



Catering that Energizes

Life Alive Catering offers flavorful, nutrient-dense meals that are perfect for energizing the whole office or brightening your next social gathering.

Build-Your-Own Bowl

serves 10

Allow your guests to create a bowl that aligns with their unique tastes and preferences. Choose from five savory selections—each comes with a base, veggie sides, a hearty protein, house-made sauce and complementary toppings for the delectable finishing touch.

Harvest

\$130 | VG GF DF

Bases: Brown Rice & Kale
Protein: Ginger Tamari Tofu
Veggies: Roasted Carrots, Beets, Broccoli
Toppings: Whipped Sweet Potatoes
Sauces: Ginger Tamari
Contains soy, allium and coconut

Green Goddess

\$130 | VG GF DF NF

Bases: Brown Rice & Kale
Protein: Everything Encrusted Avocado
Veggies: Broccoli & Tofu
Sauce: Ginger Tamari
Contains sesame, soy and allium

Taco Verde Bar

\$140 | GF NF

Bases: Brown Rice, Black Beans, Corn Tortillas
Protein: Lentil Taco Crumble
Veggies: Tomato, Pickled Onions, Corn & Peppers, Smashed Avocado
Toppings: White Cheddar
Sauces: Chipotle Lime Aioli, Salsa Verde
Contains milk, soy and allium

Teriyaki

\$140 | VG GF DF

Bases: Teriyaki Rice
Protein: Sticky Sesame Tofu
Veggies: Roasted Carrots, Shiitake, Broccoli, Charred Onion
Toppings: Tamari Almonds
Sauce: Teriyaki
Contains sesame, soy, allium and almonds

Mediterranean

\$150 | VG GF DF NF

Bases: Brown Rice, Black Lentils & Kale
Protein: Crispy Baked Falafel
Veggies: Roasted Carrots, Butternut Squash, Brussels Sprouts
Toppings: Crispy Chickpeas
Sauce: Lemon Tahini
Contains sesame, soy and allium



Mediterranean BYO



Taco Verde Bar



Greek Side Salad



Life Alive Classics Wrap Box

Salads to Share

Crafted from scratch with whole, fresh ingredients, our salads are designed to support wellness, energy and focus. We recommend pairing a Side Salad with a Soup or Wrap Box or a hearty Signature Salad for a meal all on its own.

Signature Salads | serves 10

Farmhouse Cobb

\$150 | GF

Everything-encrusted avocado, hard-boiled egg, smoked blue cheese, tomato, sweet corn, shaved vegetables, romaine hearts and tamari almonds with red wine vinaigrette.

Contains almonds, eggs, milk, sesame, soy and allium

Sesame Ginger Tofu

\$130 | VG GF DF NF

Sticky sesame tofu, chili garlic mushrooms with caramelized onions, red bell pepper, cucumber, celery, shaved vegetables, scallions, cilantro & mint, baby lettuces and romaine hearts with sesame ginger dressing.

Contains sesame, soy and allium

Market Mediterranean

\$140 | GF NF SF

Crispy baked falafel, hummus, marinated & crispy chickpeas, cucumber, tomato, feta, kalamata olives, fresh herbs, shaved vegetables & baby lettuces with greek vinaigrette.

Contains milk, sesame and allium

Mexicali

\$130 | VG GF DF

Avocado, lentil taco crumble, black beans, sweet corn, tomato, shaved vegetables, baby lettuces & romaine hearts with chipotle lime aioli & jalapeño ranch dressing.

Contains soy, allium and coconut

Side Salads | serves 10

House

\$60 | VG GF DF NF SF

Tomato, celery, sweet corn, shaved vegetables, baby lettuces & romaine hearts with red wine dijon vinaigrette.

Contains allium

Crunchy Sesame

\$70 | VG GF DF NF

Red bell pepper, cucumber, celery, shaved vegetables, scallions, cilantro & mint, baby lettuces and romaine hearts with sesame ginger dressing.

Contains sesame, soy and allium

Greek

\$70 | GF NF SF

Tomato, cucumber, marinated chickpeas, kalamata olives, feta cheese, shaved vegetables, fresh herbs, baby lettuces & romaine hearts with greek vinaigrette.

Contains milk and allium

Avocado Caesar

\$65 | NF

Kale and romaine hearts with everything encrusted avocado, whole grain croutons, chickpea parmesan and caesar dressing.

Contains milk, wheat, allium, sesame and soy

Southwest

\$65 | VG GF DF SF

Black beans, sweet corn, tomatoes, jalapeños, shaved vegetables, baby lettuces & romaine hearts with jalapeño ranch dressing.

Contains coconut and allium

Wrap Boxes

serves 8

Packed with bold flavors, our Wrap Boxes are a deliciously satiating grab & go option for the busiest of meeting days or a standing-room-only event.

Chef-Curated Wraps \$135

An assortment of eight signature grains & salad wraps including Market Mediterranean, Rainbow Nori, L.A. Caesar and Mexicali Tostada.

Life Alive Classic Wraps \$130

An assortment of eight signature grains wraps including Green Goddess, Adventurer, Rainbow Harvest and Teriyaki.

Protein Powered Wraps \$140

An assortment of eight signature grains & salad wraps including Mighty Greens, Farmhouse Cobb, Adventurer and Autumn Falafel.

L.A. Caesar Wraps \$130

Eight signature L.A. Caesar Salad Wraps with avocado

Assortments

\$135 EACH | serves 10

Allow us to take the guesswork out of the equation. Our Grain Bowl and Salad Assortments include a selection Life Alive fan favorites, so there's something for everyone.

Grain Bowl Assortment

An assortment of ten signature grain bowls including Green Goddess, Rainbow Harvest, and Teriyaki Tofu.

Salad Bowl Assortment

An assortment of ten signature salads including L.A. Caesar, Market Mediterranean and Mexicali Tostada.

Grain and Salad Bowl Assortment

An assortment of ten signature grain bowls & salads including Green Goddess, Rainbow Harvest, Market Mediterranean and L.A. Caesar.

Build-Your-Own Assortment

An assortment of ten signature grain bowls & salads of your choice



— Add a Hand-Crafted Beverage Assortment or Spindrift for \$25-\$50 —

Sides to Share

Satisfy your guests' cravings with our protein-rich, chef-crafted side platters.

Hummus & Crudité Platter

VG GF DF NF SF

\$45 EACH | serves 5

A sharing size platter of hummus with lemon tahini, cucumber, carrots, celery fresh herbs and crispy chickpeas.

Contains sesame and allium

Falafel Platter

VG GF DF NF SF

\$80 EACH | serves 10

A sharing size platter of house-made crispy baked falafel with lemon-tahini dipping sauce.

Contains sesame and allium

Spinach & Feta Fritter Platter

GF NF

\$80 EACH | serves 10

A sharing size platter of house-made spinach feta fritters with basil green goddess dipping sauce.

Contains milk, eggs, sesame, allium and soy

Mezze Platter

NF SF

\$85 EACH | serves 10

A sharing size platter of hummus with lemon tahini, cucumber, carrots, celery, kalamata olives, feta, fresh herbs, crispy chickpeas and warm whole grain pita.

Contains milk, wheat, sesame and allium

Seasonal Fruit Platter

VG GF DF NF SF

\$98 EACH | serves 10

A sharing size platter of fresh cut pineapple, kiwi, watermelon, grapes, strawberries and blueberries.



Grain Bowl Assortment



Seasonal Fruit Platter

Individual Warm Grain Bowls

\$13.95–\$15.45 EACH

Miso Eggplant & Crispy Rice

VG GF DF NF

Caramelized miso eggplant with crispy rice, sticky sesame tofu, shiitake & oyster mushrooms, broccoli, shaved vegetables, scallions with brown rice, chili miso & sesame ginger sauces.

Contains sesame, soy and allium

Chili Garlic Mushroom Bibimbap

GF DF NF

Sticky sesame tofu, chili garlic mushrooms with caramelized onions, broccoli, beets, carrots, kale, kimchi, brown rice & quinoa, sesame ginger and garlic gochujang sauces, topped with a fried egg.

Contains egg, sesame, soy and allium

Roasted Mushroom Shawarma

VG DF NF SF

Mushroom shawarma, hummus, black lentils & brown rice, roasted cauliflower, mediterranean salad, shaved vegetables, crispy chickpeas and fresh herbs with harissa zhoug & lemon tahini sauces and whole grain pita.

Contains wheat, sesame and allium

Coconut Red Lentil Dal

VG GF DF

Coconut red lentil curry, curry tofu, roasted cauliflower, cucumber raita, pickled cabbage, crispy chickpeas, roasted pumpkin & sunflower seeds, cilantro, brown rice & lentils.

Contains coconut and soy

Golden Glow

VG GF DF NF

Slow-roasted white sweet potato, carrots & cauliflower, mushrooms, broccoli, beets, kale, crispy chickpeas, toasted sunflower & pumpkin seeds, fresh herbs, brown rice & quinoa with golden tahini.

Contains sesame, soy and allium

Buddha Bowl

VG GF DF NF

Avocado, beets, kale, shiitake & oyster mushrooms, purple cabbage, jalapeño, toasted pumpkin & sunflower seeds, fresh herbs, brown rice & quinoa with ginger tamari sauce.

Contains soy and allium

Autumn Falafel

VG GF DF NF

Crispy baked falafel, roasted butternut squash, brussels sprouts & carrots, kale, crispy chickpeas, black lentils & brown rice with lemon tahini.

Contains sesame, soy and allium

Green Goddess

VG GF DF NF

Avocado, broccoli & kale with tofu, brown rice and ginger tamari sauce.

Contains soy and allium

Teriyaki Tofu

VG GF DF NF

Sticky sesame tofu, broccoli, chili garlic mushrooms with caramelized onions, carrots, black sesame, scallions, brown rice and teriyaki sauce.

Contains sesame, soy and allium

Rainbow Harvest

VG GF DF NF

Whipped sweet potato, beets, carrots, broccoli, kale, tofu & brown rice with ginger tamari sauce.

Contains soy, allium and coconut

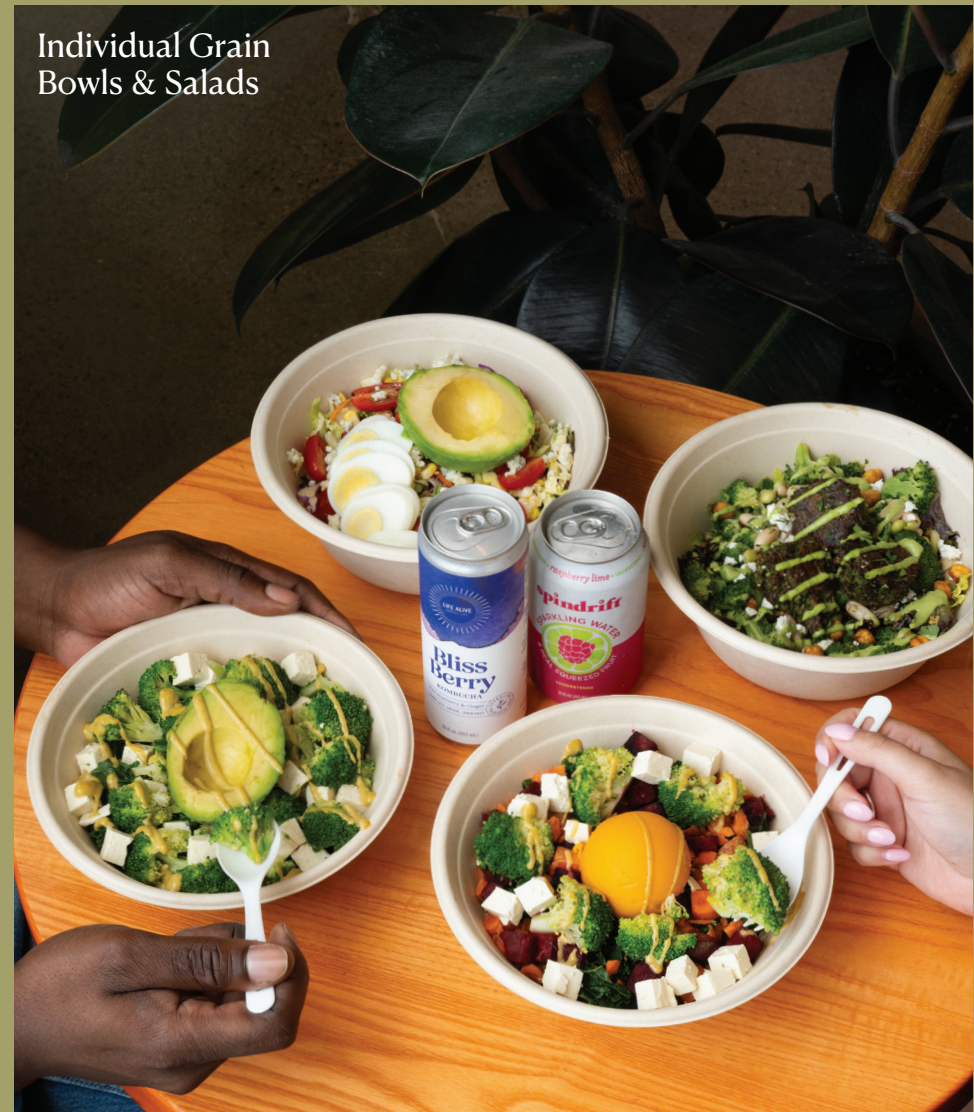
Adventurer

GF

Beets, broccoli, kale, sweet corn, tofu and tamari almonds with quinoa & brown rice, white cheddar, sesame & ginger tamari sauces.

Contains almonds, milk, sesame, soy and allium

Individual Grain Bowls & Salads



Individual Wraps

\$11.95–\$14.50 EACH

L.A. Caesar Wrap

NF

Kale and romaine hearts with whole grain croutons, chickpea parmesan and caesar dressing in a whole wheat tortilla.

Contains milk, wheat, soy and allium

Rainbow Nori

VG GF DF NF

Nori rolled with avocado, chili garlic oyster mushrooms with caramelized onions, cucumber, shaved vegetables, pickled onions and brown rice with sesame ginger dressing and tamari dipping sauce.

Contains sesame, soy and allium

Teriyaki Wrap

VG DF NF

Sticky sesame tofu, broccoli, chili garlic oyster mushrooms with caramelized onions, carrots, black sesame, scallions, brown rice and teriyaki sauce in a whole wheat tortilla.

Contains wheat, allium, sesame and soy

Individual Salads

\$11.95–\$15.25 EACH

Farmhouse Cobb

GF

Avocado, hard-boiled egg, smoked blue cheese, tomato, sweet corn, celery, shaved vegetables, baby lettuces, romaine hearts and tamari almonds with red wine dijon vinaigrette.

Contains almonds, eggs, milk and soy

Thai Peanut Power

VG GF DF

Edamame, quinoa, sticky sesame tofu, kale, cucumber, red bell pepper, shaved vegetables, tamari almonds, peanut lime & sesame ginger dressings.

Contains peanuts, almonds, sesame, soy and allium

Mighty Greens

GF NF

Warm spinach feta fritters, marinated white beans & edamame, broccoli, baby lettuces, romaine hearts, feta, crispy chickpeas, fresh herbs and chickpea parmesan with basil green goddess dressing.

Contains egg, milk, soy and allium

Market Mediterranean

GF NF SF

Crispy baked falafel, hummus, chickpeas, cucumber, tomato, feta, kalamata olives, pickled onions, fresh herbs, shaved vegetables, baby lettuces & romaine hearts with greek vinaigrette & lemon tahini.

Contains milk, sesame and allium

Mexicali Tostada

VG GF DF

Avocado, lentil taco crumble, black beans, sweet corn, tomato, shaved vegetables, baby lettuces, romaine hearts and crispy tortilla with chipotle lime aioli & jalapeño ranch dressing.

Contains coconut, soy and allium

Avocado Greens

GF NF

Everything-encrusted avocado, cucumber, sweet corn, pickled onions, kalamata olives, crispy chickpeas, feta, shaved vegetables, baby lettuces, romaine hearts & basil green goddess dressing.

Contains milk, sesame, soy and allium

L.A. Caesar

NF

Kale and romaine hearts with whole grain croutons, chickpea parmesan and caesar dressing.

Contains milk, wheat, allium and soy

Individual Noodles

\$14.25–\$15.45 EACH

Miso Tofu Ramen

VG DF NF

Miso broth with sticky sesame tofu, chili garlic oyster mushrooms with caramelized onions, shaved vegetables, scallions, spicy kimchi & ramen noodles.

Contains wheat, sesame, soy and allium

Shiitake Udon

DF NF

Miso broth with shiitake, sweet potato, broccoli, enoki mushrooms, purple cabbage, hard boiled egg & udon noodles.

Contains eggs, wheat, soy and allium

Spicy Peanut Noodles

VG DF

Sticky sesame tofu, shaved vegetables, jalapeño, black sesame seeds, peanut crumble & ramen noodles with spicy peanut sauce.

Contains peanuts, wheat, soy, sesame and allium

Chili Garlic Noodles

VG DF NF

Chili garlic oyster mushrooms with caramelized onions, broccoli & onions, spicy kimchi, shredded carrots, scallions, black sesame seeds & ramen noodles with garlic gochujang sauce.

Contains soy, wheat, sesame, allium



Individual Salads



Shiitake Udon



Seasonal Soups to Share



Oatmeal Chocolate Chip Cookies

Seasonal Soups

\$7.95 EACH

Our scratch-prepared soups are simmered and seasoned to perfection and the ideal accompaniment to a Signature Salad or Wrap Box.

Butternut Bisque

VG GF DF SF

Roasted butternut squash, green apple, cinnamon & nutmeg topped with scallions.

Contains coconut and allium

Creamy Cauliflower

VG GF DF NF SF

A velvety cauliflower and russet potato soup with lemon & chickpea parmesan.

Contains allium

Smoky Chipotle Chili

VG GF DF NF SF

Smoky chipotle chili with chickpeas, black beans, cannellini beans, green & red peppers topped with sweet corn, pickled onion and scallions.

Contains allium

Greek Lemon & Rice

GF DF NF SF

A rich, savory lemon broth with brown rice, egg, carrots, onions & celery.

Contains eggs and allium

Seasonal Soups to Share

\$58 | serves 8

An assortment of eight seasonal soups including three Butternut Bisque, three Smoky Chipotle Chili and two Creamy Cauliflower.

Boxed Meals

\$19 EACH

When convenience and portability are key to your event, our healthy & satiating Boxed Meals are the energizing answer.

Grain Bowl Boxed Meal

Each box includes your choice of one 8oz. grain bowl, veggies & hummus, oatmeal chocolate chip cookie and a box of water.

Salad Bowl Boxed Meal

Each box includes your choice of one 8oz. salad, veggies & hummus, oatmeal chocolate chip cookie and a box of water.

Boxed Meal Assortment

An assortment of ten boxed meals, each including one 8oz. grain bowl of either the Green Goddess, Rainbow Harvest, or Teriyaki Tofu with veggies & hummus, oatmeal chocolate chip cookie and a box of water.

Desserts

Delight your guests with a little something sweet that they can feel good about enjoying.

Oatmeal Chocolate Chip Cookies

\$22.50 | serves 10

\$2.25 EACH

VG GF DF SF

Soft and chewy oatmeal chocolate chip cookies.

Contains coconut

Strawberries & Cream Power Chia

\$7.25 EA | VG GF DF SF

Gluten-free oats with strawberries, coconut yogurt, banana, chia, hemp seeds, vanilla, coconut flakes & housemade strawberry syrup.

Contains coconut

Avocado Mousse

\$8.95 EA | VG GF DF SF

Decadent, smooth, rich chocolate mousse made with avocado, raw cacao, agave, coconut milk, vanilla, cinnamon & sea salt.

Contains coconut

Beverages & Coffee

Complete the meal with refreshing sparkling sodas, iced teas, hand-crafted beverages or thoughtfully sourced coffee & cold brew.

Spindrift Assortment

\$25 | serves 10

An assortment of ten Spindrift sparkling waters including 4 Raspberry Lime, 3 Lemon, 3 Mango-Orange.

Hand-Crafted Beverage Assortment

\$45 | serves 10

An assortment of ten signature hand-crafted beverages including Ginger Kombucha, Blissberry Kombucha, Lemon Honey Iced Tea and Strawberry Lemonade.

Rainbow Juice Assortment

\$100 | serves 12

An assortment of twelve individual bottles of our house-made cold-pressed juices—Go Green, Heart Beet and Orange Blossom.

Box of Brewed Coffee

\$40 | serves 12

Box of Intelligentsia Illumination Blend Coffee, served with cups, stir sticks, organic cane sugar, oat milk and half & half

Iced Tea

\$4 EACH

Choose from Lemon Honey Iced Tea with fresh lemon, & honey or Classic Iced Tea with lemon.

Coffee & Superfood Latté Assortment

\$50 | serves 10

An assortment of ten signature coffees and superfood lattes including two of each flavor: Cold Brew, Honey Vanilla Oat Cold Brew, Iced Golden Milk Latté, Iced Matcha Latté, Iced Ocean Blue Latté.

Strawberry Lemonade

\$5 EACH

Freshly housemade lemonade with strawberries and a kiss of agave.

Cold Brew

\$30 | growler serves 8

\$5.25 EACH

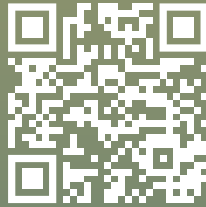
Smooth & strong cold brew coffee.



Strawberry Lemonade



Place your order at
lifealive.com/catering



Questions?
Email catering@lifealive.com
Call us at (508) 257-1228