

## Catered Soups

- Chicken & Meat Soups

### Out of Africa

- Nigerian Chicken, Bean, & Cabbage Stew

### Sweet Potato More

- Chicken with Sweet Potato, Chili and Lime

### Red, White & Moo

- Red and White Bean Chili made with Local Ground Beef.

- Vegetarian Soups

### Chicka-Chicka-Boom-Boom

- Caribbean Coconut Stew

### Oh My Darlin' Clemen-Lime

- Citrus, Lentil, & Spinach Soup

### Cincinnati Chili

- Three Bean Chili with a touch of Chocolate

### Imagine John Lentil

- Lentil Soup

### V2

- Vegetarian Vegetable Soup

### Marrakesh Mash

- Moroccan Lentil and Garbanzo Stew

### Smok'n Cub'n

- Cuban Black Bean Soup

  
Globally Inspired, Local Goodness

# Catering & Meeting Room



We cater a delicious breakfast, lunch, and dinner and can host your event offsite or in The Gathering Place (a 40 person meeting room, with us in The Common Good Marketplace).

\* Make your reservations for The Gathering Place with Debra King in the Gift & Thrift offices at: 540.433.8844, ext. 103; giftandthrift@gmail.com

# Catering Menu

  
a Bowl of  
GOOD

Globally Inspired, Local Goodness

831 Mt. Clinton Pike,  
Harrisonburg, VA 22802

abowlgood@gmail.com

abowlgood.com

540.437.9020

Hours of Operation:

M-F 7am - 6pm

Sat. 8am - 3pm

Sun. Closed

## Catered Breakfast

Your choice of two of our freshly baked Bertha's Burstin' Loaves plus locally roasted coffee.

4.99/person

Add fresh fruit platter 6.99/person

### The G'Mornin'

Local sausage, egg and cheese rolled into potato buttermilk bread.

### The Sweet Spot

Fruit & nuts with cinnamon rolled into potato buttermilk bread.

### The Nelly

Tomatoes, basil, and cheese rolled into our 9-Grain Nelly Bread.

\*Our large loaves are sliced to allow for multiple tastings.

\*\*Our coffee is fair trade and organic; recently roasted by Grains of Sense in Staunton, Virginia.

- 15 Person Minimum off site.

- Delivery charge (unless held in The Gathering Place): \$15

- We're "Green". We use environmentally safe paper and plastic ware.

## Catered Lunch

### "Souper" Brown Bag Lunch

10.00/person

- Cup of our delicious soup (your choice of three)
- Fresh 9-Grain Roll with Butter
- Apple (Local when possible)
- Homemade Cookie
- Bottled Water

### Specialty Lunch Menu

11.00/person

Your choice of two of our soups served homestyle in crock pots (see soup listing).

&

Fresh 9-Grain Nelly Bread w/ Butter. Salad - choose from Fiesta Fruit and Nut or Greek Style with homemade vinaigrette. We use LOCAL lettuce!

or

Half-Wrap & Sandwich Tray (your choice of three)

\*All Specialty Lunches include a Homemade Cookie Tray

Coffee & Tea Service

- add \$2.00/person

Specialty Drinks

- add \$1.00/person

## More Catered Goodness

### Sandwich & Wrap Trays

#### The Bahn-Mi Baguette

Ham, Cucumber, Red Onion, Carrot, Lettuce Mayonnaise, Lime Juice, Basil, Mint, & Cilantro

#### The H-Burg Turk

Turkey, Havarti Cheese, Tomato, Spinach, Onion & Mayonnaise, served on 9-Grain Nelly.

#### Silly-Dilly Tuna

Dill Tuna, Tomato & Spinach, served on 9-Grain Nelly.

#### A-Wrapolis

Humus, Lettuce, Tomato, Cucumber, Black Olives Feta

#### Super-Cali-Wrap-Delicious

Roasted Turkey, Havarti Cheese, Tomato, Lettuce, Mayonnaise, Onion

#### The Original Curried Chicken Wrap

Curry Chicken Salad, Spinach and Sweet Red Pepper

#### The Black Bean Wrap

Black Beans, Salsa, Lettuce, Avocado, Sour Cream

### Specialty Drinks

Té de Jamaica (Hibiscus Tea)

Southern Tea

Limonada (Limeade)

Unsweetened Tea

### Dessert \$1.50/person

Our hearty cookie tray features our yummy, homemade cookies:

Monster Cookies

Aztec Chocolate Cookie

Orange Cranberry Biscotti Cookie