

## Sides

### Bean Salads

**Edamame Salad** - Edamame & veggies in a tasty Asian marinade

\$9/lb

**Black Bean Fiesta** - Black Bean, roasted corn, red peppers & spices

**Med Chick Pea** - chick peas, roasted cherry tomatoes, basil, eggplant & spices

### Pasta Salads

**Bow Tie Pasta with Kale Pesto** - just like traditional pesto but made with kale.

**Greek Orzo** - orzo, feta & olives tossed in a vinaigrette

\$8/lb

### Slaws and Tater Salads

**Red Potato Salad** - classic red potato salad

**Asian Cole Slaw** - cole slaw with an Asian twist

**Confetti Cole Slaw** - very traditional and delicious

\$6/lb

### Great Grains

**Classic Tabouli** - homemade tabouli made with bulgur wheat

**Quinoa Tabouli** - just like the classic but made with quinoa

**Indonesian Rice** - basmati rice, pineapple, raisins, cashews & sesame marinate

\$7/lb

### Very Veggie

**Carrot Beet Spinach** - roasted carrots and beets tossed with spinach tangy marinade

**Sesame Ginger Green Beans** - green beans Asian style

**Broccoli with Garlic and Pine Nuts** - blanched broccoli tossed with roasted garlic and pine nut with a little yellow and red pepper

\$8/lb

## Main Course Entrees

Serves 10-12

**Roasted Veggie Lasagna** - our own marinara layered with all natural cheeses and organic vegetables.

**Greek Spanakopita** - an all organic version of the Greek classic.

**Eggplant Parmesan** - slices of eggplant rolled in GF bread crumbs layered with homemade marinara and all natural cheeses

**Chicken Milan in fillo** - all natural chicken, artichokes, roasted red peppers, mushrooms, spices and cheese baked in organic fillo pastry.

**Spinach Feta Stuffed Portabellas** - organic mushrooms stuffed with spinach, feta, spices, eggs and GF bread crumbs

**Shepherd's Pie** - made with tempeh and veggies in a rich sauce.

\$50  
each

### Country Vegan Corn bread

Fresh, made from scratch and a fan favorite.

\$25  
each

# GOOD TO GO LUNCH CATERING AT GOOD FOODS GROCERY



3062 STONY POINT ROAD RICHMOND, VA 23235  
PHONE: (804) 320-6767 FAX: (804) 320-6424

## Bakery Fare

### Morning Muffin Trays

Fresh, made from scratch apple, blueberry, chocolate or carrot muffins. Choose traditional or gluten free.

\$25

### Sweet Bread Tray

Fresh, made from scratch, carrot, apple, chocolate & pumpkin.

\$25

### Joe to Go

Lamplighter Coffee, Locally roasted & fair trade organic.

\$18

serves 12

### Cookie Tray

Your choice of three cookies - GF chocolate chip, coconut, coconut chocolate, double ginger, oatmeal raisin, peanut butter

\$30 \$60  
small large

## Classic Box Lunches Minimum order: 10

### Sandwich or Wrap Box Lunches

Sandwich or wrap, one side, cookie and bottle water

#### Meat Choices:

Curried Chicken Salad  
Tarragon Chicken Salad  
Smoked Turkey & Swiss  
Roasted Chicken & Provolone  
Organic Egg Salad  
Tuna Salad

#### Vegetarian Choices:

Veggie Hummus  
Cajun Tofu  
Roasted Veggie Hummus  
Tofu Goddess  
Vegan Tuna Salad  
Vegan Chicken Salad

\$10  
per person

#### Side Choices:

Potato Salad, Pasta Salad, Quinoa Salad, Black Bean Salad or Fruit Salad (when available).

### Salad Box Lunches

Salad and homemade dressing, cookie & bottled water

#### Meat Choices:

Nicoise (tuna & egg)  
Grilled Chicken  
Chef Salad

#### Vegetarian Choices:

Garden Salad  
Country Tofu  
Greek

\$10  
per person

### Sandwich and Wrap Trays

A selection of wraps or sandwiches to satisfy even the most discriminating palate.

#### Meat Choices:

Curried Chicken Salad  
Tarragon Chicken Salad  
Country Chicken Salad  
Smoked Turkey & Swiss  
Ham & Swiss  
Roasted Chicken & Provolone

#### Veggie Choices:

Hummus  
Cajun Tofu  
Roasted Veggie Hummus  
Tofu Goddess  
Vegan Tuna Salad  
Vegan Chicken Salad

\$7  
per person

### Homemade Soups

Seasonal flavors available

\$16  
per quart

Please give 48 hours notice when possible. Special order cakes are also available; call for details. These can be personalized and made-to-order. Contact Michael King at (804) 320-6767 or michaelk@goodfoodsgrocery.com. Gluten Free is available on most items.

## Platters

### Piled High Panini

The best sellers from our menu made on Flour Garden bread

Chicken Florentine - Chicken, spinach, feta, grilled onions basil & garlic aioli sauce

Mediterranean- Roasted veggies, grilled onions Tuscan spread, Athens spread & pesto aioli

Milan - Chicken, roasted red peppers, grilled onions and provolone cheese

Smoking Turkey - Smoked turkey, roasted red peppers, grilled onions, pepper jack cheese & chipotle sauce

Portabella Heaven - Marinated baked portabella mushrooms, spinach, grilled onions feta & garlic aioli sauce

Small Large

\$75 \$150  
Serves Serves  
10 20

### Traditional Deli Platter

All natural, hormone and antibiotic free meats & cheeses garnished with organic produce

Meats- Black Forest Ham, Oven Roasted Chicken and Smoked Turkey.

Cheeses- Provolone, Swiss, and Cheddar.

Sides- Romaine lettuce, tomatoes, red onions, calamata olives and pickles.

Condiments-Yellow Mustard, Canola Mayo and Basil Pesto  
Veganaise

\$75 \$150  
Serves Serves  
10 20

### Party Platters

Antipasto Platter - A colorful platter of olives, artichokes, roasted red peppers, hard boiled eggs, tuna, veggies, & marinated mushrooms. (pictured on cover)

Classic Cheese Board- All eBGH-BST hormone free  
Crudites - organic veggies with your choice of dips

Fruit Medley - Seasonal organic fruits

Mediterranean - Homemade hummus with veggies, olives, feta & crackers

\$75 \$150

\$50 \$100

## Dips & Spreads

### Homemade Hummus-

Roasted Garlic , Black Bean or Roasted Red Pepper

\$8/lb

### Original Cheese Dips

Pimento Cheese- All natural, hormone free cheese  
Mild or spicy this is the best you have ever tasted.

\$8/lb

## Salads by the Pound

### Original Signature Salads

Bell & Evans all natural, hormone and antibiotic free chicken  
Curried- Mild curry with golden raisins, onions, parsley & celery

Tarragon -our signature chicken salad with red onion, currants, parsley & tarragon.

Country -traditional chicken salad with celery & onion

Tuna Veggie Salad - Tuna Salad with veggies

\$10/lb