

Signature Salads

All can be customized with your choice dressing* and added protein at an additional charge

Kaleifornia Caesar

Kale, romaine, tomatoes, croutons & shaved parmesan

*recommended with garlic caesar dressing
\$95.00 | 290 - 400 cal/serving | serves 10 - 12

Greek Goddess

Romaine, cucumbers, kalamata olives, red onions, tomatoes & feta cheese

*recommended with tzatziki yogurt
\$110.00 | 308 cal/serving | serves 10 - 12

Cobb Life

Romaine, hard boiled egg, bacon, corn, avocado, tomatoes & gorgonzola cheese

*recommended with blue cheese dressing
\$100.00 | 600-700 cal/serving | serves 10 - 12

The Green Life

Mesclun, Romaine, dried cranberries, walnuts, fresh apple & gorgonzola

*recommended with Mexican pepita dressing
\$95.00 | 362-462 cal/serving | serves 10 - 12

Cowboy Chow

Spinach, avocado, tomatoes, corn, fried onions, cilantro & pepper jack cheese

*recommended with chipotle ranch
\$110.00 | 435 - 635 cal/serving | serves 10 - 12

Strawberry Fields

Spinach, romaine, dried cranberries, pecans, fresh strawberries & goat cheese

*recommended with balsamic dressing
\$100.00 | 437-537 cal/serving | serves 10 - 12



We Cater!

Green Life offers a full range of catering options for all of your event and party needs.

Ask about seasonal specials!

Ordering Guidelines

48 hours' advance notice required for all orders. Prices are subject to change and do not include tax. Plates and utensils are available at an additional charge.

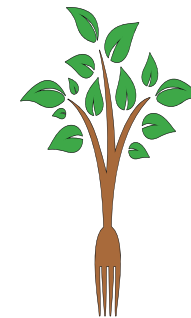
For all questions or to place an order email catering@greenlifeny.com

www.greenlifeny.com
(914) 341 - 1725
266 Mamaroneck Avenue
Mamaroneck, NY 10543



greenlife catering

For all your event & party needs!



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Finger Foods & Small Bites

Turkey Meatballs

Served with plum tomato sauce.
\$90.00 | 180 cal/serving | serves 8 - 10

Baked Zucchini Fries

Lightly breaded with gluten-free bread crumbs & baked till crisp. Served with plum tomato sauce.
\$70.00 | 100 cal/serving | serves 8 - 10

Baked Chicken Fingers

Lightly breaded with gluten-free bread crumbs.
\$110.00 | 335 cal/serving | serves 8 - 10

House-Made Hummus

Served with vegetable crudite Or pita chips.
\$60.00 | 390 cal/serving | serves 8 - 10

Signature Guacamole

Served with vegetable crudite Or pita chips.
\$95.00 | 290 cal/serving | serves 8 - 10

Baked Potato Fries

Hand-cut potato wedges seasoned & baked till crisp.
\$60.00 | 200 cal/serving | serves 8 - 10

Baked Sweet Potato Fries

Hand-cut sweet potato wedges seasoned & baked till crisp.
\$70.00 | 190 cal/serving | serves 8 - 10

Roasted Vegetables

Assorted seasonal vegetables perfectly roasted.
\$70.00 | 180 cal/serving | serves 8 - 10

Fresh Fruit Platter

Assorted seasonal fruits.
\$80.00 | 180 cal/serving | serves 8



Entrées

Chicken Teriyaki

Low sodium teriyaki chicken, mixed veggies, sesame seeds & brown rice.
S \$75.00 | 380 cal/serving | serves 8 - 10
L \$140.00 | 380 cal/serving | serves 16 - 20

Surf & Turf

Low sodium steak & shrimp teriyaki, mixed veggies, sesame seeds & brown rice.
S \$125.00 | 415 cal/serving | serves 8 - 10
L \$240.00 | 415 cal/serving | serves 16 - 20

South of the Border

Grilled chicken, pico de gallo, avocado, lettuce, roasted corn, sunflower seeds & brown rice.
S \$80.00 | 600 cal/serving | serves 8 - 10
L \$150.00 | 600 cal/serving | serves 16 - 20

Zucchini Noodles & Turkey Meatballs

House made zucchini pasta with turkey meatballs & plum tomato sauce.
S \$85.00 | 215 cal/serving | serves 8 - 10
L \$160.00 | 215 cal/serving | serves 16 - 20

Tuscan Chicken

Grilled chicken, sun-dried tomatoes, asparagus, brown rice & homemade pesto.
S \$80.00 | 380 cal/serving | serves 8 - 10
L \$150.00 | 380 cal/serving | serves 16 - 20

Buffalo Chicken

Buffalo chicken, broccoli, carrots, cabbage, crumbled blue cheese served over quinoa.
S \$85.00 | 380 cal/serving | serves 8 - 10
L \$160.00 | 380 cal/serving | serves 16 - 20

Lean & Mean

Turkey chili with roasted diced sweet potato, corn salsa, avocado & Greek yogurt.
S \$85.00 | 351 cal/serving | serves 8 - 10
L \$110.00 | 351 cal/serving | serves 16 - 20

Vegetarian Chili

Roasted diced sweet potato, corn salsa, black beans, avocado & Greek yogurt.
S \$80.00 | 280 cal/serving | serves 8 - 10
L \$150.00 | 280 cal/serving | serves 16 - 20

Buddha Bowl

Quinoa, chickpeas, portobello mushrooms, roasted red peppers, & avocado all topped with a home-made chili sauce.
S \$80.00 | 280 cal/serving | serves 8 - 10
L \$150.00 | 280 cal/serving | serves 16 - 20



Wraps & Sandwiches

All served on your choice of whole wheat wrap, whole wheat or plain ciabatta, gluten free bread, or gluten free wrap.

Firebird

Grilled chicken, chipotle peppers, green chiles, pepper jack cheese, bacon, spinach & chipotle mayo.
S \$50.00 | 589 cal/serving | serves 6
L \$100.00 | 589 cal/serving | serves 12

Santorini Turkey

Oven roasted turkey, avocado, roasted red peppers, cucumbers, & Greek dressing.
S \$50.00 | 475 cal/serving | serves 6
L \$100.00 | 475 cal/serving | serves 12

Grilled Veggie

Eggplant, zucchini squash, yellow squash, caramelized onions, cherry tomatoes, roasted red peppers, fresh Mozzarella & olive tapenade.
S \$50.00 | 605 cal/serving | serves 6
L \$100.00 | 605 cal/serving | serves 12

Sweet Chick

Grilled chicken, red onions, sweet potato, spinach, Provolone cheese & chipotle mayo.
S \$50.00 | 593 cal/serving | serves 6
L \$100.00 | 593 cal/serving | serves 12

Big Tuna

Tuna salad, sun-dried peppers, spinach, avocado, & Provolone cheese.
S \$50.00 | 629 cal/serving | serves 6
L \$100.00 | 629 cal/serving | serves 12

Hummus & Avocado

Grilled tofu, avocado, house made hummus, hot peppers, tomatoes & spinach.
S \$65.00 | 390 cal/serving | serves 6
L \$120.00 | 390 cal/serving | serves 12