

# ESSENTIAL EATS GRAZING, LLC



## BREAKFAST \ BRUNCH

### Greek Yogurt Parfait

A layered parfait with Greek Yogurt, Fresh Blueberries, Fresh Raspberries, Topped with our Signature Housemade Granola | 12 oz

\$ 4.99

### Overnight Oats Cup- Protein Packed

Tarte Tatin French Oatmeal- Honeycrisp Apples, Oats, Cinnamon, Cloves, Coconut Sugar, Greek Yogurt, Almond Milk, Chia Seeds | 9 oz

\$ 4.99

### Omelette w/ Fresh Fruit

A Classic 3 Egg Omelette Featuring Whole Eggs, Tillamook White Cheddar, Diced Ham, Garlic, Bell Peppers, Red Onion, Chives, White Pepper, Sea Salt + 4 oz Mixed Berries

\$ 15.99

### Waffle Breakfast Box

2 Pearl Sugar Waffles, 4 oz Mixed Berries, Fresh Banana, 2 oz Nutella, 4 oz Mixed Nuts

\$ 15.25

### Pitmaster Breakfast Burrito

Slow Roasted Brisket, Whole Wheat Tortilla, Scrambled Whole Eggs, Shredded Hashbrowns, Tillamook White Cheddar, French's Crispy Fried Onions, Green Chiles, Bell Peppers

\$ 17.25

### Quinoa Poached Egg Protein Bowl w/ Pesto & Pine Nuts

Breakfast Bowl, Layered with Housemade Pesto, 6 oz Tri-Color Quinoa, 2 Poached Eggs, Sliced Avocado, Fresh Cracked Black Pepper, Flake Sea Salt, Toasted Pine Nuts

\$ 16.50

### Avocado Toast Box w/ Fresh Banana & 4 oz Mixed Berries

Toasted Udi's Gluten Free Multi-Grain Bread, Fresh Guacamole, Roasted Chickpeas, Everything Bagel Seasoning, Salt, Pepper, Pickled Red Onion, Cilantro Sprouts

\$ 14.25

### Acai Bowl

Made with Acai Berries, Topped with Shredded Coconut, Sliced Almonds, Chia Seeds, Drizzled with Honey, Sliced Bananas, Fresh Raspberries, Housemade Granola | 12 oz

\$ 14.59

### Protein Energy Balls- Chocolate Chip Peanut Butter Cookie Dough

Almond Flour, Belgian Dark Chocolate Bits, Peanut Butter, Dates, Chia Seeds, Old Fashioned GF Oats, Vanilla Protein Powder, Coconut Oil | 14 oz

\$ 13.99

### Oatmeal Cup- Microwave-On-the-Go

8 oz Oatmeal Cup with Gluten Free Rolled Oats, Dried Strawberries, Dried Cranberries, Cinnamon Brown Sugar, Almonds, Ground Cloves

\$ 3.99

## MEAL PREPARATION FOR INDIVIDUALS

Meals are labeled with  
Calories | Macros | Ingredients |  
Re-heating instructions



## LUNCH \ DINNER

ELEVATION  
FITNESS

### Elevation Power Bowl

Select 6 oz Teriyaki Marinated Chicken | Shrimp | Steak- Chopped, Paired with Seasoned Chow Mein Veggies- Sautéed Cabbage, Yellow Onion, Carrots, Green Onions, Bell Peppers, Celery, Teriyaki Sauce

\$ 14.95

### Mustard Gastrique Glazed Chicken

8 oz Grilled Chicken Breast, Seasoned Brown Rice, Sautéed Green Beans or Asparagus, Mustard Gastrique

\$ 15.59

### Pomegranate Molasses Glazed Salmon

6 oz Grilled Salmon, Seasoned Brown Rice or Roasted Golden & Red Potatoes, Herbed Roasted Squash Vegetable Medley, Pomegranate Molasses

\$ 17.25

### Surf n' Turf- Steak & Shrimp

5- Grilled Garlic Herb Shrimp & 4 oz Seared Rib Eye Steak, Seasoned Brown Rice, Herbed Roasted Squash Vegetable Medley, Herb Butter Dipping Sauce

\$ 18.25

### Angus Beef- Seared & Sliced Steak

6 oz Tender Ribeye Steak, Mashed Potatoes w/ Gravy, Roasted Broccoli, Carrots, Cauliflower Medley, Herb Butter Dipping Sauce

\$ 17.25

### Angus Steak Teriyaki Kabobs- 2 Kabobs

5 oz Teriyaki Garlic Marinated Ribeye, Skewered with Cherry Tomatoes, Yellow & Red Onions, Bell Peppers, Seasoned Brown Rice, Teriyaki Sauce

\$ 15.75

### Sliced Bourbon Glazed Chicken

8 oz Grilled Chicken Breast, Roasted Golden & Red Potatoes, Sautéed Green Beans or Asparagus, Bourbon Glaze Sauce

\$ 16.99

### Seasonal Boxed Lunches- 3 Options:

Soup n' Salad | Soup n' Sandwich | Salad n' Sandwich \$ 20.85 | \$ 21.50 | \$ 21.99

\*Includes Complimentary Dark Chocolate Belgian Dipped Strawberry

### Seasonal Soup:

Butternut Squash

### Seasonal Salad:

Berry Breeze Salad w/ White Balsamic Vinaigrette

Sandwiches: Chicken Pesto | Ham & Swiss | Turkey & White Cheddar | The Italian | Chicken Salad | Hummus & Veggie (Vegetarian) - Gluten Free Options Available or Can Make Into A Wrap



## SNACKS \ SIDES

### Charcuterie Box

Variety of Cappicola Salami, Summer Sausage, Genoa Salami, Gouda, Fresh Mozzarella, Barely Buzzed Cheddar Cheese, Tillamook White Cheddar, Fresh Berries, Fresh Grapes, Mixed Nuts, Honey, Watercrackers, Dried Cranberries, Dark Chocolate Almond Bark, Cornichons, Green Olives \$ 36.00

### Cheese Box

Variety of Gouda, Gruyere, Fresh Mozzarella, Barely Buzzed Cheddar Cheese, Tillamook White Cheddar, Brie Cheese, Cheddar Cheese, Breadsticks, Fresh Berries, Fresh Grapes, Honey, Watercrackers, Dried Cranberries \$ 32.00

### Protein Packed Smoothie- Green Apple

Fresh Spinach, Granny Smith Apples, Coconut Oil, Old Fashioned Rolled Oats, Fresh Ginger, Ground Cinnamon, Whey Vanilla Protein Powder | 12 or 16 oz \$ 9.99 | 11.99

### Protein Packed Smoothie- Mixed Berries

Whey Vanilla Protein Powder, Raspberries, Blueberries, Strawberries, Greek Yogurt, Almond Butter, Chia Seeds, Almond Milk | 12 or 16 oz \$ 10.25 | 13.99

### Seasonal Cup of Soup, 8 oz

Cream of Asparagus \$ 9.99

### Seasonal Side Salad, 12 oz

Berry Breeze Salad w/ White Balsamic Vinaigrette \$ 12.49

### Mediterranean Pasta Salad Cups

Housemade Pasta Salad made with Farfalle Pasta, Balsamic Vinaigrette Dressing, Feta Cheese, Olives, English Cucumbers, Red Onion, Italian Seasoning \$ 7.25

### Hummus & Veggie Cups

Housemade Hummus made with Tahini, Olive Oil, Sumac, & Smoked Paprika, Paired with English Cucumbers, Carrots, Bell Peppers, Celery \$ 5.59

### Hummus & Veggie Crudite Box

Housemade Hummus made with Tahini, Olive Oil, Sumac, & Smoked Paprika, Paired with English Cucumbers, Carrots, Bell Peppers, Celery, Cauliflower, Broccoli \$ 9.99

### Granola

Our Signature Granola, made with Almonds, Rolled Oats, Dried Cranberries, Pumpkin Seeds, Maple Syrup, Olive Oil, Sea Salt, Vanilla, & Ground Cinnamon \$ 5.99

### Trail Mix

Our Signature Trail Mix, made with Dark Chocolate Bits, Peanuts, Almonds, Cashews, Hazelnuts, Pecans, Dark Chocolate, Dried Cranberries, Granola, Dried Strawberries \$ 7.99

### Miss Vickie's Potato Chips

Sea Salt | Sea Salt Vinegar | BBQ | Jalapeno \$ 3.50

### Individual | Shared Dessert Box

Variety of Belgian Dark Chocolate Dipped Strawberries, Java Bean & English Toffee Biscotti Bits, Fresh Blueberries & Grapes, Dark Chocolate Almond Bark, Chocolate Covered Pretzels, Mixed Nuts, Soft Caramels, Dried Apricots, Stroopwaffle, Carrot Cake Pops, Mini Nutella Jar, Biscoff Cookies \$ 14.99 | \$ 32



## BEVERAGES

Lemonade | Strawberry Lemonade \$ 3.99  
12 oz Bottled Housemade Lemonade or Strawberry Lemonade

Fiji Water Bottle \$ 2.99  
16.9 oz Artisanal Water, Bottled in Fiji

Tropical Breeze \$ 4.99  
12 oz Bottled Blend w/ Fresh Orange Juice, Coconut Water, Coconut Milk, Lime Juice, Sea Salt

Electrolyte Blends: "Housemade Gatorade" \$ 5.25  
12 oz Bottled Selections:  
Blueberry | Lemon-Lime | Orange | Fruit Punch



## HOW TO PLACE AN ORDER

### | Step 1-

Choose Desired Menu Selections for Meal Prep Each Week- (No Commitment Required)  
\$50 Order Minimum for Pick-Up | \$250 Order Minimum for Delivery + \$35 Delivery Fee

### | Step 2-

Email Hello@essentialeatsgrazing.com by Friday at 6PM for Order Cut-Off;  
Pick-Ups are Monday's only | Delivery on Tuesday's

### | Step 3-

Once your email order is received, we will invoice you for pick-up the following Monday

### | Step 4-

You'll Receive a Confirmation Email When Your Order is Ready for Pick-Up or Out for Delivery with Essential Eats Grazing, LLC- Catering Cafe & Kitchen

ORDER CUTOFF - FRIDAYS by 6 PM  
PICK-UP- MONDAY'S | 11 AM - 6 PM  
DELIVERY- TUESDAY'S | 11 AM - 6 PM

Scan to Learn More  
About Meal Prep:



Website: [www.essentialeatsgrazing.com/meal-prep-menu](http://www.essentialeatsgrazing.com/meal-prep-menu)