



Zella's Soulful Kitchen offers Farm- Fresh Food That Feeds the Soul using fresh, seasonal and local ingredients. Our menu offerings include small bites of southern and home style classics, specialty lunch boxes, buffets, cocktail parties and sit-down dinners. Using quality ingredients is a priority for us. We use local organic fruits and vegetables when available, as well as free-range and organic poultry and meats. Our main goal is to provide you with the fresh food that's pleasing to the soul, palate with a little taste of home.

We kindly request a minimum of at least two weeks' notice on most orders, although sometimes we can accommodate last minute orders. All events must be confirmed with a 50% deposit in order to secure the event date. Our menus are priced per person and may include compostable disposable/ platters, cups, plates, utensils and napkins upon request. Additional services and/or rentals are available at an additional cost.

BREAKFAST

CONTINENTAL BREAKFAST – WITH PASTRIES, MUFFINS AND SCONES

Fresh- baked croissants, danishes and muffins, seasonal fruit salad, and orange juice.
Includes compostable disposables.

\$9.00 per person (minimum 15 guests)

BAGEL BREAKFAST

Includes assorted local bagels, natural cream cheese, tomatoes, cucumbers and red onion, seasonal fruit salad, and orange juice. *Add sliced smoked salmon for \$5.00/guest. Includes compostable disposables.

\$12.00 per person (minimum 20 guests)

BISCUIT BREAKFAST SANDWICHES

Little house-made biscuits split and filled with eggs, cheese and your choice of our house made chicken sausage patties or apple-wood smoked bacon, with fresh seasonal fruit salad & orange juice. Biscuit sandwiches leave our kitchen warm, wrapped in a box or tin pan. Includes compostable disposables.

\$14.00 per person (minimum 20 guests)

À LA CARTE BREAKFAST ITEMS:

Yogurt Parfait, with granola and berries - **\$3.50 ea.**

Organic Yogurt, asst. 6 oz. - **\$2.00ea.**

Hard boiled Eggs, **\$1.00 ea.**

Whole Seasonal Fruit- **\$1.25 ea.**

COFFEE & TEA SERVICE

Local Roasted Coffee, Numi Teas, raw sugar, raw stevia, honey, half & half, almond milk (available upon request) stir sticks & cups.

\$3 PER PERSON

Contact us by calling 510-604-5887 or Catering@zellassoulfulkitchen.com



BOXED LUNCHES

Enjoy an entire delicious meal delivered in our boxes, each containing one of the sandwiches below, a side, and a home-baked sweet. Compostable utensils and napkins included.

Minimum order of (10) ten of any one selection.

Beverages are available for an additional \$2.00 each.

\$11 FOCACCIA SANDWICH BOX LUNCHES

Sandwiches

Made on focaccia bread, with mayonnaise and mustard unless you request otherwise

Turkey & Cheddar with Mixed Greens

Black Forest Ham &, Swiss with Mixed Greens

Roast Beef & Swiss with Mixed Greens

Tuna Salad with Mixed Greens

Hummus & Fresh Vegetables with Mixed Greens

Sides

Fresh Seasonal Fruit Salad

Kettle Chips

Mixed Green Salad

Sweets

Chocolate Brownie

Fresh -Baked Cookie



\$14 VARIETY BOX LUNCHES

Want more of a choice? Everyone in the office wants a different sandwich or an entrée salad?

Minimum order of (10) ten of any one selection.

Sandwiches

Served on a variety of artisan breads and sandwich rolls.

Roast Turkey, Sharp Cheddar and Apple Butter with Mixed Greens

Muffuletta Sandwich -mix of ham, salami, and mortadella meats, provolone cheese, pickled vegetable & olive spread and mixed greens

Smoked Ham and Brie cheese with Chipotle Chutney and Mixed Greens

Grilled Chicken Breast and Provolone Cheese with Roasted Pepper Relish

House Roasted Beef and Horseradish Cream, Red Onions and Mixed Greens

Caper & Herb Tuna with Mixed Greens

Grilled Vegetables with Olive Hummus and Mixed Greens *

**Vegan*

OR CHOOSE...

Entrée Salads

Minimum order of (10) ten of any one selection

Quinoa & Kale Salad with roasted sweet potatoes, black beans, red onions and fresh herbs*

Jerk Chicken Salad with lemon Vinaigrette

Lentil Salad with Feta and fresh Mint

Orzo-Kale Pesto Salad with hazelnuts and feta cheese

Mixed Greens, Tofu and Grilled Vegetables with Balsamic Vinaigrette *

**Vegan*

Sides

Fresh seasonal fruit salad

Macaroni salad

Israeli couscous salad with currants,

Kettle Chips

Pickled Vegetables

Multigrain dinner roll

Sweets

Brownie

Dessert Bar

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Cookie

LUNCHES & LIGHT DINNERS

These menus are buffet-ready and designed to be enjoyed at room temperature. All our plates, flatware, napkins and tumblers are compostable and included in the menu price. Our disposable platters and serving utensils are re-usable. Beverages are available for \$2.00 each. Additional service and/or rentals are available - let us know what you'd like!

Salad Trio

Three salads – BBQ Chopped Chicken / Arugula-Orzo / and Spinach Salad with apples, candied pecans, and crumbled gorgonzola tossed in balsamic vinaigrette and served with sliced baguette.

\$15.00 per person - Minimum 25 guests

Deli Delights

Tempting selection of maple-glazed turkey, roast beef, ham, salami and provolone, alongside an assortment of breads, served with aioli, dijon mustard, lettuce, tomatoes, red onion, pickles and pepperoncini and served with potato salad

\$15.00 per person - Minimum 25 guests

Artisan Meal

Focaccia sandwiches – Smoked Turkey; Sharp Cheddar with Apple Butter; or Grilled Vegetable. Served with an orzo pasta salad and fresh baked cookies.

\$16.00 per person - Minimum 25 guests

Signature Sandwich Classics

Grilled Vegetable with Pesto & Provolone; Fried Chicken or Jerk Chicken with Slaw; and Turkey Meatloaf with Cheddar. Served with mixed green salad and potato salad.

\$16.00 per person - Minimum 25 guests

Office Picnic

Barbequed Chicken (breasts, legs and thighs), served with potato salad or coleslaw, and bbq baked beans.

\$17.50 per person - Minimum 25 guests

Caribbean Rim

Choice of vegetable, jerk chicken or beef skewers with seasonal fruit relish, crunchy vegetable slaw and honey-buttered cornbread.

\$19.50 per person - Minimum 25 guests

Tribute to Soul Food

Fried (or roasted) chicken, braised greens, classic cheddar macaroni & cheese, honey buttered.

\$22.00 per person - Minimum 25 guests

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DELIVERY:

**Deliveries only for orders of \$350 or more*

OAKLAND: \$25/SAN FRANCISCO: \$35/ OTHER AREAS: available

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