



CATERING MENU

Orders must be placed 24 hours in advance. | Please call 985.951.2064 to place an order!

A HEALTHIER APPROACH TO COMFORT FOOD

BREAKFAST ITEMS (serves 10 - 12 people)

- Strawberry or Blueberry Greek Yogurt Parfaits topped with Organic Granola...**\$40.00**
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- Assortment of Gluten-Free Orange-Blueberry Flaxseed Mini Muffins and Tropical Breakfast Bars...**\$30.00**
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- Sausage, Egg, and Cheese Soufflé Cups...**\$65.00**
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- Fresh Start Breakfast...**\$75.00**
scrambled eggs, grits, sausage or bacon
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WRAPS (20 half wraps per tray)...**\$75.00** Choose a single wrap or have your tray assorted how you like!

- Chicken Salad Wrap
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- Chicken Caesar Wrap
- Tuna Salad Wrap
- Asian Chicken Wrap
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- Buffalo Chicken Wrap

SLIDERS (30 sliders per tray)...**\$65.00** Choose a single slider or have your tray assorted how you like!

- Chicken Salad Sliders
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- Buffalo Chicken Sliders
- Tuna Salad Sliders
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SALADS & SNACK TRAYS (serves 10-12 people) Snack trays accompanied by pita chips, fresh cut carrots and celery

- House Salad, Spinach, or Caesar Salad...**\$40.00**
With choice of Apple Balsamic Vinaigrette, Asian, Caesar or House Dressing
Add chicken to any salad...\$18.00
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- Traditional Hummus Snack Tray...**\$55.00**
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- Buffalo Chicken Snack Tray...**\$55.00**
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- Chicken Salad Snack Tray...**\$55.00**
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DESSERTS (serves 10 - 12 people)

- Whole-Grain Bread Pudding with Blueberry or Strawberry Compote.....**\$40**
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- Cheesecake with Blueberry or Strawberry Compote.....**\$35**
- Black Bean Brownie.....**\$30**
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ENTREES (serves 12-14 people)

- Homestyle Turkey Meat Sauce and Whole Wheat Pasta...**\$50.00**
All-natural ground beef, zesty tomato sauce, parmesan cheese, garlic, olive oil, basil with whole-wheat pasta
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- Coconut Curry Chicken...**\$50.00**
All-natural chicken, onion, red bell pepper, carrots, peas, ginger, coconut milk with brown rice
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- Red Beans and Brown Rice with Turkey Sausage...**\$50.00**
A SWEGS take on a New Orleans favorite! Red kidney beans, all-natural turkey sausage, onion, celery, bell pepper w/ brown rice
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- Southwest Chicken Bowl...**\$50.00**
All-natural shredded southwest chicken, black beans, cilantro with brown rice
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- Shrimp Étouffée...**\$75.00**
Fresh shrimp, onion, celery, green bell pepper, tomato, garlic with brown rice
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- Turkey Stuffed Bell Peppers...**\$75.00**
All-natural ground turkey, brown rice, onions, bread crumbs, spices, marinara sauce, parmesan cheese
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- Turkey Meatballs and Zoodles...**\$75.00**
All-natural turkey meatballs, zucchini, yellow squash, marinara sauce, parmesan
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- BBQ Shrimp and Cauliflower Grits...**\$85.00**
A SWEGS signature dish! Fresh shrimp, vegan buttery spread, lemon, creole spices, cauliflower, garlic, olive oil
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- Asian Cashew Shrimp...**\$85.00**
Fresh shrimp, cashews, kale, carrots, ginger, onion, garlic with brown rice
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- Asian Beef & Broccoli...**\$85.00**
Hormone-free beef, broccoli, mushrooms, bell pepper, onions, ginger, sesame seed oil with brown rice
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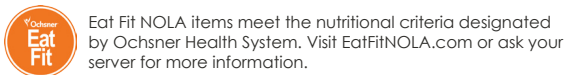
The following entrees come with a choice of side item.

- Mediterranean Chicken...**\$75.00**
All-natural chicken breast, artichoke hearts, black olives, lemon juice, olive oil, garlic
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- Lemon Garlic Salmon...**\$85.00**
Wild-caught salmon, lemon pepper seasoning, garlic, lemon
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- Roasted Sirloin...**\$85.00**
All-natural roasted sirloin, extra-virgin olive oil, roasted garlic & onion seasoning, garlic rosemary
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- Choices of Side Item:
Zucchini & Squash Noodles "Zoodles", Steamed Green Beans, Steamed Broccoli, Roasted Squash and Tomato Medley
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Eat Fit NOLA items meet the nutritional criteria designated by Ochsner Health System. Visit EatFitNOLA.com or ask your server for more information.

SWEGS COLOR WHEEL GUIDE



- **GLUTEN FREE** – does not contain any wheat, barley or rye
- **VEGAN** – does not contain any animal products or by-products
- **LOW SODIUM** – less than 350mg per entrée and less than 190mg per side / soup
- **LOW CALORIE** – less than 300 calories per entrée and less than 150 calories per side / soup
- **HEART HEALTHY** – must meet the following 3 classifications:
 - LOW SATURATED FAT - less than 2g per entrée and less than 1g per side / soup*
 - LOW SODIUM - less than 350mg per entrée and less than 190mg per side / soup*
 - NO ADDED SUGAR*
- **DAIRY FREE** – does not contain any milk or milk products

Our products are produced in a facility that also processes peanuts, tree nuts, wheat, milk, eggs, soy beans, fish and shell fish.