

SOFLO RETREATS



CATERING MENU

Luxury Island-Inspired Catering for Offices, Retreats & Events

Fresh island-inspired meals, individually packed for elevated corporate catering — delivered ready to serve.

STARTING AT \$8 PER GUEST • MINIMUM 10
BOXED MEALS

(276) 477-9538 • 813MOUNTAINGROUP@GMAIL.COM • SOFLORETREAT.COM

27 6TH ST, BRISTOL, TN 37620

WELCOME TO SOFLO RETREAT CATERING



Modern catering with a South Florida soul.

Fresh, island-inspired meals — individually packaged, professionally labeled, and built for how modern teams eat. Every SoFlo Retreat catering order is prepped fresh, plated in eco-friendly boxes, and delivered ready to serve.

GROUP PACKAGES

PER-PERSON BUNDLES

Chain-style per-person bundles — the easiest way to order for offices, retreats, and celebrations.

\$10

PER PERSON

THE GETAWAY

- One signature boxed lunch
- Bottled water
- Individually labeled & ready to serve

\$12

PER PERSON · M
POPULAR

THE OFFICE ESCAPE

- One boxed meal
- One drink
- One dessert

\$15

PER PERSON · P
PREMIUM

THE ISLAND RETREAT

- One premium wrap, salad, or bowl box
- Fresh-squeezed lemonade or juice
- Dessert
- Chips & salsa upgrade

Minimum order: 10 guests per package · 24-hour notice preferred · Individually packaged & labeled available.

SIGNATURE BOXED LUNCHES

\$8 PER GUEST · MIN 10

Every box is individually packaged and labeled — perfect for office lunches and team gatherings.

Island Chicken Box **\$8**

Mojo or jerk chicken, yellow rice, black beans, tropical sauce.

Mini Cuban Box **\$8**

Half Cuban sandwich, chips, pickle.

Street Taco Box **\$8**

Two chicken or pork tacos, rice & beans, chips, pico de gallo.

Veggie Island Bowl (V) **\$8**

Rice or quinoa, roasted vegetables, black beans, tropical sauce.

Crispy Chicken Box **\$8**

Crispy or grilled chicken bites, fries or rice, sweet chili or bang bang sauce.

Wrap Combo Box **\$8**

Half tropical chicken wrap, chips or pasta salad.

Caribbean Pasta Box **\$8**

Penne pasta with creamy jerk or Island Alfredo sauce, served with chicken.

Teriyaki Pineapple Bowl **\$8**

Teriyaki chicken, rice, grilled pineapple.

Add a drink and dessert to build The Office Escape package — just \$12 per person.

PREMIUM WRAP & SANDWICH BOXES

\$11 PER GUEST · MIN 10

Restaurant favorites, boxed with chips and a pickle.

Tropical Chicken Wrap Box \$11

Chicken breast, bacon, pineapple pico, romaine, tomato, crispy onions, honey-mango mayo.

Citrus Grilled Chicken Wrap Box \$11

Grilled chicken, orange segments, avocado, romaine, crispy tortillas, citrus vinaigrette.

Cuban Mojo Box (Pork or Chicken) \$11

Slow-roasted mojo pork or grilled mojo chicken, Swiss, pickles, lettuce, West Tampa sauce, pressed.

Caribbean Shrimp Wrap Box \$11

Shrimp, mango salsa, red cabbage slaw, crispy wontons, lime crema.

Key West Veggie Wrap Box (V) \$11

Roasted red peppers, veggie burger, goat cheese, key lime hummus.

Bristol Special Box \$11

Chicken, ranch, mixed greens, cheddar, tomato, crispy tortilla strips, hot sauce.

Classic Cuban Box \$11

Ham, slow-roasted mojo pork, pickles, Swiss, West Tampa sauce, pressed.

Cuban Chicken Philly Box \$11

Shredded chicken with onion and pickles, Swiss, West Tampa sauce, pressed on Cuban bread.

FRESH SALAD BOXES

\$11 PER GUEST · MIN 10

Crisp, full-size salads, individually boxed with dressing on the side.

Tropical Cobb \$11

Mixed greens, grilled chicken, avocado, mango, egg, tomato, bacon, cheddar, key lime vinaigrette.

Caribbean Chicken Salad \$11

Romaine, chicken, pineapple, black beans, corn, tomato, tortilla strips, mango dressing.

Sunshine Citrus Salad \$11

Spring mix, orange, avocado, almonds, red onion, goat cheese, crispy tortillas, citrus vinaigrette.

South Florida Quinoa Bowl (V) \$11

Quinoa, veggie burger, corn, avocado, onion, tomato, cilantro, crispy onions, citrus vinaigrette.

FLAVOR BOWL BOXES

\$12 PER GUEST · MIN 10

Hearty, fork-ready bowls built to travel well.

Island Teriyaki Bowl \$12

Sazon seasoned rice, teriyaki chicken, pineapple, edamame, sesame slaw, wonton crisps.

Arroz Con Pollo \$12

Sazon seasoned rice, mojo chicken, black beans, corn, avocado, tortilla strips.

Plantain Power Bowl \$12

Brown rice, carnitas, plantain chips, black beans, avocado, pico de gallo, West Tampa sauce.

Abuela Caula Picadillo Bowl \$12

Seasoned ground beef, potatoes, onions, tomatoes, green olives, cilantro over sazon rice, sweet banana chips.

SoFlo Surf Bowl \$12

Cilantro-lime brown rice, shrimp, black beans, mango salsa, lettuce, tortilla crisps, chipotle crema.

Mean Fleen Nachos \$12

Shredded chicken, nacho cheese, mango salsa, lettuce, tortilla chips, creamy avocado aioli.

RETREAT &
WELLNESS

HIGH-PROTEIN PERFORMANCE MEALS

\$12 PER GUEST · MIN 10

A fitness-and-retreat line the national chains don't offer: simple, reheat-friendly, macro-labeled meals for retreats, teams, and wellness events. Built for clean reheating with sturdy grains, roasted vegetables, and well-seasoned proteins.

Mojo Chicken Rice Bowl \$12

Citrus-garlic chicken, rice, black beans, roasted peppers.

~40-45G PROTEIN

Greek Lemon Herb Chicken Box \$12

Lemon herb chicken, roasted potatoes, cucumber tomato salad, tzatziki.

~40G PROTEIN

Blackened Mahi Bowl \$12

Blackened mahi, cilantro rice, mango slaw, lime.

~35-40G PROTEIN

Chili-Lime Mahi Plate \$12

Chili-lime mahi, roasted sweet potato, green beans.

~35-40G PROTEIN

Ideal for retreat lunches, dinners, or grab-and-go meal prep.

CHAFING-DISH
SERVICE

ISLAND BUFFET PACKAGES

HOT BUFFET · MIN 15 GUESTS

Full hot buffets served from chafing dishes — perfect for retreats, weddings, company parties, and team celebrations. Delivered hot and ready to serve.

\$12

PER PERSON

THE ISLAND CLASSIC

1 entrée protein · 2 sides · house
salad · Cuban bread & butter ·
dessert of the day

DISPOSABLE CHAFING KITS
· DROP-OFF READY

\$15

PER PERSON · MOST
POPULAR

THE SOFLO SIGNATURE

2 entrée proteins · 3 sides ·
house salad · Cuban bread &
butter · dessert of the day ·
fresh-squeezed lemonade &
water station

DISPOSABLE CHAFING KITS
· DROP-OFF READY

\$18

PER PERSON · MOST
PREMIUM

THE RETREAT FEAST

2 entrée proteins · 3 sides ·
house salad · Cuban bread &
butter · choice of 2 desserts ·
fresh-squeezed lemonade, water
& tropical juice station

DISPOSABLE CHAFING KITS
· DROP-OFF READY

INCLUDED IN EVERY TIER House Salad — spring mix, tomato, cucumber, red onion, citrus vinaigrette · Fresh-baked Cuban bread & butter

BUILD YOUR BUFFET

[CHOOSE PER TIER](#)

Mix and match to fit your team. Choose the proteins and sides that go inside your Island Classic, SoFlo Signature, or Retreat Feast package.

ENTRÉE PROTEINS

CHEF-CRAFTED · CHOOSE PER TIER

- | | |
|--|---|
| ● Mojo Chicken — citrus-garlic marinated, slow-roasted | ● Jerk Chicken — island-spiced, flame-grilled |
| ● Cuban Mojo Pork — slow-roasted, West Tampa style | ● Blackened Mahi — bold Cajun-island seasoning |
| ● Abuela's Picadillo — seasoned ground beef, olives, potatoes | ● Island Veggie ☐ — roasted vegetables, black beans, tropical glaze |

SIGNATURE SIDES

FRESH · BATCH-COOKED

- | | |
|-----------------------------|---------------------------------------|
| ● Sazon Yellow Rice | ● Cilantro-Lime Brown Rice |
| ● Cuban Black Beans | ● Roasted Peppers & Onions |
| ● Sweet Plantains | ● Roasted Sweet Potatoes |
| ● Island Pasta Salad | ● Mango Slaw |

BUFFET SERVICE DETAILS

- | | |
|--|---|
| ● Minimum 15 guests · 48-hour notice preferred for buffet service | ● Delivery & drop-off setup included within Bristol, TN area |
| ● Includes disposable chafing dishes, sternos, serving utensils, plates, cutlery & napkins | ● Full-service staffed buffet with attendant available as an upgrade — call for quote |
| | ● (V) = vegetarian |

ENHANCEMENTS & ADD-ONS

[BUILD YOUR BOX](#)

Round out any order with fresh drinks, sweets, or an extra protein boost.

Fresh-Squeezed Lemonade or Juice \$3

Key Lime Cheesecake or Brownie \$3

Extra Protein \$2

Chips & Salsa Upgrade \$1

Mango Honey Sorbet \$5

BEVERAGE COOLER

Bottled Water \$1

Coke Products (bottle) \$2.25

Gatorade \$3

Jarritos \$3

Topo Chico \$3

CATERING DETAILS & HOW TO ORDER

- Minimum order: 10 boxed meals
- 24-hour notice preferred
- Individually packaged and labeled options available
- (V) = vegetarian

Perfect for executive meetings, office lunches, team celebrations, retreats, and private events.

BOOK SOFLO RETREAT CATERING TODAY

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