



Full Set Up

Includes drinks (water, tea), plates, utensils cups

Ask about our al a carte and entrees options in bulk

In Town Delivery \$20.00

Out of Town Delivery Call
(exceptions made)

24 hour notice to order

Larger parties call ahead for time frame

Order online at www.faithfullyfed.com

or

Call us at 573-290-0024

Let us cater your event in our venues

We have a small, private conference room with presentation access (up to 15 people)

Large dining room (up to 50 people)

All Orders Must be Confirmed!

OUR INGREDIENTS ARE FRESH . NATURAL .
NO CHEMICALS . LOCAL . ORGANIC .
SCRATCHMADE!

A la Carte Menu Items

Skinny Mash (gf, v) (vg, df options)

A blend of cauliflower and yukon gold potatoes.
Add vegan horseradish sauce or skinny mushroom gravy

Sweet Potato Kale Mash (v, vg, gf, dg)

Organic sweet potatoes mashed with marinated kale

Quinoa Veggie Medley (v, df, gf) (vg option)

Quinoa tossed with roasted carrots, zucchini, and toasted almonds.
Flavored with a tangy lemon parsley dressing

Cilantro Lime Mexican Rice (v, vg, df, gf)

Local organic brown rice, black beans, non-gmo corn

Warm Kale Salad (v, vg, df, gf)

Savory organic kale steamed with balsamic mushrooms, chickpeas, onions and quinoa

Steamed Veggies (v, vg, df, gf) - seasonal

Sweet Potato Fries (v, vg, df, gf)

House Salad (v, gf) (df, vg options)

Organic spring mix, shredded carrots, tomatoes, walnuts, sundried tomatoes, cranberries, quinoa, broccoli, goat cheese.
Dressings included

Veggie Tray (v, vg, df, gf)

Seasonal, served with our Rock n' Ranch or hummus

Fruit Tray - seasonal

Smoked Chicken Breasts

Smoked Pork Loin

Shredded Italian Beef

CATERING MENU

MONDAY- FRIDAY 9 a.m- 4 p.m

SATURDAY 10 a.m- 4 p.m

SUNDAY CLOSED

2502 TANNER DRIVE, STE 200

CAPE GIRARDEAU, MO 63703

LOCATED INSIDE THE CITY CENTRE

(573) 290-0024

FIND US ON CARGO CARRYOUT

www.faithfullyfed.com

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FOR UPDATES AND EVENTS



FaithfullyFed's Meatballs (gf, df) (vg option)

Local grass fed beef seasoned and rolled into savory meatballs. Served over skinny mash (yukon gold and cauliflower blend), and green beans. Topped with a light vegan mushroom gravy and sundried tomatoes

Mediterranean Stuffed

Sweet Potatoes (gf, v) (vg, df option)

Seasoned roasted chickpeas, sundried tomatoes, Kalamata olives, feta, red onion, parsley, and topped with vegan tahini dressing
Chicken option available

Falafels (gf, df, v, vg)

Housemade "chickpea patties" flavored with bright fresh herbs, lemon, garlic and onion. Served over sweet potato and kale mash. Topped with our homemade guilt free ranch

Spicy Thai Basil (gf, df, v, vg)

Cauliflower, carrots, onion and zucchini stewed with our blend of Thai spiced. Served over a bed of gf rice noodles. Chicken option available

Salmon Cakes (gf, df)

Lump wild caught salmon patties packed with red bell peppers, lemon, onion and fresh parsley. Served over lemon quinoa, carrots, zucchini, and toasted almonds. Topped with house made ranch dressing

Fajita Bar (gf, vg, v, df options)

Build your own fajita bar. This includes smoked chicken breasts, roasted onions and peppers, cilantro lime slaw, a blend of brown rice, black beans and non-gmo corn, salsa, sour cream, cheddar cheese, whole wheat OR corn tortillas

Italian Beef (gf) (df option)

Local grass-fed beef slow roasted for 24 hours with peppercini's, onions and Italian spices. Served over skinny mash (cauliflower and yukon gold potatoes), green beans, and topped with guilt-free horseradish cream sauce

Hearty Beef Lasagna (gf) (df option)

Local grass fed beef and Italian sausage simmered in our scratch made marinara with fresh basil, layered on gf brown rice noodles with ricotta, mozzarella and parmesan cheese

White Chicken Lasagna (gf)

Seasoned clean chicken tossed together with a blend of ricotta, mozzarella, parmesan cheese and spinach. Topped with scratch made marinara, and layered on gf brown rice pasta

Veggie Lasagna (v, gf) (df, vg option)

Thinly sliced zucchini "noodles" layered with mushrooms, spinach, broccoli, onions, red bell peppers, house-made marinara, and ricotta. Topped with mozzarella and parmesan

Baked Spaghetti (gf) (v, vg, df option)

Gf brown rice noodles mixed together with a blend of marinara, and ricotta. Topped with melted mozzarella and parmesan.
Add sausage, chicken or veggies

Lemon Roasted Chicken (gf, df)

Marinated roasted chicken on a bed of cubed yukon and sweet potatoes. Lightened up with seasoned green beans and kale. Topped with a tangy honey, lemon glaze

We do Breakfast Too!

Breakfast Burrito (v, df) (gf option)

Honey wheat wrap loaded with local organic scrambled eggs, sweet tates, and daiya. Served with salsa verde

Quesadilla (v) (gf option)

Honey wheat wrap loaded with local organic scrambled eggs, spinach and smoked gouda. Served with salsa verde

Fruit Parfaits (gf, v)

Whole milk yogurt, local organic blueberries/ seasonal fruit and house made granola

V = Vegetarian VG = Vegan

GF = Gluten Free DF = Dairy Free

Sandwich n' Salads

Our salad is a large organic blend of greens, tomatoes, carrot shreds, quinoa, sundried tomatoes, broccoli, red onion, cranberries and walnuts. Sprinkled with goat cheese. Served with choice of our house made dressings; rock'n ranch, honey mustard, green goddess and balsamic vinaigrette

Sandwiches Include:

1. Faithfully Fed Creamy Chicken Salad (gf, df)- white meat chicken, apples, boiled eggs, toasted walnuts and celery, all mixed with a vegenaise healthy dressing. Served on local sourdough.
Also available as a salad
2. Chicken Pesto Panini- white meat chicken, basil pesto, onions, peppers, mushrooms, spinach and provolone cheese. Toasted on local sourdough bread
3. Veggie Burger (v) (vg, df options)- Homemade patties made of quinoa, lentils, onions, black beans, beets, and spices. Served on local sourdough bun with melted provolone, lettuce and tomato
4. Meatless Reuben (v) (vg, df options) - Roasted blend of mushrooms, onions and seasonings, layered with house made organic fermented kraut and house made vegan Thousand Island dressing. Topped with Swiss cheese and toasted on local sourdough marble rye

Dessert Trays

Sugar Free Lemon Lavender Bars (gf)

Topped with light whipped frosting and seasonal fruit. Sweetened with Xylitol

Dark Chocolate Sweet Potato Cake (v, vg, df, gf)

Topped with chocolate icing

Blueberry Cobbler (gf, v) (vg, df option)

Local blueberries topped with cinnamon streusel

Apple Peanut Butter Cobbler (gf, v) (vg, df option)

topped with housemade granola

Chocolate Chip Cookie Tray (gf option)

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