of each platter is 10 people

### BOB'S PLATTER

Your choice of protein over brown rice, topped with lentil soup.

**\$100**

### CHILI MEXICANA PLATTER

Your choice of protein, over brown rice, topped with vegetarian chili soup.

**\$100**

### CHICKEN COOP PLATTER

Your choice of protein, with tomatoes, cucumbers, and onions. Baked with tahini and soy sauce. Served over brown rice.

**\$120**

### FARMHOUSE SALAD PLATTER

Lemon chicken with fresh avocado, tomatoes, corn, cheddar, onions, and fresh romaine.

**\$105**

### HEARTY CAESAR SALAD PLATTER

Lemon chicken with low-fat mozzarella cheese, fat-free Caesar dressing, whole wheat pita chips, and fresh romaine.

**\$100**

### GREEK SALAD PLATTER

Feta cheese, onions, olives, tomatoes, and fresh romaine (add chicken \$45)

**\$70**



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[www.natureworksrestaurant.com](http://www.natureworksrestaurant.com)

113 E 31st Street  
btw. Park and Lex  
(212) 725-1411

43 W 55th Street  
btw. 5th and 6th  
(212) 333-3020

go to our website to place an order  
[www.natureworksrestaurant.com](http://www.natureworksrestaurant.com)