

Our goal is *simple*:

To **DAZZLE** your taste buds, to **NOURISH** your spirit and body with the best fuel on the planet, and to **WELCOME** you in as part of our family for food, fun, and compassion.

What makes us *special*:

We are a **GREEN BUSINESS**. In an effort to reduce our carbon footprint, we purchase ingredients from local sources and veganic farmers, whenever possible. We have no fryers or microwave ovens. We recycle or compost all waste, whenever possible. We purify all of our water through a carbonic water filtration system.

You can also be assured when ordering Delivery or Takeout that all packaging is made of environmentally friendly materials which are either biodegradable or compostable.

**LET US HELP TO CREATE
YOUR CATERED EXPERIENCE,
SPECIALLY CRAFTED
TO SUIT YOUR NEEDS!**

OUR ENTIRE MENU IS:

GLUTEN FREE • NON-GMO • ORGANIC

Food allergies:

Our innovative chefs can create a menu that will please your vegan and non-vegetarian guests, using non-GMO ingredients with a variety of textures and flavors. We are mostly gluten free and are able to make other adjustments upon request.

GF: gluten free **NF:** nut free **SF:** soy free



Delivery options:

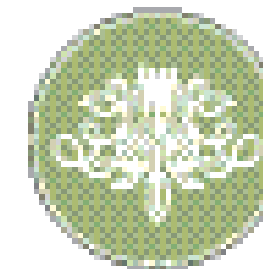
DROP OFF: Served in biodegradable pans and trays; perfect for leftovers and easy clean up. You can either come to our restaurant or have it delivered for an additional charge. Requires at least 24 hours' notice.

FULL SERVICE: We will deliver the food in stainless steel chaffing dishes. Our catering team will set-up and replenish your buffet and keep it tidy during your event. Afterwards, we will leave your space good as new. Call for info, may require more lead time.

CANCELLATIONS

Drop off service requires 24 hours' notice; full service requires 72 hours' notice.

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GREENSPACE
AND CO.

CATERING & EVENT MENU



CONTACT US

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For more info please visit our website
www.greenspaceandgo.com/catering/

WRAPS

	<u>SINGLE</u>	<u>SERVES 8-10</u>
GO SOUTH GF SF red quinoa, mushroom-onion mix, pinto beans, romaine lettuce, raw salsa, cashew tzatziki	\$11	\$88
SWEET LIFE GF NF ginger tempeh, massaged kale, sweet potato, chopped broccoli, pickled vegetables, green onion aioli	\$11	\$88
ROCK THE BROCC GF SF broccoli falafel, cucumber, baby arugula, garlic-roasted beets, cashew tzatziki	\$11	\$88
VITALITY GF NF ginger tempeh, avocado, roasted sweet potato, romaine lettuce, wakame slaw	\$11	\$88
HEART BEET GF NF baby arugula, cucumber, ginger tempeh, beet hummus mushroom-onion mix, avocado	\$11	\$88

SALADS

	<u>SINGLE</u>	<u>SERVES 8-10</u>
EAT TO LIVE GF NF massaged kale, mushroom-onion mix, French lentils, avocado, garlic-roasted beets, tahini	\$12	\$96
REFRESH GF NF romaine lettuce, ginger tempeh, cucumber, tomato, spiced chickpeas, honey mustard vinaigrette	\$12	\$96
OKINAWA GF NF massaged kale, wakame slaw, chopped broccoli, cucumber, roasted sweet potato, orange-ginger dressing	\$12	\$96
JERUSALEM JOY GF NF baby arugula, garlic-roasted beets, broccoli falafel, cucumber, tomato, tahini	\$12	\$96

BOWLS

	<u>SINGLE</u>	<u>SERVES 8-10</u>
SIMPLE LIFE GF SF NF spiced chickpeas, roasted sweet potato, steamed broccoli, arugula, pickled vegetables, beet hummus	\$13	\$104
ENDURANCE GF SF broccoli falafel, cucumber, baby arugula, French lentil, garlic-roasted beets, cashew tzatziki	\$13	\$104
HEALTHY HEART GF SF NF red quinoa, romaine lettuce, pinto beans, mushroom-onion mix, avocado, chipotle pepitas, raw salsa	\$13	\$104
LONGEVITY GF NF massaged kale, ginger tempeh, carrot sticks, avocado, wakame slaw, brown rice, tahini	\$13	\$104



SIDES

	<u>12OZ</u>	<u>QUART</u>
MAC & CHEESE GF SF	\$7/12oz	\$18/32oz
PINTO BEANS GF SF NF	\$5/12oz	\$12/32oz
HUMMUS GF SF NF	\$6/12oz	\$16/32oz
SEASONAL SOUP call for availability	\$6/12oz	\$16/32oz

SMOOTHIES

	<u>QUART (SERVES 6-10)</u>
HEMPTATION GF SF NF banana, turmeric, vanilla, hemp seeds, ginger, carrot juice, maca	\$20
BLISSFUL GF SF cashew, cinnamon, banana, ashwagandha, spirulina, vanilla-oat milk	\$20
RISE & SHINE GF SF mango, coconut, nutmeg, cardamom, dates, avocado, orange juice	\$20
EXHALE GF SF blueberry, banana, almond butter, oat milk maqui berry, cardamom, pineapple, honee	\$20
CHOCOLATE HEALER GF SF cacao powder, cashew butter, vanilla, maple syrup, medicinal mushroom blend, dates, avocado, coconut milk	\$20
TUMMY HEALER GF SF pineapple, banana, kale, probiotic, honee	\$20

DESSERTS

CUSTOM CAKE	(call for pricing)
BAG OF COOKIES (4 qty)	\$5.50
CUPCAKES (12 qty)	\$30
DRINKS (by the case)	
DR. BREW KOMBUCHA	\$45/cs of 12
YERBA MATE	\$24/cs of 12
LACROIX	\$10/cs of 12

Beverage and dessert selections are always rotating, please call for current availabilities.

**Please add a 3% service charge for all orders.*

ORDERING FOR A LARGER GROUP? CALL FOR PRICING AND OPTIONS