

take it on a tray!

large wrap tray [serves 15-25] • \$198

package one 3 chicken caesar, 5 turkey club, 3 chicken salad, 2 b.l.t.g, 2 skinny [chicken]

package two 5 turkey club, 5 chicken salad, 3 b.l.t.g, 2 tuna

package three 5 turkey club, 3 b.l.t.g, 3 chicken caesar, 2 tuna, 2 veggies

small wrap tray [serves 8-12] • \$106

package one 2 chicken caesar, 2 turkey club, 2 chicken salad, 2 b.l.t.g

package two 2 tuna, 2 b.l.t.g, 2 turkey club, 2 chicken salad

package three 1 veggie, 1 tuna, 2 chicken salad, 2 turkey club, 1 b.l.t.g, 1 skinny [chicken]

office bundles

large one large tray of wraps, 24 bags of chips & 2 dozen assorted mini cupcakes [serves 15-25] • \$275

small one small tray of wraps, 12 bags of chips & 1 dozen assorted mini cupcakes [serves 8-12] • \$145

wraps

[gluten free wraps available *additional charge]

chicken caesar

grilled chicken tossed with housemade croutons, ceasar dressing, parmesan cheese, red onion, black olives & romaine lettuce in a wheat wrap

the skinny

grilled chicken, romaine lettuce, cucumber, shredded carrots, tomato, avocado, sprouts, lime & spices in a tomato wrap [can be made without chicken]

turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts, & dijon mustard mayo in a spinach wrap

chicken salad

signature chunky chicken, apples, grapes, celery & red onion tossed in a creamy dressing, romaine lettuce & sugared pecans in a wheat wrap

tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss, and avocado in a wheat wrap

b.l.t.g

applewood bacon, romaine lettuce, tomato, guacamole & mayo in a spinach wrap

veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts in a tomato wrap. [vegan option] sub red pepper hummus

sandwiches

choose any two sandwiches [serves 8-12] • \$112

veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts on wheat berry bread. [vegan option] sub red pepper hummus

turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts & dijon mustard mayo on swirl rye

tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss and avocado on toasted swirl rye

tuna deluxe

tuna salad, cucumber, tomato, spinach leaves, red onion, sprouts, drizzle of balsamic on toasted swirl rye

chicken salad

chunky chicken prepared with diced red onions, celery, apples, grapes & tossed with our sweet dressing blend, romaine & sugared pecans on wheat berry

box lunch

brown box it!

this is how it works
We require a minimum of 10 boxed lunches per order, maximum of three wrap or sandwich selections. Box lunches come with sea salt potato chips, cream cheese pickle slice, & a mini chocolate cupcake. Wrap Box \$16 | Sandwich Box \$17 | Salad Box \$16 *w/o chips [salad options: the skinny, garden, fruity, chicken, caesar]

need beverages? \$2.50 - 20 oz choices are: coke, coke zero, diet coke, sprite, h2o, AHA flavored h2o

still hungry? fruit cup \$4 cup of soup \$6 quart \$24

chicken enchilada our signature chunky chicken, zucchini, corn, black beans, tomato, creamy & just the right amount of spice! served with tortilla strips & sour cream

red pepper gouda creamy & full of flavor... vegetarian served with house made croutons

salads [serves 6 - 8]

the skinny

romaine lettuce, tomato, cucumber, shredded carrots, avocado, sprouts, topped with lime & spices. veggie \$50 chicken \$64, shrimp Market

the med

rotini pasta, fresh spinach, romaine, roasted red peppers, kalamata olives, feta & sweet basil dressing. \$50, chicken \$64, shrimp Market

fiesta

topped with black beans, cheddar cheese, pico de gallo, guacamole, grilled bell peppers and onions, tortilla strips, served with jalapeno ranch. veggie \$54, chicken \$68, shrimp Market

bruschetta

romaine lettuce, tomato, red onion, black olives, feta served with crostinis & balsamic vinaigrette. veggie \$54, chicken \$68, shrimp Market

melon & goat cheese

baby spinach, avocado, red onion, sprinkled with a bit of chile-lime seasoning & sugared pecans. served with a mango-pineapple vinaigrette. veggie \$54, chicken \$68, shrimp Market

garden salad

baby spinach, sprouts, cucumber, tomato, shredded carrots, red onion, egg, parmesan & croutons choose: ranch, caesar, balsamic or oil & vinegar. veggie \$56, chicken \$68, shrimp Market

extra dressings: 1/2 pints: ranch, jalapeno ranch, balsamic, mango pineapple \$6 sweet basil & caesar \$10

prices subject to change

want more? we got it!

cream cheese pickles!

kosher pickle smothered in cream cheese, wrapped in a thinly sliced deli meat & sliced for bite-sized enjoyment ~ delish! [75 slices] \$62
VEGETARIAN? No Problem! Enjoy them wrapped in a tortilla!

fruit platter

served with chile lime seasoning \$65

veggies & hummus

carrots, celery, cucumbers [serves 8-12] \$65

chicken skewers [serves 20] \$118

chilled shrimp [serves 20] market

cucumber stacks

fresh cucumber slice topped with red pepper hummus, sprouts and a sprinkle of a chile lime seasoning [serves 20] \$44

whipped feta served with garlic toasts \$68

blackened tuna

with pickled ginger & wasabi ranch [serves 20] market

chicken salad

our signature fruity chicken salad, chunks of chicken, apples & grapes, diced celery & onion in a creamy tangy dressing pint \$18 • quart \$34

chipotle beef lollipops

slow simmered in a chipotle tomato sauce, complimented by a mild white cheese crumble, a black bean sauce & fresh cilantro \$118

lettuce wraps

fresh cantaloupe and avocado, red onion, goat cheese, lime and spice served with mango-pineapple vinaigrette \$115

fajita bar

chicken, carnitas or veggie, tortillas, salsa, pico de gallo, lettuce, cheese, sour cream \$295 • steak \$365

for charcuterie + more catering options
check out girl + food by cafe fresh

girl+food
BY CAFE FRESH

5345 belle avenue davenport
phone 563.551.4050

chips & dips

blue chips \$12

salsa made in house pint... \$9

roasted red pepper hummus

1/2 pint... \$8 • pint... \$16 • quart... \$30

guacamole

made fresh daily, chunks of avocado, diced tomato, onion, cilantro, fresh lime pint... market • quart... market

spinach artichoke dip

our signature spinach artichoke fiesta cream cheese dip
~ tastes great hot or cold! pint... \$18 • quart... \$36

cupcakes!

made from scratch, melt in your mouth,
your very own handful of yum!

chocolate, red velvet, carrot, pumpkin

jumbo size 1 dozen \$60

mini 4 dozen \$68 • mini dozen \$18

*upcharge for specialty flavors

looking for a FOOD TRUCK?

we got you!

call 563.551.4050 or email us at

letschat@girlplusfoodbycafefresh.com

get the skinny

Large orders are on a first come, first serve basis

we request a 24 hour notice for all large orders...however if you have a last minute need, please call us to determine availability.
all catering orders must be secured with a credit card. P.S. we have a food truck now too! Please consider us for your events!

payment

all catering orders are secured with a credit card, card will be charged day of the order" we are happy to accept, visa, mastercard, discover & american express (transaction fee may apply), corporate checks or cash. Cancellation policy: less than 72 hours, 50% is due, less than 48 hours 100% will be due & charged to the card on file. Private parties onsite or food truck events a nonrefundable deposit equalling 1/3 of the estimated party cost is due at time of booking, canceling 7 days prior, if we are unable to fill the spot, 50% of estimated party cost is due, less than 72 hours the entire balance will be charged to the card on file.

Please understand days prior to an event fresh product has been ordered, received & paid for in preparation for your event, as a small business we can not absorb these costs.

we deliver!

by appointment

our minimum delivery order is \$125 for your convenience a flat \$25

delivery charge will be added to orders of \$299 or less,

a delivery charge of \$45 for orders over \$300

our delivery personnel will unpack and set up your order at your request. the delivery fee is added for the driver.

table service available upon request:

if needed we are happy to supply you with picnic ware, plates & soup cups for an additional charge per setting.

gratuity!

we do not automatically add a gratuity or service charge. If you would like to acknowledge the crew who consulted, prepared & packed up your order that gratuity will be split directly between them & very much appreciated!

to place your order

give us a call, we'd love to help! 309.798.1714 or 563.551.4050 after hours questions? please send us an email,

letschat@cafefreshkitchen.com. please do not submit email orders without prior communication.

cafe fresh

1514 5th avenue downtown moline
phone 309.798.1714

girl + food

5345 belle avenue davenport
phone 563.551.4050