Three Ways to Order:

• In-store
• Online at Shop.WFM.com
• Call 1-844-936-2428

• 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 18, 2018 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. We reserve the right to correct errors.
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.

A GUIDE TO SYMBOLS IN THIS MENU

FARM RAISED SEAFOOD Third-party verified to meet our Whole Foods Market Quality Standards.
WILD CAUGHT SEAFOOD Certified sustainable by the Marine Stewardship Council.
WILD CAUGHT SEAFOOD From fisheries where there are some concerns with how species are caught or managed.

5-STEP® ANIMAL WELFARE RATINGS:

1 = No Cages, No Crowding
2 = Enriched Environment
3 = Enhanced Outdoor Access
4 = Pasture Centered
5 = Animal Centered

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.

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

Items feature full flavor with minimal salt, sugar and fat. Learn more about healthy eating at WFM.com.

NUTRITIONAL INFORMATION
Calories shown are per serving.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.

breakfast + brunch

FRESH FRUIT BOWL
An assortment of fresh cut melon, pineapple, strawberries, grapes and kiwifruit.
M $19.99 | 36 pieces
L $34.99 | 80–310 ea

CRUDITÉ BOWL
Fresh cut carrots, broccoli, cauliflower, celery, peppers, tomatoes, cucumbers with roasted veggie ranch dip.
M $14.99 | 36 pieces
L $24.99 | 80–310 ea

SAVORY QUICHES
A melt-in-your-mouth flaky shell holds a tender, silky custard made with cage-free eggs. Enjoy warm or cold. Choose from Quiche Florentine, Quiche Lorraine and Broccoli Cheese Quiche.
$13.99 ea | 24 oz ea
200–260 per 3 oz slice

YOGURT, FRUIT + GRANOLA BOWL
Fresh strawberries and blackberries, low-fat yogurt and crunchy vanilla granola. Not just for breakfast, it also makes a perfect snack option at your event.
M $12.99 | 36 oz
L $19.99 | 64 oz

BAGELS & LOX PLATTER
Our fresh sliced bagels and tender smoked salmon served with cream cheese and a garnish of capers, dill and minced red onion.
$49.99 | 10 pieces
400 ea

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
M $19.99 | 24 pieces
L $26.99 | 36 pieces
280–310 ea

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.
S $24.99 | 12 pieces
M $44.99 | 24 pieces
L $64.99 | 36 pieces
280–590 ea

CONTINENTAL SMALL BITE BREAKFAST PLATTER
Miniature versions of our baked croissants, sweet Danish, bagels, muffins and fruit-stuffed turnovers, served with butter, cream cheese and fruit jams.
$26.99 | 36 pieces
70-150 ea

CROISSANT 6 PACK
The classic flaky, buttery pastry in plain or chocolate.
$7.49 | 6 pieces
170 ea

FOR BEVERAGES please see our Drink Section.
Our wraps are made with fresh Maria and Ricardo’s soft tortillas in spinach, sweet potato or ancient grain.

**Turkey Cobb** The classic salad made into a wrap! Oven roasted turkey, bacon, hardboiled egg and blue cheese dressing.

**Chicken Caesar** Chicken Caesar salad in a wrap.

**Roast Beef & Cheddar** Roast beef and cheddar paired with a sweet peppadew relish, all rolled up in an ancient grain tortilla.

**Curry Chicken Salad** Tender chicken salad with slivered almonds and raisins in a spicy curry dressing.

**Ham, Havarti & Fig** Virginia ham, Havarti cheese and slightly sweet fig spread.

**Tabbouleh and Feta** Mediterranean bulgur wheat salad with fresh tomatoes, smooth hummus and tangy feta cheese.

$7.99 ea | serves 1

**SANDWICHES**

**Roast Beef with Boursin** A juicy roast beef sandwich filled with boursin, tomato, lettuce and onion.

**New England Turkey** A classic New England turkey sandwich on cranberry bread. Filled with lettuce and tomato and topped with cranberry mayonnaise.

**Ham & Brie** Maple ham and Brie paired with tangy golden honey mustard on a luscious ciabatta roll.

**Korean BBQ Beef** Korean barbequed beef with wasabi mayonnaise on a brioche roll.

**The North End Italian** An Italian medley of meats with olives and pepperoncini atop a crispy sesame torta.

**Portobello & Goat Cheese** A hearty vegetarian sandwich with roasted portobello mushrooms and creamy goat cheese topped with arugula, tomatoes and onions on ciabatta.

**Sweet & Spicy Asian Chicken** Tender chicken breast topped with a sweet and spicy sauce and crunchy carrots and cucumbers.

**The Avocado el Fresco** Avocado, crisp carrots and fresh tomato.

$7.99 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 | 12 oz

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We source our produce from New England growers whenever possible. 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 + 140 per 3 oz serving

Add shrimp to any salad: $3 per person + 100 per 3 oz serving

**CAESAR SALAD**

The classic crunchy romaine salad with croutons, parmesan cheese and creamy Caesar dressing.

S $19.99 | 24 oz  L $29.99 | 32 oz  220 per 4 oz serving

**MESCLUN GOAT CHEESE SALAD**

Tender mesclun greens with dried cranberries, candied pecans and Montchevre creamy goat cheese. Includes a side of balsamic dressing.

S $23.99 | 24 oz  L $33.99 | 32 oz  190 per 4 oz serving

**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.

S $23.99 | 24 oz  L $33.99 | 32 oz  110 per 4 oz serving

**LEMON GINGER GREEN SALAD**

A light, refreshing green salad with crisp radishes with aromatic lemon and ginger.

S $19.99 | 16 oz  L $29.99 | 24 oz  240 per 4 oz serving

**ROASTED BEET SALAD WITH APPLES & WALNUTS**

A hearty beet salad with crisp apples and savory walnuts, tossed in a dijon tarragon dressing.

$29.99 | 48 oz  140 per 4 oz serving

**FALL HARVEST SALAD**

Autumn greens topped with delicata squash, pears and pomegranate seeds, and paired with white balsamic gorgonzola.

S $19.99 | 32 oz  L $29.99 | 48 oz  240 per 4 oz serving

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.
Mix and match these seafood bites. Order by the dozen and save! 30-250 ea

<table>
<thead>
<tr>
<th>1 dozen</th>
<th>2 dozen</th>
<th>3 dozen</th>
<th>4 dozen</th>
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<td>$9</td>
<td>$18</td>
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**SHRIMP SPRINGROLL**
Shrimp and veggies wrapped and fried golden brown. Shrimp origin: Ecuador

**CHILEAN SEA BASS SPRINGROLL**
Chilean sea bass and veggies wrapped and fried golden brown. Sea bass origin: Australia

**SALMON SPRINGROLL**
Wild salmon and veggies wrapped and fried golden brown. Salmon origin: Alaska, USA

**COD DUMPLING**
Flaky cod enveloped in a wonton wrapper. Cod origin: Alaska, 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

**CRAB RANGOON**
Wonton wrapper loaded with cream cheese and real crabmeat. Crab origin: USA

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**NEW ENGLAND CHEESE BOARD**
A selection of our favorite Vermont cheeses, artfully arranged and garnished with fresh grapes and seasonal citrus.

$69.99 | 96 oz

**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 | 96 oz

**SIMPLY ELEGANT CHEESE PLATTER**
A rotating assortment of four popular and delectable cheeses. Ask about our current selection.

M $19.99 | 32 oz
L $29.99 | 48 oz

**SHRIMP COCKTAIL PLATTER**
Our responsibly farmed shrimp is cooked to tender perfection and served with signature cocktail sauce.

S $36.99 | 32 oz
L $69.98 | 64 oz

**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, and Cajun. Includes horseradish sauce from Ducktrap River of Maine.

$59.99 | 32 oz

**TRADITIONAL ANTIPASTO PLATTER**
A 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 | 72 oz
L $99.99 | 96 oz

**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 our own crusty hearth bread. [VEGETARIAN]

S $49.99 | 128 oz
L $79.99 | 280 oz

**DELI PLATTER**
Roast beef, oven-roasted turkey, ham, American cheese and Swiss cheese.

$59.99 | 96 oz

**ARTISAN CHARCUTERIE BOARD**
Assorted artisan Italian salumi served with Greek olives, Moutarde à l’Ancienne grain mustard, crostini and Marcona almonds from Spain.

$39.99 | 35 oz

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**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.

- $34.99 | 80 oz
- $54.99 | 128 oz

**CRUDITÉ PLATTER**
Made fresh to order with the best produce of the season including asparagus, radishes, tomatoes, broccoli and more.

- $39.99 | 100 oz
- $59.99 | 128 oz

**MEZE PLATTER**
Our hummus, baba ghanoush and tabouleh come from a celebrated local New England supplier, Yosi Kosher Catering. Includes Divina dolmades, mixed olives, domestic feta and crispy toasted pita triangles from our own local Bakehouse.

- $29.99 | 68 oz
- $59.99 | 100 oz

**QUESADILLA PLATTER**
Includes Roasted Mushroom, Chicken Verde and Chipotle Beef. Served with sour cream, guacamole and salsa.

- $54.99 | 88 oz
- $89.99 | 176 oz

**CHICKEN WING PLATTER**
Tender, fried FreeBird chicken wings prepared by our chefs. Served with crisp celery and carrot sticks, and a cool blue cheese dip. Texas BBQ, Garlic Teriyaki and Wild Buffalo.

- $39.99 | 80 oz
- $74.99 | 160 oz

**CHIPS, GUACAMOLE AND SALSA**
Tortilla chips served with guacamole and fresh tomato salsa.

- $29.99 | 48 oz
- $39.99 | 80 oz

**POTSTICKER PLATTER**
A tasty duo of chicken and edamame potstickers paired with an inspiring soy ginger dressing.

- $59.99 | 48 pieces

**SPRING ROLL PLATTER**
Golden-fried chicken spring rolls and vegetable springrolls paired with a sweet thai chili sauce.

- $59.99 | 48 pieces

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**STEAK AU POIVRE**
Pepper crusted grilled sirloin in a balsamic and shallot reduction.

- $99.99 | 80 oz

**BALSAMIC GLAZED TURKEY BREAST**
Perfectly roasted turkey breast coated with a fresh balsamic glaze.

- $79.99 | 80 oz

**GARLIC HERB ROTISSERIE CHICKEN**
Juicy, flavorful garlic and herb seasoned rotisserie chicken. Cut into quarters and easy to eat, it’s a customer favorite.

- $59.99 | 80 oz

**GRILLED CHICKEN BREAST**
Our tender, perfectly grilled chicken breast is a great crowd pleaser! Choose from Fig Balsamic, Sriracha or Garlic Rosemary.

- $69.99 | 80 oz

**SALMON**
Our flavorful farm-raised Atlantic salmon. Choose from Simple Grilled, Maple Apple Glazed or Lemon Poached.

- $99.99 | 80 oz

**THAI PEANUT TOFU**
Oven-roasted tofu drizzled with our sweet and spicy peanut sauce, and finished with chopped scallion and peanuts.

- $49.99 | 80 oz

**CHIPOTLE LIME TOFU**
Tangy lime chipotle sauce over golden-fried tofu squares.

- $49.99 | 80 oz

**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. Kids love it too!

- $69.99 | 80 oz

**BUTTERNUT SQUASH LASAGNA**
A harvest classic—lasagna stuffed with butternut squash and ricotta cheese.

- $49.99 | 80 oz

**BREADED SWISS FLORENTINE CHICKEN**
The classic Swiss and spinach pairing wrapped around crispy breaded chicken breasts.

- $69.99 | 80 oz

**CHICKEN PARMESAN**
Juicy chicken cutlets encrusted with a mix of panko bread crumbs, oregano, salt and crushed black pepper, layered with our marinara sauce and mozzarella cheese.

- $69.99 | 80 oz
MAPLE ALMOND BUTTERNUT SQUASH
A sweet and savory side of roasted butternut squash, topped with maple syrup and almonds.
$29.99 | 48 oz

TRUFFLED CAULIFLOWER WITH FARRO & ARUGULA
Truffle rubbed and roasted cauliflower, fresh arugula and tender farro tossed with lemon juice and parmesan.
$32.99 | 48 oz

BROCCOLI WITH ALMONDS & CHILE
Steamed al dente broccoli with chile dressing and slivered almonds. Pairs well with our sirloin or a seasoned tofu dish.
$32.99 | 48 oz

ROASTED NEW POTATOES WITH GARLIC & ROSEMARY
Tender roasted potatoes with garlic and rosemary.
$29.99 | 48 oz

GRILLED ASPARAGUS
Fresh asparagus simply grilled with salt and pepper.
$32.99 | 48 oz

TABBOULEH
Traditional middle eastern salad made of bulgur, tomatoes, finely chopped parsley, mint, onion and garlic, and seasoned with olive oil, lemon juice and salt.
$29.99 | 48 oz

CLASSIC MASHED POTATOES
Rich, creamy and satisfying, this comfort food pairs well with chicken, turkey and beef.
$29.99 | 48 oz

MACARONI & CHEESE
Full of creamy cheddar, Romano and mozzarella cheeses—serve as a side or as a main course. Kids love it!
$29.99 | 48 oz

APPLE & BRUSSEL SPROUT SLAW
A light crunchy side salad of shaved brussels sprouts and crisp apples.
$29.99 | 48 oz

SUN DRIED TOMATO & OLIVE FARRO SALAD
A fall grain favorite paired with sweet tomatoes and salty olives.
$29.99 | 48 oz

ROASTED BRUSSEL SPROUTS WITH PANCETTA
Brussels sprouts roasted to perfection and tossed with crispy pancetta.
$29.99 | 48 oz

MUSHROOM RAVIOLI WITH PANCETTA
A rich mushroom-stuffed ravioli tossed in a savory garlic pancetta sauce.
$29.99 | 48 oz

ROASTED DELICATA SQUASH WITH FENNEL & GRAPES
Sweet roasted delicata squash with grapes, aromatic fennel and a hint of sage.
$29.99 | 48 oz

MISO CASHEW SWEET POTATOES
Thinline sliced sweet potatoes with a "cheesy" cashew based sauce complimented by a hint of miso.
$24.99 | 48 oz

BACON BROCCOLI CRUNCH SALAD
Broccoli joins forces with raisins, bacon and sunflower seeds
$32.99 | 48 oz

GARLIC GREEN BEANS
Flash-fried green beans in a tamari and garlic sauce with red bell peppers. Just the right amount of heat makes it green beans done right.
$32.99 | 48 oz

PORTOBELLO, ARTICHOKE & ROASTED PEPPERS SALAD
Tossed with red wine dressing, these vegetables could work as a side dish or light entree. Earthy, tangy and full of flavor.
$32.99 | 48 oz

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.

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**JOE TO GO**
Start your morning right with fine Allegro® coffee, available in light or dark roast, and decaf. It’s also perfect for an after-lunch pick-me-up or for serving with desserts on a buffet table. Includes creamers, sugar and stirrers.
$13.99 | 96 fl oz 0 per 12 oz serving

**HOT TEA**
All you need to enjoy a hot cup of tea anytime of day. Includes hot water and a variety of our fine Allegro® green, black or herbal teas.
$13.99 | 96 fl oz 0 per 12 oz serving

**365 EVERYDAY VALUE® ORANGE JUICE**
Bright flavor and just enough sweetness to start your day.
$2.99 | ½ gallon 110 per 8 fl oz serving

**365 EVERYDAY VALUE® SINGLE-SERVE BOTTLED WATER**
Don’t forget the water! Our 365 Everyday Value® brand is a staple for all catering events and thirsty crowds.
89¢ | 500 ml 0 per 500 ml serving

**ASSORTED BOTTLED JUICES & TEAS**
A variety of Nantucket Nectars and Tazo Teas.
$1.49-$1.79 ea 60-290 per 1 bottle

**365 EVERYDAY VALUE® NATURAL SODAS**
Fizzy and not too sweet, our sodas will please and refresh your guests. Root beer, ginger ale and cola.
99¢ | 12 oz 140-180 per 12 oz serving

**WHOLE FOODS MARKET™ SPARKLING WATERS**
Want something fizzy without the sugar? Whole Foods Market™ Sparkling Waters are the answer. Lemon or lime.
99¢ | 16.9 oz 0 per 16.9 oz serving

**ZEVIA ZERO CALORIE SODA**
Leaves of the stevia plant provide a sweetness that is both natural and calorie free. Choose from cola, lemon-lime twist, ginger root beer and cream soda. Note: When ordering multiple beverages, you’ll receive equal or near equal amounts of flavors selected.
$1.19 | 16 fl oz 0 per 16 oz serving

*Ice cubes are not included with iced drinks, but all iced drinks are chilled.

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CELEBRATION CAKE
Simple yet delicious! Choose chocolate cake with chocolate frosting or vanilla cake with vanilla frosting. Need a message or design on your cake? Just ask!
$18 | quarter sheet, 56 oz 490 per 3.5 oz slice

TART AUX POMME
Flaky buttery tart shell filled with rich pastry cream and topped with crisp apples. Dusted with cinnamon.
$13.99 | 6-inch, 14 oz 240 per 3.5 oz slice
$20 | 9-inch, 40 oz 370 per 5 oz slice

PIE BUNDLE Limited time offer! Nov 1–Jan 1
Celebrate with this sweet treat of a deal available for a limited time only. Bundle includes one apple, one blueberry and one cherry pie (no substitutions).
$20.99 | 3 9-inch pies, 30 oz ea 260–420 per 3.75 oz slice
Regularly $9.99–$12.99 ea

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

AUTUMN 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 arranged in a 4 x 4-inch glass cube. Although they are petite, they are gorgeously elegant and make a perfect hostess gift or centerpiece for your table.
$25

WHOLE TRADE® DOZEN ROSES
A dozen Whole Trade® roses, arranged with baby’s breath and greens in a stylish vase. This arrangement is 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.

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