



sproutz
healthy kitchen

SANDWICHES & WRAPS

8 WRAPS OR SANDWICHES CUT IN HALF

SANDWICH TRAY

FRESH TOASTED OLIVE & ZA'ATAR BREAD. ASSORTMENT OR PICK ONE FLAVOR: TUNA SALAD - CHICKEN SALAD - TURKEY PESTO - ROASTED ITALIAN VEGGIE

129.99



sproutz
healthy kitchen

catering

Every great event deserves great food.

BRICKELL - DORAL - SUNNY ISLES



served with homemade green lemon dressing!

WRAP TRAY

MIX OF WHOLE WHEAT, SPINACH & TOMATO BASIL WRAPS. ASSORTMENT OR PICK ONE FLAVOR: CHICKEN PESTO - CHIPOTLE CHICKEN - TUNA SALAD - CHICKEN SALAD - FALAFEL - CHICKEN CEASAR

129.99

sharable snacks!

FEEDS 10-12



HUMMUS TRAY

GLUTEN-FREE HOMEMADE CHIPS, FALAFEL AND HUMMUS. *HAND-CUT VEGGIES AVAILABLE ON REQUEST

79.99



SHRIMP SLIDERS

TWENTY (20) PAN-SEARED SHRIMP SLIDERS TOPPED WITH ROASTED PINEAPPLE, CREAMY TAJIN, ALFALFA, TOASTED POTATO BUN

119.99





FAMILY STYLE SALADS

SERVINGS 10-12 PER SALAD + PROTEIN

AVOCADO FETA

MIXED GREENS, QUINOA, AVOCADO, FETA, CARAMELIZED WALNUTS WITH A FRESH LEMON BASIL DRESSING.

99.99



CEASAR

MIXED GREENS, SHAVED PARMESAN, CROUTONS, CAESAR DRESSING.

89.99



KALE CRUNCH

KALE, CRANBERRY, ALMONDS, ROASTED SQUASH, GOAT CHEESE, OLIVE OIL & BALSAMIC GLAZE.

89.99



MANDARIN

MIXED GREENS, CARAMELIZED WALNUTS, CRANBERRIES, FETA, TANGERINES WITH A ZESTY ORANGE DRESSING.

89.99



GREEK

ROMAINE, FETA CHEESE, BLACK & GREEN OLIVES, CHERRY TOMATOES, PEPPERONCINI PEPPERS, CUCUMBER AND GREEK DRESSING.

99.99



add to any salad!

PROTEIN TRAYS

ORGANIC CHICKEN | FALAFEL | BAKED SALMON | TENDERLOIN STEAK
STARTING AT 89.99



sweeten up your spread!



YOGURT & FRUIT

FRESH CUT STRAWBERRIES, BLUEBERRIES, MANGO, GRANOLA, GREEK YOGURT & CHIA SEEDS.

79.99



FEEDS 10-12



MUFFINS

FRESHLY BAKED 10 MUFFINS (BLUEBERRY AND CRANBERRY ORANGE).

59.99

drink & snack bundles available!



Celebrate your next event with Sproutz!

*Catering Orders Must be Placed at Least 24 Hours in Advance.

EMAIL INFO@EATSPROUTZ.COM FOR CUSTOM ORDERS

786-646-9463

ORDER NOW



catering

*PRICING AS OF NOVEMBER 2025.

eatsproutz.com/catering