

JAN'S CATERING MENU

ASSORTMENTS

Our most popular option for groups.
Everything you need for a fresh and delicious spread.

Small Assortment

Your Choice of 12 Half Wraps or Sandwiches*, Earth Salad,
& 3 Bags of Have'a Chips

Serves 12 • \$160 • (\$13.33 per person)

Large Assortment

Your Choice of 24 Half Wraps or Sandwiches*, Earth Salad,
Fruit or Pasta Salad, & 5 Bags of Have'a Chips

Serves 24 • \$295 • (\$12.30 per person)

BOXED LUNCHES

Mix & Match As You Please.

All boxed lunches are \$14 per person. Minimum of 10 per order.

SANDWICHES & WRAPS

Served w/ a choice of Have'a Corn Chips,
seasonal fresh fruit or pasta salad

JAN'S CLASSIC SANDWICH

Avocado, lettuce, cucumbers, tomatoes, sprouts, vegan
bacon bits, mayonnaise, mustard & spike seasoning
Select a protein: Turkey, chicken breast, tuna salad,
chicken salad, vegetarian turkey or avocado
Select a grain: Wheat bread or make it a wrap w/ a
spinach tortilla. Gluten-free bread or wrap (+\$1.50)

CRUNCHY KALE WRAP

Turkey, kale, avocado, feta cheese, carrots,
cucumbers, pepitas, dried cranberries, tossed lightly in
tahini dressing & wrapped in a spinach tortilla

FRESCO WRAP

Turkey, fresh guacamole, black beans, avocado
cilantro rice, cheese, lettuce, chipotle crema (greek
yogurt based), wrapped in a spinach tortilla & served
w/ salsa verde on the side

ATHENA WRAP

Chicken breast, avocado, mixed greens, cucumbers,
tomatoes, red onions, olives, pistachios, feta cheese,
tossed lightly in herb vinaigrette & wrapped in a
spinach tortilla

SPRING ROLLS

Tuna salad or chicken salad, avocado, spike, sprouts,
carrots, cucumber and vegan bacon bits wrapped in rice
paper, served w/ peanut sauce

SALADS & BOWLS

JAN'S CLASSIC SALAD

Avocado, mixed greens, cucumbers, tomato, carrots,
sprouts, mushrooms, cheese & sunflower seeds
Select a protein: Turkey, chicken breast, tuna salad,
chicken salad, vegetarian turkey or avocado
Choice of homemade dressing served on the side:
herb vinaigrette, ranch, tahini, or avocado cilantro

KALE SALAD

Kale, avocado, feta cheese, dried cranberries,
carrots & pepitas lightly tossed in tahini dressing

ATHENA SALAD

Chicken breast, avocado, mixed greens, feta
cheese, cucumbers, tomatoes, red onions, olives, &
pistachios served w/ herb vinaigrette on the side

PROTEIN BOWL

Avocado, carrots, cucumbers, sprouts, tomatoes,
crispy quinoa, & spike seasoning
Select a protein: Turkey, chicken breast, tuna salad,
chicken salad, or vegetarian turkey

FIESTA BOWL

Vegetarian turkey, guacamole, black beans, avocado
cilantro rice, pico de gallo, cheese, topped with
chipotle crema (greek yogurt based) served w/ salsa
verde on the side

SURF SHOP SPECIAL

1/2 Sandwich or wrap with your choice of cup of
soup or side salad served w/ Have'a Corn Chips

A LA CARTE

Sandwich Tray

A delicious assortment of half sandwiches. Your choice of turkey, roasted
chicken, tuna salad, chicken salad, vegetarian turkey, or avocado served on
wheat bread

Wrap Tray

A delicious assortment of half wraps. Your choice of turkey, roasted chicken,
tuna salad, chicken salad, vegetarian turkey, avocado, crunchy kale, fresco, or
athena served on a spinach tortilla

Small Tray Serves 12 • \$75 • (\$6.25 per person)

Large Tray Serves 24 • \$145 • (\$6.04 per person)

Earth Salad

Mixed greens, cucumbers, tomatoes, carrots, sprouts, mushrooms, cheese &
sunflower seeds served with dressing of your choice

Serves 12 • \$45 • (\$3.75 per person)

Athena Salad

Mixed greens, feta cheese, cucumbers, tomatoes, red onion, olives,
pistachios, served with an herb vinaigrette

Serves 12 • \$60 • (\$5 per person)

Kale Salad

Kale, avocado, feta cheese, dried cranberries, carrots, and pepitas
served with a tahini dressing

Serves 12 • \$60 • (\$5 per person)

Pasta Salad

Pasta tossed in tomato, olive oil, herbs, and spices

Serves 12 • \$45 • (\$3.75 per person)

Fruit Salad

Seasonal fresh fruit

Serves 12 • \$60 • (\$5 per person)

SIPS & SIDES

Guacamole

Add our house-made guacamole

Serves 12 • \$10.75 • (\$0.90 per person)

Have'a Chips

1 bag of Have'a Corn Chips

Serves 4 • \$3.75 • (\$0.94 per person)

Iced Tea or Lemonade

Your selection of tropical iced tea
or fresh lemonade

Serves 12 • \$23 • (\$1.92 per person)

Lemon Cookies

1 dozen fresh baked lemon zest cookies
Requires 48 Hour Notice

Serves 12 • \$36 • (\$3 per person)