

# catered life



MEAL PREPARATION

- CAFE -

FAMILY STYLE CATERING

100 CUMMINGS CENTER , SUITE 127Q  
BEVERLY, MA 01915  
(978)720-8906

- CAFE MENU -



[INFO@SOFITMEALS.COM](mailto:INFO@SOFITMEALS.COM)

*-Locally Made - Fully Prepared Meals-  
-Always Fresh Ingredients -*

[WWW.CATEREDLIFE.COM](http://WWW.CATEREDLIFE.COM)

## -COFFEE & TEA-

ORGANIC DRIP COFFEE [SM/LG] ... \$1.75/\$2.75

COLD BREW ICED COFFEE [SM/LG] ... \$2.25/\$3.25

HOT TEA SELECTION [SM/LG]... \$1.25/\$2.25

ORGANIC ICED GREEN TEA [SM/LG] ... \$1.75/2.75

## -SMOOTHIES & JUICES-

CHOCOLATE BANANA SMOOTHIE  ... \$3.75/5.75

VANILLA BERRY SMOOTHIE   ... \$3.75/5.75

\*\*MORNING GLORY [BEET, CARROT, ORANGE]   ... \$6.25

\*\*GREEN AID [APPLE, CELERY, CUCUMBER,

LEMON]    ... \$6.25

\*\*WINGMAN [APPLE, CELERY, BEET, CARROT, CUCUMBER,

GINGER]   ... \$7.25

\*\*WELLNESS SHOT [ROTATING SELECTION]   ... \$1.75

## -BROTH & SOUPS-

SIPPING BROTH ... \$3/\$4

TORTELLINI SOUP ... \$4/\$8

\*\*LEAN BEEF CHILI ... \$4/\$8

\*\*VEGAN CHILI    ... \$5/\$10

\*\*CHICKEN AND VEGGIE ... \$5/\$10

## -SALAD-

\*\*CAPRESE SALAD  ... \$8

SPINACH, FRESH MOZZ, TOMATO, BASIL, BALSAMIC GLAZE,  
HOUSE BALSAMIC DRESSING

\*\*GREEK SALAD   ... \$8

MIXED GREENS, FETA, TOMATO, CUCUMBER,  
KALAMATA OLIVE, PEPPERONCINI, HOUSE GREEK DRESSING

+STEAK \$5 / +CHICKEN \$4 / + BACON \$2 / +EGG \$1EA / +CHEESE \$1

## -SANDWICHES-

"THE GENO"  ... \$9

PROSCIUTTO, FRESH MOZZARELLA, ROASTED RED PEPPER,  
FRESH BASIL, BALSAMIC GLAZE

"THE NONI" ... \$8

CRISPY CHICKEN, SMOKED GOUDA, SLICED TOMATO,  
GREENS, SPICY MAYO

"MY BELLE"  ... \$7

FRESH MOZZARELLA, FRESH BASIL, TOMATO,  
BALSAMIC GLAZE

MINI MEATBALL ... \$8

FRESH MOZZARELLA, PARM, BASIL, SERVED HOT ON SUB ROLL

"THE NIKKI"  ... \$8

ROASTED CHICKEN, WALNUTS, GRAPES,  
SPICY MAYO, RED CABBAGE

AVOCADO TOAST    ... \$8

SLICED AVOCADO, RED CABBAGE, CHIA SEEDS, BALSAMIC GLAZE

+STEAK \$5 / +CHICKEN \$4 / + BACON \$2 / +EGG \$1EA / +CHEESE \$1

\*\* = GLUTEN FREE

 = VEGETARIAN

  = VEGAN

 = MOST POPULAR

## -PREPARED MEALS-

\*SERVING SIZES - 4OZ/6OZ/8OZ PROTEIN

\*ALL MEALS COME WITH TWO SIDES

\*WE OFFER A VARIETY OF PREPARED

GRAB AND GO

MEALS IN STORE EVERY DAY.

\*IF YOU ARE INTERESTED IN OUR MEAL PREPARATION

OR CATERING SERVICES, PLEASE SEE APPROPRIATE MENU.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have a medical condition

Please notify us of any existing food allergies.

