



Zella's Soulful Kitchen offers Farm- Fresh Food That Feeds the Soul using fresh, seasonal, and local ingredients. Our menu offerings include small bites of southern and home style classics, specialty lunch boxes, buffets, cocktail parties, and sit-down dinners. Using quality ingredients is a priority for us. We use local organic fruits and vegetables when available, as well as free-range and organic poultry and meats. Our main goal is to provide you with the fresh food that's pleasing to the soul, palate with a little taste of home.

**We kindly request a minimum of at least two weeks' notice on most orders, although sometimes we can accommodate last minute orders.**

**All events must be confirmed with a 50% deposit in order to secure the event date. Our menus are priced per person and may include Single Service Items (Includes biodegradable paper plates and eating utensils, paper napkins and plastic serving utensils) and at an additional cost. Currently we are only offering drop off catering services.**

## **BREAKFAST**

### **CONTINENTAL BREAKFAST – WITH PASTRIES, MUFFINS AND SCONES**

Fresh- baked croissants, danishes and muffins, seasonal fruit, and orange juice.

**\$9.00 per person (minimum 15 guests)**

### **BAGEL BREAKFAST**

Includes assorted local bagels, natural cream cheese, tomatoes, cucumbers and red onion, seasonal fruit salad, and orange juice. \*Add sliced smoked salmon for \$5.00/guest.

**\$12.00 per person (minimum 20 guests)**

### **BISCUIT BREAKFAST SANDWICHES**

Little house-made biscuits split and filled with eggs, cheese and your choice of our house made chicken sausage patties or apple-wood smoked bacon, with seasonal fruit salad & orange juice. Biscuit sandwiches leave our kitchen warm, wrapped in a box or tin pan. Includes compostable disposables.

**\$14.00 per person (minimum 20 guests)**



**À LA CARTE BREAKFAST ITEMS:**

Yogurt Parfait, with granola and berries - **\$3.50 ea.**

**Vegan Puddings**

(vegan/gluten/dairy free)

\**Chia Pudding*- creamy custard of chia seeds, soaked cashews and medjool dates

\**Avocado Cacao Pudding*- Creamy custard of either avocado, cacao, soaked cashews, and medjool dates.

**\$5.00 each**

Organic Yogurt, asst. 6 oz. - **\$2.00ea.**

Hard boiled Eggs, **\$1.00 ea.**

Whole Seasonal Fruit- **\$1.25 ea.**

**COFFEE & TEA SERVICE**

Local Roasted Coffee, Numi Teas, raw sugar, raw stevia, honey, half & half, almond milk (available upon request) stir sticks & cups.

**\$3 PER PERSON**



## BOXED LUNCHES

Enjoy an entire delicious meal delivered in our boxes, each containing one of the sandwiches below, a side, and a sweet. Compostable utensils and napkins included.

**Minimum order of (6) six of any one selection.**

Beverages are available for an additional \$2.50-3.00 each.

### \$12 FOCACCIA SANDWICH BOX LUNCHES

#### Sandwiches

*Made on focaccia bread, with mayonnaise and mustard packets*

TURKEY & CHEDDAR WITH MIXED GREENS

BLACK FOREST HAM &, SWISS WITH MIXED GREENS

ROAST BEEF & SWISS WITH MIXED GREENS

TUNA SALAD WITH MIXED GREENS

HUMMUS & FRESH VEGETABLES WITH MIXED GREENS

#### Sides

Whole piece of Seasonal Fruit

Kettle Chips

Mixed Green Salad

#### Sweets

Chocolate Brownie

Fresh -Baked Cookie

### \$15 VARIETY BOX LUNCHES

Want more of a choice? Everyone in the office wants a different sandwich or an entrée salad?

**Minimum order of (10) ten of any one selection.**

#### Sandwiches

*Served on a variety of artisan breads and sandwich rolls.*

ROAST TURKEY, SHARP CHEDDAR AND APPLE BUTTER WITH MIXED GREENS

MUFFULETTA SANDWICH -MIX OF HAM, SALAMI, AND MORTADELLA MEATS, PROVOLONE CHEESE, PICKLED VEGETABLE & OLIVE SPREAD AND MIXED GREENS

SMOKED HAM AND BRIE CHEESE WITH CHIPOTLE CHUTNEY AND MIXED GREENS

GRILLED CHICKEN BREAST AND PROVOLONE CHEESE WITH ROASTED PEPPER RELISH

Contact us by calling 510-604-5887 or [Catering@zellassoulfulkitchen.com](mailto:Catering@zellassoulfulkitchen.com)



ROAST BEEF AND HORSERADISH CREAM, RED ONIONS AND MIXED GREENS

CAPER & HERB TUNA WITH MIXED GREENS

GRILLED VEGETABLES WITH OLIVE HUMMUS AND MIXED GREENS \*

*\*Vegan*

OR CHOOSE...

### **Entrée Salads**

**Minimum order of (10) ten of any one selection**

QUINOA & KALE SALAD WITH ROASTED SWEET POTATOES, BLACK BEANS, RED ONIONS AND FRESH HERBS\*

JERK CHICKEN SALAD WITH LEMON VINAIGRETTE

BULGAR SALAD WITH FETA AND FRESH HERBS

ORZO-KALE PESTO SALAD WITH HAZELNUTS AND FETA CHEESE

MIXED GREENS, TOFU AND GRILLED VEGETABLES WITH BALSAMIC VINAIGRETTE \*

*\*Vegan*

### **Sides**

Macaroni salad

Potato Salad

Kettle Chips

Multigrain dinner roll

### **Sweets**

Whole piece of Seasonal Fruit

Brownie

Dessert Bar

Cookie



## LUNCHES & LIGHT DINNERS

These menus are buffet-ready and designed to be enjoyed at room temperature. All our plates, flatware, napkins and tumblers are compostable and included in the menu price. Our disposable platters and serving utensils are re-usable. Beverages are available for \$2.00 each. Additional service and/or rentals are available - let us know what you'd like!

### Salad Trio

Three salads ~ BBQ CHOPPED CHICKEN, ORZO-KALE, AND SPINACH SALAD with apples, candied pecans, and crumbled gorgonzola tossed in balsamic vinaigrette and served with sliced baguette.

\$16.00 per person - Minimum 25 guests

### Deli Delights

Selection of maple-glazed turkey, roast beef, ham, salami and provolone, alongside an assortment of breads, served with aioli, dijon mustard, lettuce, tomatoes, red onion, pickles and pepperoncini and served with potato salad

\$16.00 per person - Minimum 25 guests

### Signature Sandwich Classics

Grilled Vegetable with Pesto & Provolone; Fried Chicken or Jerk Chicken with Slaw; and Turkey Meatloaf with Cheddar. Served with mixed green salad and potato salad.

\$16.00 per person - Minimum 25 guests

### Office Picnic

Barbequed Chicken (breasts, legs and thighs), served with potato salad or coleslaw, and bbq baked beans.

\$18.00 per person - Minimum 25 guests

### Caribbean Rim

Choice of vegetable, jerk chicken or beef skewers with seasonal fruit relish, crunchy vegetable slaw and honey-buttered cornbread.

\$19.50 per person - Minimum 25 guests

### Tribute to Soul Food

Fried (or roasted) chicken, braised greens, classic cheddar macaroni & cheese, honey buttered.

\$22.00 per person - Minimum 25 guests

## DELIVERY:

We schedule half-hour delivery windows, so let us know what your ideal window would be (11:00 to 11:30 am or 3:30 to 4:00 pm etc.) We may arrive at any point during your scheduled 30-minute delivery window. Our earliest delivery window is 8:00 am -8:30am, and our latest is 5:30 to 6:00 pm. Ideally the end of your delivery window should be at least 15 minutes before your guests arrive, so you have time to set up your buffet. When we deliver, we simply drop off the platters of ready to eat, room temperature/slightly chilled food. All you will need to do is arrange the platters accordingly.

*\*Deliveries only for orders of \$400 or more*

**OAKLAND: \$25/SAN FRANCISCO: \$35/ OTHER AREAS: available**

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