



## -VEGETARIAN-VEGAN-

\*SERVING SIZES - SM/MED/LG

\*VEGGIE "FRIED RICE"   ... \$12/\$14/\$16

\*EGGPLANT PARM  ... \$10/\$12/\$14

\*HOUSE VEGGIE BURGER  ... \$10/\$12/\$14

\*VEGGIE STUFFED PEPPER  ... \$10/\$12/\$14

\*BUDDHA'S FEAST   \*\* ... \$10/\$12/\$14

\*VEGGIE PHO   \*\* ... \$10/\$12/\$14

\*VEGGIE "BOLOGNESE"  ... \$10/\$12/\$14

\*PORTOBELLO, BROCCOLI AND ZITI   ...  
\$10/\$12/\$14

\*VEGGIE POTSTICKERS   ... \$10/\$12/\$14

\* = ECO MEALS

\*\*=GLUTEN FREE

 = VEGETARIAN   = VEGAN

 = MOST POPULAR

\*UPCHARGES MAY APPLY TO CUSTOM ORDERS

## -SIDES-

ROASTED SWEET POTATO ... \$3.75      ROASTED RED POTATO ... \$3.75

ORGANIC TRI COLORED QUINOA ... \$4.25      LINGUINE/ZITI ... \$2.75

BROCCOLI ... \$3.75      VEGGIE MEDLEY ... \$3.75

GREEN BEANS ... \$3.75      VEGGIE SPECIAL ... \$3.75

LETS PUT YOUR MEALS ON AUTOPILOT!

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

GOALS: \_\_\_\_\_

PICK UP/DELIVERY? \_\_\_\_\_

ALLERGIES/RESTRICTIONS: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_



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.

# catered life



MEAL PREPARATION

- CAFE -

FAMILY STYLE CATERING

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

- MEAL PREPARATION -



INFO@SOFITMEALS.COM

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

WWW.CATEREDLIFE.COM

## -SMOOTHIES & JUICES-

\* ALMOND MILK, ALMOND CREAMER, CASHEW MILK +.50

CHOCOLATE BANANA [SM/LG]... \$3.75/5.75

VANILLA BERRY [SM/LG SMOOTHIE]... \$3.75/5.75

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

GREEN AID  [APPLE, CELERY, SPINACH, LEMON]... \$6.25

WINGMAN [APPLE, CELERY, BEET, CARROT, CUCUMBER, GINGER]... \$4.25

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

## -BREAKFAST-

FRESH FRUIT CUP   \*\* ... \$3.50/\$5.50/\$8

BREAKFAST PASTRY ... \$3.25

## -SOUPS-

SIPPING BROTH ... \$4/\$8

SOUP SPECIAL ... \$4/\$8

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

\*LEAN BEEF CHILI\*\* ... \$5/\$10

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

\*VEGAN CHILI   \*\*... \$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

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## -SANDWICHES-

"THE GENO"  ... \$9

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


"THE NONI" ... \$8

HONEY ROASTED TURKEY, SMOKED GOUDA, SLICED TOMATO,  
MICRO GREENS, SPICY MAYO

"MY BELLE" ... \$7

FRESH MOZZARELLA, FRESH BASIL, TOMATO, BALSAMIC GLAZE 

"THE NIKKI"  ... \$8

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

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

## -PREPARED ECO MEALS-

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

\*ALL MEALS COME WITH TWO SIDES

\*ROASTED CHICKEN, BROCCOLI & ZITI  ... \$10/\$12/\$14

\*PR STYLE BEEF EMPANADAS ... \$10/\$12/\$14

\*LEAN TURKEY MEATBALLS\*\* ... \$10/\$12/\$14

\*ROASTED CHICKEN & VEGGIE\*\*  ... \$10/\$12/\$14

\*PESTO CHICKEN & VEGGIE\*\* ... \$10/\$12/\$14

\*TURKEY BURGER\*\* ... \$10/\$12/\$14

"SKINNY" CHICKEN PARMIGIANA\*\* ... \$10/\$12/\$14

## -DECONSTRUCTED TACOS-

\*COMES WITH CORN TORTILLA & TWO SIDES  
\$10/\$12/\$14

\*VEGAN "GROUND BEEF"   \*\*

\*ROASTED CHICKEN \*\*

\*SPICY BAKED TOFU   \*\*

\*SPICY BEEF\*\*

\*MOROCCAN CHICKPEAS   \*\*

\*VEGGIE   \*\*

## -PREPARED PREMIUM MEALS-

LEAN TURKEY BOLOGNESE  \*\*... \$12/\$14/\$16

LEAN BEEF BURGER\*\*... \$14/\$16/\$18

CAJUN SHRIMP\*\* ... \$14/\$16/\$18

WILD SALMON\*\* ... \$14/\$16/\$18

CHICKEN "CORDON BLEU"\*\*\* ... \$12/\$14/\$16

FLANK STEAK ... \$14/\$16/\$18

GRILLED CHICKEN CAPRESE  \*\*... \$12/\$14/\$16