

LUNCH

SANDWICH PLATTERS OR BOXES

PLATTERS: Choice of 5 sandwiches cut in half 52.00

BOX: Choice of sandwich with a side of chips 12 each
(upgrade to fruit or dessert)

gluten free bread available for upgrade upon request

STEAK + CHEESE Grilled marinated steak, sautéed peppers and onions, portobello mushrooms, sharp cheddar, drizzled with tiger sauce

CHICKEN CAPRESE Antibiotic free chicken, tomatoes, arugula, mozzarella, drizzled with balsamic reduction and herb aioli

CHIPOTLE CHICKEN Antibiotic free chicken, avocado, tomatoes, onions, pepper jack, drizzled with chipotle aioli

SHRIMP BLT Pesto grilled shrimp, bacon, tomatoes, and arugula, with herb aioli

BLT Bacon, tomatoes, and arugula, with herb aioli on multigrain
Add avocado +1 Add mozzarella +1

PORTOBELLO Vegetarian or Krafted Vegan
Portobello mushroom, roasted red peppers, baby spinach, mozzarella, drizzled with a herb aioli

CAJUN SHRIMP Blackened shrimp, pepper jack, arugula, tomatoes, onions, red bell peppers, drizzled with chipotle aioli

CUBAN Pulled pork, ham, swiss, pickles, and mustard

HAM + SWISS* Ham, swiss, honey dijon, and pickles

TURKEY CLUB* Roasted turkey, bacon, tomatoes, and mozzarella, Russian sauce Served on multigrain

AVO TURKEY* Avocado, turkey, mozzarella, arugula, tomatoes, bacon, and herb aioli. Served on multigrain

THE ITALIAN* Freshly sliced salami and ham, mozzarella, pickles, onion, banana peppers, and white balsamic

4 CHEESE Mozzarella, cheddar, pepperjack, and swiss.
Served on multigrain or sourdough

JERK JACKFRUIT* Vegan Caribbean jerk jackfruit, cabbage, and mango slaw

CHICAGO ITALIAN BEEF Roast beef, cheddar, horseradish sauce, gravy, and mild giardiniera peppers

ROAST BEEF* Sliced roast beef, swiss, arugula, tomatoes, onions, pickles, banana peppers, and horseradish sauce

UKRAFT CLUB* Turkey, ham, cheddar, applewood smoked bacon, arugula, tomato, and pepper bacon aioli on grilled sourdough

* available as cold cut

SALAD AND WRAP PLATTERS OR BOXES

PLATTERS: Choice of 5 wraps cut in half 65.00

Salad platter 65.00 feeds 5-7

(side salad platters without protein available for lower cost)

BOX: Choice of wrap or salad with a side of chips 12 each
(upgrade to fruit or dessert)

HONEY APPLE Antibiotic free chicken, apples, strawberries, grapes, blueberries, cucumbers, almonds, granola, honey apple vinaigrette

SANTORINI Kalamata olives, red bell peppers, red onion, grape tomatoes, banana peppers, chick peas, cucumber, antibiotic free chicken, and feta cheese, served with white balsamic vinaigrette

SPICY THAI Edamame, red bell peppers, carrots, red onion, blackened shrimp, spicy sunflower seeds, served with soy chili sauce

COBB Onions, eggs, bacon, cucumbers, tomatoes, roasted red peppers, blue cheese crumbles, avocado, antibiotic free chicken, Greek yogurt ranch

CAESAR Parmesan cheese, antibiotic free chicken, croutons, creamy caesar

BUFFALO Celery, blue cheese crumbles, tomatoes, carrots, antibiotic free chicken, UKraft wing sauce, Greek yogurt ranch

THE HILL Freshly sliced salami and ham, onions, parmesan, kalamata olives, banana peppers, and tomatoes, with white balsamic

BAJA CALIFORNIA Black bean corn salsa, pico de gallo, avocado, pepper jack cheese, antibiotic free chicken, chipotle lime vinaigrette



LUNCH SIDES AND DESSERTS

PITA AND HUMMUS PLATTER 40.00 feeds 10-15

GRILLED VEGGIE PLATTER 40.00 feeds 10-15

HOUSE MADE CHIPS PLATTER* 30.00 feeds 10-15

HOUSE MADE POTATO SALAD PLATTER* 30.00 feeds 10-15

HOUSE MADE MANGO SLAW PLATTER* 30.00 feeds 10-15

TORTILLA CHIPS AND SALSA, GUACAMOLE, OR QUESO*

40.00 feeds 10-15

ASSORTED FRUIT PLATTER 20.00 feeds 5-7 people

COOKIE PLATTERS 26.00 for 10 gourmet jumbo cookies

GLUTEN BROWNIE PLATTERS 30.00 for 10 brownies

*CHESTERFIELD LOCATION ONLY

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DELIVERY AVAILABLE



AVAILABLE FOR PRIVATE EVENTS
(SPECIAL EVENT MENU COMING SOON)

BREAKFAST

WRAP AND SAMMIE PLATTERS OR BOXES

PLATTERS: Choice of 5 sandwiches or wraps cut in half 49.00

BOX: Sandwich or wrap with a side of fruit 12 each (+2 with bagel and lox)
(upgrade to a parfait)

gluten free bread available for upgrade upon request

SOUTHWEST SUNRISE

Pasture raised egg, turkey sausage, avocado, pepper jack and Chipotle Aioli

RAJUN CAJUN

Antibiotic Free Chicken, pasture raised egg, chipotle Aioli and pepper jack

CALI BREAKFAST

Turkey Sausage, pasture raised egg, avocado, baby organic spinach, mozzarella, and drizzled with balsamic reduction

BREAKFAST BURRITO

Pasture raised egg, Turkey Sausage, pepper jack, pico de gallo, black bean corn salsa and Chipotle Aioli in a Grilled Tortilla

BACON, EGG + CHEESE

Applewood Smoked Bacon, pasture raised egg, and sharp cheddar

HAM, EGG AND CHEESE

Ham, pasture raised egg and Sharp Cheddar

TURKEY SAUSAGE , EGG + CHEESE

Turkey Sausage, pasture raised egg and sharp Cheddar

STEAK, EGG + CHEESE

Grilled Marinated Steak, pasture raised egg, sauteed peppers and onions, sharp cheddar cheese and drizzled with Tiger Sauce

EGG + CHEESE

Pasture raised Egg and Sharp Cheddar

BAGEL AND LOX

Salmon, pasture raised egg, onion, capers, cream cheese, tomatoes, and dill on a bagel

THE PORK LOVER

Applewood Smoked Bacon, Ham, pasture raised egg and Cheddar

THE 3 LITTLE PIG

Pasture raised, Applewood Smoked Bacon, pulled pork, ham, cheddar, pepper jack cheese and honey Dijon



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

AVO TOAST PLATTER

5 pieces of toast cut in half 50.00 (+10 with avo and lox)

PLAIN AVO TOAST

Multi grain and avocado

CAPRESE

Avocado spread, heirloom tomato, buffalo mozzarella, fresh basil, drizzled with balsamic reduction on Multi Grain

AVO N LOX

Avocado spread, salmon, pasture raised egg, capers, tomatoes, onion, and dill on multi grain

TEX MEX

Avocado spread, pico de gallo, black bean corn salsa, and drizzled with Chipotle Lime Vinaigrette on Multi Grain

AVOBLTE

Avocado spread, Applewood smoked Bacon, Arugula, heirloom Tomato, and drizzled with Herb Aioli on Multi Grain



BREAKFAST SLIDERS

Egg and cheese with your choice of **HAM, TURKEY SAUSAGE, OR BACON** on a mini brioche slider bun. Pack of 12 37.00

BREAKFAST SIDES AND PASTRIES

GREEK YOGURT PARFAIT BAR

Blueberries, strawberries, and granola
45.00 feeds 10-12

FRUIT PLATTER

20.00 feeds 5-7

ASSORTED PASTRIES

32.00 feeds 10-12

ASSORTED BAGEL TRAY

18.00 feeds 5-7

SCRAMBLED EGG TRAY

30.00 feeds 10-12

APPLEWOOD SMOKED BACON TRAY

50.00 feeds 10-12

TURKEY SAUSAGE TRAY

50.00 feeds 10-12

BREAKFAST POTATO TRAY*

30.00 feeds 10-12

*CHESTERFIELD LOCATION ONLY

BEVERAGES AND COFFEE

COFFEE KARAFE 28.00 96 ounces of our Air Roasted Blend

GALLON OF ICED TEA 23.00

GALLON OF LEMONADE 23.00

INDIVIDUAL WATERS , SODA OR ORANGE JUICE AVAILABLE

SMOOTHIES

Individual or in a 96 oz karafe

THE BLACK FOREST

1st phorm chocolate protein, Frozen Cherry, Honey, Oats, Chia Seeds, Cocoa , Spinach and Almond Milk. 8.50 We suggest adding Avocado +1

CHOCOLATE PEANUT BUTTER AND BANANA

1st phorm Chocolate Protein, Peanut Butter, Banana, Oats, Cocoa and Almond Milk 8.50

THE STRAWBERRY BANANA

Strawberry, Banana, Granola, and Almond Milk 8.25

THE IMMUNE BUILDER

Strawberry, Mango, Blueberry, Banana, Honey, Immune Booster, Chia Seeds, Orange Juice and Almond Milk. 8.50 We suggest adding 1st Phorm Vanilla Protein +2

THE GOOD MORNING

Park Avenue Espresso, 1st Phorm Vanilla Protein, Oats, Banana, Peanut Butter, and Almond Milk 8.50

HAWAII 5-0

Pineapple, Mango, Banana, 1st Phorm Vanilla Protein, Honey, Pineapple Juice, Coconut Milk 8.75

THE VEGAN DELIGHT

Vegan Plant Based Protein, Spinach, Avocado, Banana, Mango, Almond Milk and Orange Juice 9.25

CHOCOLATE COVERED STRAWBERRY

1st Phorm Chocolate Protein, Cocoa, Strawberry, Banana, Oats, Honey, and Almond Milk 9.25

OR KRAFT YOUR OWN SMOOTHIE

7.50 Choose base and 3 add ons, extra add on +1, protein +2

