

CATERING MENU



EAT WELL. FEEL GREAT.

WE PREFER ORDERS BE PLACED 24 HOURS IN ADVANCE

FOR SPECIAL REQUESTS PLEASE CONTACT YOUR LOCAL SWEGS STORE MANAGER

breakfast *(serves 10-12 people)*

- Strawberry and Blueberry Parfaits** 40.00
Build your own greek yogurt parfaits w/ almonds and fresh fruit toppings
- Garden Egg White Soufflé** 60.00
Egg whites, mushrooms, bell peppers, spinach
- Fresh Start Breakfast** 75.00
Scrambled Eggs, grits, chicken sausage or bacon
- Breakfast Burritos** 65.00
Whole wheat wrap, eggs, chicken sausage, onions, bell peppers, cheddar cheese, salsa

wrap trays *(20 half-wraps per tray)*

- Chicken Salad Wrap** 75.00
- Chicken Caesar Wrap** 75.00
- Buffalo Chicken Wrap** 75.00

sliders trays *(30 sliders per tray)*

- Chicken Salad Sliders** 70.00
- Buffalo Chicken Sliders** 70.00

salads & snack trays *(serves 10-12 people)*

- House, Spinach, or Caesar Salad** 40.00
With choice of Apple Balsamic Vinaigrette, Asian, Caesar, or House Dressings
Add chicken to any salad (+\$18.00)
- Caprese Salad** 65.00
heirloom tomatoes, fresh mozzarella cheese, basil, olive oil, balsamic
- Homemade Hummus Snack Tray** 55.00
Served with pita chips, fresh cut carrots, cucumbers and celery
- Buffalo Chicken Snack Tray** 55.00
Served with pita chips, fresh cut carrots, cucumbers and celery
- Chicken Salad Snack Tray** 55.00
Served with pita chips, fresh cut carrots, cucumbers and celery

signature entrees *(serves 12-14 people)*

- Red Beans and Brown Rice** 50.00
A SWEGS take on a New Orleans favorite! Red kidney beans, onion, celery, bell pepper w/ brown rice
- Southwest Chicken Bowl** 75.00
All-natural shredded southwest chicken, black beans, cilantro w/ brown rice
- Turkey Stuffed Bell Peppers** 80.00
All-natural ground turkey, brown rice, onions, bread crumbs, spices, marinara sauce, parmesan cheese
- Turkey Meatballs and Zoodles** 75.00
All-natural turkey meatballs, zucchini and squash noodles, marinara sauce, parmesan cheese
- BBQ Shrimp and Cauliflower Grits** 85.00
A SWEGS signature dish! Fresh shrimp, vegan buttery spread, lemon, creole spices, cauliflower, garlic
- Lemon Garlic Salmon** 80.00
Wild Caught Salmon, lemon pepper seasoning, garlic, lemon (suggested: add 1 to 2 sides)
- Pesto Chicken Breasts** 60.00
All-natural 6oz chicken breast topped with SWEGS signature pesto sauce (suggested: add 1 to 2 sides)
- BBQ Chicken Breasts** 60.00
All-natural 6oz chicken breast topped with SWEGS signature BBQ sauce (suggested: add 1 to 2 sides)
- Roasted Garlic & Rosemary Sirloin** 85.00
Top sirloin steaks topped with fresh garlic and rosemary (suggested: add 1 to 2 sides)

sides

25.00/each

roasted squash and tomato medley, zoodles, spicy roasted broccoli, cauliflower mash, southern green beans, brown rice, quinoa salad, or roasted sweet potatoes

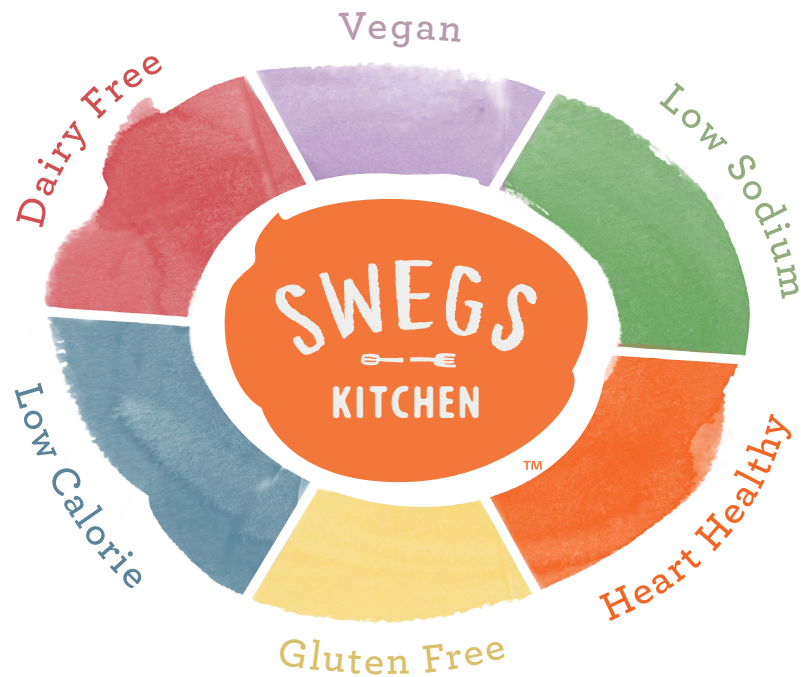
drinks

- Fresh Cold-Pressed Juice (Gallon)** 60.00
Fresh made in house, assorted flavors (ask for availability)
- Iced Tea (Gallon)** 6.00
- Coffee (96 oz./12 cups)** 16.00
- Bottled Water** 1.25



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.