

## SALADS <sup>59.99</sup>

Serves 6-8

### Cobb

Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing.

### Chicken Avocado Chop

Chopped romaine and arugula, all-natural grilled chicken breast, avocado, tomatoes, corn, black beans, Feta and crispy tortilla chips with a citrus chipotle dressing.

### Strawberry Fields

Organic mixed greens, strawberries, Bleu cheese and almonds with raspberry vinaigrette.

### Belle Meade

Chopped romaine, tomatoes, Parmesan, bacon and almonds with Caesar dressing.

### Woodmont

Organic mixed greens, all-natural grilled chicken breast, bacon, tomatoes and Bleu cheese crumbles with honey Dijon vinaigrette.

## SIDES

Potato Chips 1.99 each

Chocolate Chip Cookies (one dozen) 24.99

Fresh Baked Muffins (one dozen) 29.99

Fresh Fruit Bowl 19.99

## BEVERAGES

Project Sunrise Coffee (serves 10) 13.99

Fruit Tea (gallon) 12.99

Sweet Tea (gallon) 9.99

Unsweet Tea (gallon) 9.99

Cold Squeezed OJ (gallon) 12.99 (bottle) 3.99

Honest Tea 2.99

Smart Water 2.49

# SUN&FORK<sup>SM</sup>

— BY FIRST WATCH —

# CATERING MENU



## TO ORDER

ONLINE: [SUNANDFORK.COM](http://SUNANDFORK.COM)

CALL: 615.292.7323

48 hrs notice required  
\$20 flat delivery fee

2525 West End Ave.  
Nashville, TN 37203

Monday – Saturday 7am – 7pm  
Sunday 7am – 4pm



# BOWLS

75.99

Serves 8-10

Choose your base:  
Ancient Grains or Fresh, Seasoned Potatoes

**Carnitas Rancheros**  
Savory pork carnitas, black beans, scrambled cage-free eggs, pico de gallo, Monterey Jack, avocado, lime crema and fresh cilantro.

**Farmhouse**  
Bacon, avocado, house-roasted onions and tomatoes, scrambled cage-free eggs, Cheddar and Monterey Jack.

**Market**  
House-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, scrambled cage-free eggs, melted Mozzarella and herbed Goat cheese.

**Power Protein**  
All-natural grilled chicken breast, scrambled cage-free eggs, avocado, kale, pickled red onions, lemon white balsamic vinaigrette and pepitas.

**Pesto Chicken**  
All-natural grilled chicken breast, scrambled cage-free eggs, Kale, shredded carrots, house-roasted tomatoes, lemon white balsamic vinaigrette, basil pesto sauce, Feta and fresh herbs.

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# BISCUIT PLATTERS

Serves 12

**Ham Biscuits**  
Buttered biscuits with shaved ham. **34.99**

**Sausage Biscuits**  
Buttered biscuits with pork sausage patties. **34.99**

**Plain Biscuits**  
Served with whipped butter and all-natural preserves. **24.99**

# SANDWICH PLATTERS

Serves 8-10

**54.99** .....  
**BLT**  
Thick-cut bacon, organic mixed greens, fresh tomato on artisan whole grain.

**Millionaire’s Club**  
Sliced turkey, Million Dollar Bacon, avocado, organic mixed greens, tomato, Monterey Jack on sourdough.

**Roast Beef**  
Roast beef, Monterey Jack, fresh tomato and organic mixed greens on sourdough.

**49.99** .....  
**San Franciscan**  
Chicken breast, avocado, red onion, fresh tomato and organic mixed greens on sourdough.

**Ham & Cheese**  
Sliced ham, Monterey Jack, fresh tomato and organic mixed greens on sourdough.

**Turkey**  
Sliced turkey, Monterey Jack, fresh tomato and organic mixed greens on sourdough.

**44.99** .....  
**Power Wrap**  
Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with a side of pico de gallo.

**Fresh Veggie**  
Fresh tomato, avocado, spinach, Monterey Jack and basil pesto sauce on artisan whole grain.

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# BOXED LUNCHES

10.99

Includes sandwich, chips and a cookie.

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|---------------------------|-------------------------|
| <b>BLT</b>                | <b>Ham &amp; Cheese</b> |
| <b>Millionaire’s Club</b> | <b>Turkey</b>           |
| <b>San Franciscan</b>     | <b>Fresh Veggie</b>     |
| <b>Roast Beef</b>         |                         |