Order in-store or online at shop.wfm.com.

- 48 hours notice is recommended for all orders. Call for availability on same-day orders.
- All orders will be fully cooked and chilled.
- Paper goods are available upon request.
- Delivery available in select areas. Charges may apply.
- Please allow 48 hours notice for cancellations.

Before placing your order, please inform us if a person in your party has a food allergy.

Items and pricing are valid through March 1, 2017 at our locations in Maine, Massachusetts, New Hampshire, Rhode Island and Greater Hartford, Connecticut, and are subject to change without notice based on availability, seasonality of products and market pricing.

Now serving 40 communities in Maine, Massachusetts, New Hampshire, Rhode Island and Greater Hartford, Connecticut.

Find a store near you at WFM.com
cater
FALL + WINTER

Place your order online at
SHOP.WFM.COM
Our chefs prepare our catering fare using the same high-quality ingredients you find in our stores.

We know that your special occasion is just that—special, and we promise to do our part to make your event easy on you and memorable for your guests.

All of the items on our catering menu meet the same high-quality standards as everything we sell in our stores. So feel comfortable knowing that you are serving your guests the very best.

Have a special request? We’d love to accommodate you. Just ask.
FRESH FRUIT BOWL
An assortment of fresh cut melon, pineapple, strawberries, grapes and kiwifruit.
M $19.99 | serves 10 to 15
L $34.99 | serves 15 to 20

CRUDITÉ BOWL
Fresh cut carrots, broccoli, cauliflower, celery, peppers, tomatoes, cucumbers with roasted veggie ranch dip.
M $14.99 | serves 10 to 15
L $24.99 | serves 15 to 20

SAVORY QUICHES
Our savory quiches start with a melt-in-your-mouth flaky shell, encrusting a silky custard made with cage-free eggs. Pairs well with our fresh fruit bowl as a light breakfast for your next office meeting. Enjoy warm or cold. Choose from Broccoli and Cheddar; Spinach and Mushroom; Butternut Squash with Apple; or Quiche Lorraine.
$13.99 ea | serves 4 to 6

YOGURT, FRUIT + GRANOLA BOWL
Fresh strawberries and blueberries, low-fat Stonyfield yogurt and crunchy vanilla granola. Not just for breakfast, it also makes a perfect snack option at your event.
M $12.99 | serves 6
L $19.99 | serves 12

BAGEL PLATTER
A variety of our fresh and chewy New York-style bagels including plain, poppy, sesame, whole wheat and cinnamon raisin. Sliced and served with jam, Smithfield cream cheese and Continental butter.
S $12.99 | 12 pieces serves 12
M $19.99 | 24 pieces serves 24
L $26.99 | 36 pieces serves 36

CONTINENTAL BREAKFAST PLATTER
This breakfast platter features baked croissants, sweet Danish, bagels, scones, muffins and fruit stuffed turnovers served with butter, cream cheese and fruit jams. Choose from small, medium or large.
S $24.99 | serves 12
M $44.99 | serves 24
L $64.99 | serves 36

CONTINENTAL SMALL BITE BREAKFAST PLATTER
Miniature versions of our baked croissants, sweet Danish, bagels, scones, muffins and fruit stuffed turnovers, served with butter, cream cheese and fruit jams.
$26.99 | 36 pieces serves 18

FOR BEVERAGES please see our Drink Section.
Creative wraps and sandwiches handmade by our chefs, or all the fixings to build your own.

**SANDWICHES**

**The Californian:** Smoked turkey, avocado, lettuce, tomato and Honeycup honey mustard

**The Caprese:** Tomato, fresh mozzarella and basil with extra virgin olive oil

**Ham Brie Arugula:** Ham and creamy Brie with arugula, tomato and Honeycup honey mustard

**Raging Bull:** Sliced roast beef, pepper jack cheese, peppadew peppers and chipotle mayo

**Vegan Banh Mi:** Tofu, carrots, cabbage and jalapeño pepper tossed with sesame ginger dressing

**Figgy B:** Creamy Brie, Granny Smith apple, arugula and fig spread

$7.99 ea | serves 1

**WRAPS**

Our wraps are made with fresh Maria and Ricardo’s soft tortillas in traditional, tomato or spinach flavors.

**Smoked Turkey:** Fresh Fields smoked turkey, baby greens, Roma tomatoes and traditional hummus

**Southwest Turkey:** Applegate southwest turkey, pepper jack cheese, baby greens and Roma tomatoes

**Ham and Swiss:** Wellshire maple ham, Swiss cheese, fig spread and arugula

**Chicken Salad:** Our chefs’ own white meat chicken salad with baby greens

**Roast Beef:** Our made-right-here roast beef, cheddar cheese, baby lettuce, Roma tomatoes and whole grain mustard

**Middle East Wrap:** Falafel, hummus, tabouli, crisp cucumbers and tzatziki

$6.99 ea | serves 1

**MAKE IT COMPLETE!**

Add a bag of chips, piece of seasonal fruit and a bottle of 365 Everyday Value® water.

$4 ea | serves 1

**SANDWICH BUILDER**

Start with a basket of bakery fresh bread (white and wheat baguettes, focaccia and soft tortillas) and then load up from an artful assortment of smoked turkey, Virginia baked ham, roast beef and tuna and chicken salads. Finish with your favorite fixings, including cheddar and provolone cheeses, lettuce, tomato, red onion, Guss’ new pickles, Kalamata olives, Dijon mustard and mayonnaise.

$69.99 ea | serves 10
NEW ENGLAND CLAM CHOWDER
A comforting New England classic made with tender, juicy clams and creamy potatoes.
$6.99 | serves 2

BUTTERNUT SQUASH SOUP
Silky and smooth, with just the right touch of seasonings. This soup is the perfect addition to a winter meal.
$6.99 | serves 2

TURKEY BLACK BEAN CHILI
Savory chili to warm up any day. Turkey and black beans are slow cooked with tomatoes and spices.
$8.99 | serves 2

FIREHOUSE CHILI
A healthy, flavorful chili made with lentils, bulgur wheat, vegetables and spices.
$6.99 | serves 2

MUSHROOM BARLEY SOUP
A hearty soup, full of flavor without the added oil and salt.
$6.99 | serves 2

Order in-store or online at SHOP.WFM.COM.

Our sandwiches are made with the highest quality meats and cheeses, including:

- Burnett Dairy Provolone
- Cabot Creamery Cheddar
- 365 Everyday Value® Swiss
- Paturges Brie, from France
- Fiorucci Salami and Pepperoni
- Principe Prosciutto, from Italy
- Wellshire Farms Virginia Ham
- Pineland Farms Roast Beef
- Fresh Fields Oven-Roasted Turkey and Smoked Turkey
- Applegate Southwestern Turkey
- FreeBird Chicken

All produced in the USA, unless otherwise noted.
Our salads come with a choice of dressings except as noted. Choose from: balsamic, ranch or Health Starts Here® sesame ginger.

Add chicken to any salad: $2 per person
Add shrimp to any salad: $3 per person

CAESAR SALAD
The classic crunchy romaine salad with croutons, parmesan cheese and creamy Caesar dressing.
$19.99 | serves 10  L $29.99 | serves 20

MESCLUN GOAT CHEESE SALAD
Tender mesclun greens with dried cranberries, candied pecans and Montchevre creamy goat cheese. Includes a side of balsamic dressing.
$23.99 | serves 10  L $33.99 | serves 20

YIA-YIA’S GREEK SALAD
Yia-yia means grandmother in Greek, and she would be delighted if you enjoyed this refreshing Mediterranean salad. Fresh greens, cucumbers, feta tomatoes and olives with Greek vinaigrette.
$23.99 | serves 10  L $33.99 | serves 20

BUTTERNUT SQUASH + KALE SALAD
A bright kale salad with butternut squash and a sweet dressing of dates and sherry vinegar. You’ll love the earthy-sweet flavor combinations.
$19.99 | serves 10  L $29.99 | serves 20

SUPER SALAD
Shredded fresh kale and cabbage are tossed with acai dressing, pomegranate, blueberries and goji berries. This salad packs a punch with an abundance of antioxidants and phytonutrients all in one dish.
$19.99 | serves 10  L $29.99 | serves 20

We source our greens and vegetables from New England growers whenever possible.
sPeCialty bites

Mix and match these specialty bites, order by the dozen and save!

$12 | 1 dozen | $20 | 2 dozen | $28 | 3 dozen | $36 | 4 dozen

Stuffed Peppadew Peppers
Sweet piquanté peppers stuffed with creamy goat cheese, packing in flavor with just a bit of kick.

Brie de Paris + Honey
Buttery-soft, ripe French Brie, drizzled with sweet honey. Best served at room temperature for full flavor.

El Trigal Manchego + Mitica Membrillo
Rich, golden Manchego cheese topped with artisanal quince fruit paste and sweet Marcona almonds.

Mahón + Date Cake
Sharp and salty Mahón cheese topped with a hand-pressed fresh Deglet Noor date and almond cake.

Stuffed Dates
Tangy Wisconsin blue complemented by the soft, caramel-like flavor of Medjool dates.

CHEF BITES

$12 per dozen

Green Garbanzo Cakes
Fresh garbanzo beans give these tasty handmade cakes a delightful green color and a slightly sweet flavor similar to peas.

Spring and Egg Rolls
Crispy and golden. Choose by the dozen from:
- Tofu & Kale Spring Roll
- Chicken Spring Roll
- Vegetable Egg Roll

Sizzling Satay
A selection of exotically seasoned and skewered chicken, beef or tofu. Easy to eat and the winning choice when you need something deliciously different on the menu. Choose by the dozen from:
- Sweet Thai Chile Chicken
- Chipotle Ranch Chicken
- Korean BBQ Beef
- Tahini Ginger Tofu
- Peanut Chicken

Meatballs
Enjoy these meatballs as is, or pair them with a pasta dish. They’re light on breading, so you can enjoy the tasty fusion of meat and spices. Choose by the dozen from:
- Turkey in Pesto Cream
- Classic Beef Marinara
- Dijon Wasabi Beef

SPECIALTY BITES
SPECIALTY BITES continued

Salami + Olive
Olli Norcino domestic salami, lightly seasoned with just salt and white pepper, allowing the full flavor of the pork to shine through. Paired with a green olive stuffed with red pepper.

Gruyère + Salami
Aged in caves and endowed with a deep complexity, nutty Emmi Le Gruyère from Switzerland is topped with a thin slice of slightly tart and peppery Creminelli Milano domestic salami and green olive.

SEAFOOD BITES

$10 1 dozen | $19 2 dozen | $28 3 dozen | $37 4 dozen

Shrimp Eggroll
Traditional egg rolls stuffed with shrimp, vegetables and fresh shredded cabbage. Shrimp origin: Vietnam

Lobster Eggroll
A New England twist on the traditional egg roll, with fresh lobster. Lobster origin: USA

Tornado Shrimp
Shrimp wrapped in sweet potato strings and fried golden brown. Shrimp origin: Vietnam

Coconut Shrimp
Succulent shrimp in a light coconut breading, fried golden brown for a crispy, crunchy crust. Shrimp origin: Vietnam

Escargot
Snails in the shell, marinated in garlic herb butter. Recipes for snails appear in the oldest Roman cookbooks. Isn’t it time you give them a try? Escargot origin: Greece

Crab Rangoon
Wonton wrapper loaded with cream cheese and real crabmeat. Crab origin: USA

Scallop and Shrimp Cakes with Ginger and Lime
Bite-size cakes made with shrimp, scallops and bread crumbs. Ginger and lime give it a refreshing kick. Scallop origin: USA; shrimp origin: Vietnam

Mini Stuffed Clams Casino
Tender clams stuffed with Wellshire maple bacon, bread crumbs and butter. Clam origin: USA

Mini Stuffed Clams with Chorizo
Stuffed with spicy chorizo sausage, peppers, bread crumbs and butter. Clam origin: USA
FARMER’S PRIDE CHEESE BOARD
A selection of world-class, award-winning seasonal cheeses produced by northeast artisanal cheesemakers.
$69.99 | serves up to 10

EUROPEAN MASTER’S CHEESEBOARD
A curated collection of Europe’s finest cheeses, contrasting in taste and texture with a balance of sweet, pungent, firm and creamy.
$69.99 | serves up to 10

VEGAN “CHEESE” PLATTER
Supple, rich and complex Kite Hill™ Fresh Original Artisan Almond Milk Cheese and velvety Kite Hill™ Soft Ripened Artisan Almond Milk Cheese. Both balanced in flavor and silky in texture. Comes with raw, unsalted almonds, plum spread, grapes and strawberries. vegan
$39.99 | serves up to 8

CROWD PLEASER CHEESE PLATTER
A rotating assortment of four popular and delectable cheeses. Ask about our current selection.
M $19.99 | serves 5 to 10
L $29.99 | serves 10 to 15

SHRIMP COCKTAIL PLATTER
Our responsibly farmed shrimp is cooked to tender perfection and served with signature cocktail sauce.
S $36.99 | serves 10 to 15
L $69.98 | serves 15 to 25

HOT-SMOKED ATLANTIC SALMON PLATTER
Our farm-raised Atlantic salmon, hot-smoked and seasoned for exquisite flavor. Includes 10 pieces in assorted flavors including Traditional, Maple, Black Pepper, Cajun, Mango Chutney and Moroccan Spice. Includes horseradish sauce from Ducktrap River of Maine.
$49.99 | serves 10

TRADITIONAL ANTIPASTO PLATTER
A bountiful selection of traditionally cured charcuterie including salami, prosciutto di parma, soppressata and pepperoni, with provolone cheese, grilled vegetables, marinated artichokes, Greek olives and our own crusty hearth bread.
S $79.99 | serves 10
L $99.99 | serves 20

VEGETARIAN ANTIPASTO
Grilled eggplant, Portobello mushrooms, artichokes, onion, squash and bell peppers with domestic provolone and marinated fresh Maplebrook Farm mozzarella from Vermont. Served with tapenade and our own crusty hearth bread. VEGETARIAN
S $39.99 | Serves 10
L $69.99 | serves 20

continued
**DELI PLATTER**  
Roast beef, oven-roasted turkey, ham, American cheese and Swiss cheese.  
$59.99 | serves 12

**FRUIT PLATTER**  
Made fresh daily with the best peak season fruit, including sliced honeydew melon, cantaloupe and berries. Whenever possible, we source our fruit from local New England farms.  
S $34.99 | serves 10  L $54.99 | serves 20

**CRUDITE PLATTER**  
Made fresh to order with the best produce of the season including asparagus, radishes, tomatoes, broccoli and more. Beautifully arranged as a colorful, edible centerpiece for your table.  
S $39.99 | serves 10  L $59.99 | serves 20

**ARTISAN CHARCUTERIE BOARD**  
Assorted artisan Italian salumi served with Greek olives, Moutarde a l’Ancienne grain mustard, crostini and Marcona almonds from Spain.  
$39.99 | serves 8

**MEZE PLATTER**  
Hummus, baba ghanoush and tabouli with Divina dolmades, mixed olives, domestic feta and crispy toasted pita triangles from our own local Bakehouse.  
S $29.99 | serves 10  L $59.99 | serves 20

**QUESADILLA PLATTER**  
Handmade, locally-sourced Maria and Ricardo’s flour tortillas. Quesadillas include: Freebird Spicy Grilled Chicken, Fire Grilled Veggie and our famous Portobello Mushroom and Montchevre Goat Cheese. Served with sour cream, our own handmade guacamole and fresh pico de gallo.  
S $54.99 | serves 10  L $89.99 | serves 20

**CHICKEN WING PLATTER**  
Tender, fried FreeBird chicken wings served with crisp celery and carrot sticks, and a cool blue cheese dip. Includes sweet barbeque, tangy teriyaki and spicy buffalo.  
S $39.99 | serves 10  L $74.99 | serves 20

**CHIPS, GUACAMOLE + SALSA**  
Handmade tortilla chips served with our chefs’ own creamy guacamole and fresh pico de gallo. Bring to a tailgate party for a crunchy snack everyone will love.  
S $29.99 | serves 10  L $39.99 | serves 20
ASSORTED HORUS D’OEUVRE PLATTER
A tasty sampling of our popular Chef’s Bites. Includes: Beef Marinara Meatballs, Peanut Chicken Satays, Green Garbanzo Cakes and Vegetable Egg Rolls. Order by the dozen—buy more and save!

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price</th>
<th>Serves</th>
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<tbody>
<tr>
<td>1 dozen</td>
<td>$10</td>
<td>5</td>
</tr>
<tr>
<td>2 dozen</td>
<td>$19</td>
<td>10</td>
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<tr>
<td>3 dozen</td>
<td>$28</td>
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</tr>
<tr>
<td>4 dozen</td>
<td>$37</td>
<td>20</td>
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</tbody>
</table>

SUSHI
We offer a variety of sushi platters, including vegan and vegetarian options. Order online or call your local store for details.

Our Quality Standards

We carefully evaluate each and every product we sell.

We feature foods that are free of artificial preservatives, colors, flavors, sweeteners, and hydrogenated fats.

We are passionate about great tasting food and the pleasure of sharing it with others.

We are committed to foods that are fresh, wholesome and safe to eat.

We seek out and promote organically grown foods.

We provide food and nutritional products that support health and well-being.

All items on our catering menu meet the same high-quality standards as everything we sell in our stores.
STEAKHOUSE SIRLOIN
Tender slices of beef sirloin imported from Australia, roasted to perfection and marinated in Theo’s Steakhouse marinade.
$99.99 | serves 10

KOREAN BBQ SIRLOIN
Our sirloin is grilled to medium-rare with Cindy’s Kitchen’s locally made Korean BBQ sauce. Served with a side of Mama O’s Premium Kimchi.
$99.99 | serves 10

HERB ROASTED TURKEY BREAST
We slow-roast our turkey with fresh garlic, rosemary and thyme. Served sliced, enjoy as is or as a sandwich filling.
$79.99 | serves 10

GARLIC + HERB ROTISSERIE CHICKEN
A spit-fired FreeBird rotisserie chicken, rubbed with a garlic and herb mix. Our slow-cooking rotisserie allows the meat to cook evenly and deliciously in its own juices. Cut into quarters and easy to eat, it’s a customer favorite.
$59.99 | serves 10

GRILLED CHICKEN BREAST
Our tender, perfectly grilled chicken breast is a great crowd pleaser for any event. Choose from: lemon grilled, sweet Thai chile or fig balsamic.
$69.99 | serves 10

TURKEY SHEPARD’S PIE
A healthy take on a classic comfort food. Mashed cauliflower atop a filling of turkey, butternut squash and peas. Lightly seasoned with garlic, herbs and paprika.
$59.99 | serves 10

SALMON
Sourced from sustainable fisheries, our flavorful farm-raised Atlantic salmon is a customer favorite. Choose from three delicious preparations: lemon poached, simple grilled or pomegranate.
$99.99 | serves 10

THAI PEANUT TOFU
Oven-roasted tofu drizzled with our sweet and spicy peanut sauce, and finished with chopped scallion and peanuts.
$49.99 | serves 10

TANGERINE CHIPOTLE TOFU
Grilled tofu with a fiery hot pepper and citrus sauce.
$49.99 | serves 10
CRUNCHY MUSTARD CHICKEN
Crunchy panko bread crumbs on the outside and tender, moist chicken on the inside. The honey mustard sauce gives this dish an added zip, and if your catered event involves kids, they will love it too!
$69.99 | serves 10

VEGETABLE LASAGNA
A lighter version of a traditional favorite, stuffed with Vermont’s Maplebrook Farm mozzarella along with zucchini, bell peppers and onions.
$49.99 | serves 10

BOLOGNESE LASAGNA
Classic comfort food at its best! This lasagna features a rich meat sauce layered between pasta and cheeses.
$59.99 | serves 10

EGGPLANT PARMESAN
One bite of this tender layering of eggplant, Romano cheese, tomato marinara, mozzarella, garlic and spices, and you’ll know why this dish is a time tested favorite.
$49.99 | serves 10

CHICKEN PARMESAN
Juicy chicken cutlets encrusted with a mix of panko breadcrumbs, oregano, salt and crushed black pepper, layered with our marinara sauce and mozzarella cheese. A traditional dish that passes the taste test of even the fussiest guests.
$69.99 | serves 10

BAKED ZITI
Oven-baked ziti pasta with our marinara sauce, Cappiello ricotta and Maplebrook Farm mozzarella cheese. Serve as the main or on the side of chicken or eggplant parmesan.
VEGETARIAN
$49.99 | serves 10

Our entrées are prepared with only the highest quality meats and seafood, including:

- FreeBird Chicken, from Pennsylvania
- Plainville Farms Turkey, from Pennsylvania
- Verde Farms Beef Sirloin, from Australia
- Farm-Raised Atlantic Salmon
<table>
<thead>
<tr>
<th>Side</th>
<th>Description</th>
<th>Price</th>
<th>Serves</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MACARONI + CHEESE</strong></td>
<td>A comforting, tasty staple, rich with creamy cheddar, Romano and mozzarella cheeses. Serve as a side or as a main course paired with a fresh green salad.</td>
<td>$29.99</td>
<td>10</td>
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<tr>
<td><strong>GRILLED ASPARAGUS</strong></td>
<td>Fresh asparagus simply grilled with salt and pepper.</td>
<td>$32.99</td>
<td>10</td>
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<tr>
<td><strong>GARLIC GREEN BEANS</strong></td>
<td>Flash-fried green beans in a tamari and garlic sauce with red bell peppers.</td>
<td>$32.99</td>
<td>10</td>
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<tr>
<td><strong>CLASSIC MASHED POTATOES</strong></td>
<td>Rich, creamy and satisfying, this comfort food pairs well with chicken, turkey and beef. Need a perfect meal suggestion for a special event? Try our grilled rosemary sirloin, classic mashed potatoes and grilled asparagus.</td>
<td>$29.99</td>
<td>10</td>
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<tr>
<td><strong>BROCCOLI WITH ALMONDS + CHILE</strong></td>
<td>Steamed al dente broccoli with a chile dressing and slivered almonds. This tasty mix pairs well with sliced sirloin or a seasoned tofu dish.</td>
<td>$32.99</td>
<td>10</td>
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<tr>
<td><strong>CRUNCHY PEANUT NOODLES</strong></td>
<td>Wheat noodles with tangy peanut sauce and chopped roasted peanuts, enhanced with garlic and red pepper. This Thai-influenced dish brings an international flare to your gathering.</td>
<td>$32.99</td>
<td>10</td>
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<tr>
<td><strong>PORTOBELLO, ARTICHOKE + PEPPER SALAD</strong></td>
<td>Tossed with a red wine dressing, these vegetables could work as a side dish or light entrée. Earthy, tangy and full of flavor, your guests will compliment your creative and unique menu.</td>
<td>$32.99</td>
<td>10</td>
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<tr>
<td><strong>CRANBERRY COUSCOUS</strong></td>
<td>Israeli couscous dressed in a Champagne vinaigrette, with dried cranberries, pecans and fresh herbs. A light and nutty side dish that pairs well with grilled chicken or salmon.</td>
<td>$29.99</td>
<td>10</td>
</tr>
<tr>
<td><strong>FETA SPINACH ORZO</strong></td>
<td>This popular salad will be a hit at your next event. Chock-full of fresh spinach, pine nuts, domestic Euphrates feta and Kalamata olives.</td>
<td>$32.99</td>
<td>10</td>
</tr>
</tbody>
</table>
PUMPKIN RAVIOLI SALAD
When the slightly sweet taste of pumpkin meets the barely bitter taste of Swiss chard and creamy goat cheese, you've got yourself a unique and memorable dish. We source our pumpkins from local farms. **VEGETARIAN**
$32.99 | serves 10

CALIFORNIA QUINOA
Pronounced “keen-wah,” this fresh and healthy quinoa salad includes soybeans, mango, coconut and cilantro. Quinoa, while referred to as a grain, is technically a seed, and these seeds deliver protein and a hearty, earthy flavor. **VEGAN**
$29.99 | serves 10

OVEN ROASTED BRUSSELS SPROUTS
Fresh Brussels sprouts are tossed in oil, salt and pepper and then roasted until caramelized and tender. Delicious as is, or serve atop mixed greens with a sprinkle of crumbled goat cheese and balsamic vinaigrette. **VEGAN**
$29.99 | serves 10

ROASTED HARVEST ROOT VEGETABLES
A seasonal medley including butternut squash, rutabaga, parsnips, sweet potatoes and Brussels sprouts, roasted with balsamic vinegar and fresh herbs. **VEGAN**
$32.99 | serves 10

SWEET POTATOES + LIME
Sweet potatoes are at their peak sweetness in fall and winter, and these puréed gems are brightened with a hint of lime. Brings nutrition, color and seasonal flavor to any event. **VEGAN**
$29.99 | serves 10

BUTTERNUT SQUASH + CRANBERRIES
Roasted squash is a New England classic. This versatile side dish flavored with dried cranberries, onion and sage will complement anything from a family dinner to a lavish holiday celebration. **VEGAN**
$29.99 | serves 10

SWISS CHARD WITH CURRIED CHICKPEAS
Curried chickpeas, nicely complemented by Swiss chard, roasted carrots, blue cheese, garlic and spices. Sometimes your special event calls for foods with a dash of flair, and this dish delivers! **VEGETARIAN**
$29.99 | serves 10

ROASTED FENNEL + FARRO
A blend of farro, thyme-spiced, roasted fennel and bell pepper. Kalamata olives and dried apricots lend a unique salty-sweet pop of flavor. **VEGAN**
$32.99 | serves 10
FRESH FRUIT TART
This all-butter crust filled with freshly made pastry cream and topped with juicy, ripe, fresh fruit is a colorful and refreshing treat.
$18 | 6-inch serves 6 to 8
$28 | 10-inch serves 10 to 12

CHOCOLATE MOUSSE CAKE
This dessert is a perfect balance of chocolate cake and rich chocolate mousse. Simply delicious. Serve with a robust coffee for a wonderful end to your meal.
$28 | 9-inch serves 8 to 12

VALUE PACK CHOCOLATE CHIP COOKIES
20 cookies baked fresh right in our bakery. Available in Chocolate Chip or Oatmeal Raisin, these are the perfect nostalgic treat for everyone in the family!
$12 | 20 pack

BROWNIE + BAR PLATTER
As assortment of traditional brownies, peppermint brownies, chocolate peanut butter brownies, fudge brownies, cheesecake brownies, apricot crumble bars and berry explosion bars.
S $24.99 | 12 pieces  M $44.99 | 24 pieces  L $64.99 | 36 pieces

COOKIE PLATTER
Our own cookies baked right in our store, including chocolate chip, oatmeal chocolate, peanut butter, jumble, gingersnap, and double chocolate.

BAKER’S DOZENS
An assortment of petite cheesecakes, tarts, petit fours, cake balls, eclairs, cream puffs and sfogliatelle—all mini, all tempting bite-sized pieces.
$18 | 13 pieces

CELEBRATION CAKE
Vanilla or chocolate single layer quarter sheet cake with your choice of vanilla or chocolate frosting. Want a birthday or celebration message on it? Just ask!
$18 | quarter sheet serves 12 to 14
**ORANGE JUICE**  
Our chilled 365 Everyday Value® Orange Juice has a bright flavor and just enough sweetness to start your day.  
$3.99 | ½ gallon serves 8

**SINGLE-SERVE BOTTLED WATER**  
79¢ | 500 ml serves 1

**ASSORTED BOTTLED JUICE + TEAS**  
A variety of Nantucket Nectars and Tazo Teas.  
$1.49–$1.69 ea | serves 1

**365 EVERYDAY VALUE® NATURAL SODAS**  
Fizzy and not too sweet. Root beer, ginger ale or cola.  
$1.25 | 12 oz serves 1

**WHOLE FOODS MARKET™ SPARKLING WATERS**  
Lemon or lime.  
79¢ | 500 ml serves 1

**ZEVIA ZERO CALORIE SODA**  
Lemon-lime twist, cola or cream.  
$1.49 | 16 oz serves 1  
*Ice cubes are not included with iced drinks, but all iced drinks are chilled.*

**CASPARI PAPER COCKTAIL NAPKINS + GUEST TOWELS**  
Brighten your event with high quality, elegant and colorful Caspari paper goods. Ask about our seasonal selections.  
$4.99–$6.99

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**COLOR**

Our expert floral designers can create custom arrangements for any occasion—from formal wedding to casual gathering.

**WINTER BLOOM ARRANGEMENT**  
This sweet and simple arrangement is made fresh daily by our designers with seasonal blooms and expertly arranged in a traditional Mason jar. $15

**SEASONAL PETITES**  
Petite blooms, elegantly arranged in a 4 x 4-inch glass cube. A perfect hostess gift or centerpiece. $25

**WHOLE TRADE® DOZEN ROSES**  
A dozen Whole Trade® roses, arranged with baby’s breath and greens in a stylish vase. A classic any time of year. $40  
*Our Whole Trade® seal guarantees that the product you’re buying is grown or produced according to strict criteria for ethical trade, environmental practices and the highest quality.*
GUIDE TO SYMBOLS IN THIS MENU

SEAFOOD SUSTAINABILITY

FARM RAISED
Third-party verified to meet our Whole Foods Market Quality Standards.

WILD CAUGHT
From well-managed fisheries; caught in ways that cause little harm to habitats or other wildlife.

WILD CAUGHT
From fisheries where there are some concerns with how species are caught or managed.

5-STEP® ANIMAL WELFARE RATING

All beef, chicken, pork and turkey used in our recipes must come from producers who have achieved certification to Global Animal Partnership’s 5-Step® Animal Welfare Rating.

Menu items marked with this logo meet our Health Starts Here® criteria. Learn more at WFM.com.

Items are available in party-size quantities, offering more savings. Buy more and save!
LOCATIONS

CONNECTICUT
GLASTONBURY 55 Welles Street 860-652-9800
WEST HARTFORD 50 Raymond Road 860-523-8500
WEST HARTFORD Bishops Corner,
340 North Main Street 860-523-7174

MAINE
PORTLAND 2 Somerset Street 207-774-7711

MASSACHUSETTS
ANDOVER 40 Railroad Street 978-749-6664
ARLINGTON 808 Massachusetts Avenue 781-777-7200
BEDFORD 170 Great Road 781-275-8264
BELLINGHAM 255 Hartford Avenue 508-966-3331
BOSTON 181 Cambridge Street 617-723-0004
BOSTON 348 Harrison Avenue 617-904-1000
BOSTON 15 Westland Avenue 617-375-1010
BRIGHTON 15 Washington Street 617-738-8187
BROOKLINE 1028 Beacon Street 617-202-0550
CAMBRIDGE 115 Prospect Street 617-492-0070
CAMBRIDGE Fresh Pond Mall,
200 Alewife Brook Parkway 617-491-0040
CAMBRIDGE 340 River Street 617-876-6990
CHARLESTOWN 51 Austin Street (Bunker Hill Mall) 617-337-9700
DEDHAM 300 Legacy Place 781-329-7100
FRAMINGHAM 575 Worcester Road (Rte. 9) 508-628-9525
HADLEY 327 Russell Street (Rte. 9) 413-586-9932
HINGHAM Derby Street Shoppes 781-741-8050
HYANNIS 990 Hyannis Road 508-418-5900
JAMAICA PLAIN 413 Centre Street 617-553-5400
LYNNFIELD 100 MarketStreet Plaza,
For GPS users: 427 Walnut Street 781-776-4300
MEDFORD 2151 Mystic Valley Parkway 781-395-4998
MELROSE 880 Maine Street 781-606-3400
NEWTON 916 Walnut Street 617-969-1141
NEWTONVILLE 647 Washington Street 617-965-2070
SOMERVILLE 45 Beacon Street 617-902-9300
SOUTH WEYMOUTH 35 Pleasant Street 781-277-5200
SWAMPSCOTT 331 Paradise Road 781-592-2200
WAYLAND 317 Boston Post Road 508-358-7700
WELLESLEY 442 Washington Street 781-235-7262
WESTFORD 160 Littleton Road 978-303-2900
WOBURN 400 Cambridge Road 781-376-9600

NEW HAMPSHIRE
BEDFORD 121 South River Road 603-218-1900
NASHUA Turnpike Plaza, 255 Amherst Street 603-318-7550

RHODE ISLAND
CRANSTON 151 Sockanosset Cross Road
(Garden City Center) 401-942-7600
PROVIDENCE 261 Waterman Street 401-272-1690
PROVIDENCE 601 North Main Street 401-621-5990