



**Healthy, individually
portioned meals
delivered to office,
set & home.**



@citykitchenla

INDIVIDUAL BOXED BREAKFAST

Vegetarian, vegan, gluten free and family style options available.

Breakfast Burrito **\$11.50**

flour tortilla with scrambled eggs, cheddar cheese, & city potatoes

Served with homemade salsa & fresh cut seasonal fruit salad and choice of bacon or turkey chorizo

Grilled Breakfast Sandwich **\$11.50**

soft roll with smoked gouda cheese, applewood smoked bacon & scrambled eggs

Served with fresh cut seasonal fruit salad

Continental Breakfast **\$12.50**

freshly baked muffin & bagel, fresh cut seasonal fruit salad, cream cheese & preserves **VEG**

Quinoa & Kale Scramble **\$13.50**

served with vegan sausage, roasted sweet potatoes & fruit salad **V**

Scrambled Eggs **\$14.95**

with cheddar cheese and roasted breakfast potatoes **VEG**

Served with choice of bacon, turkey bacon, turkey sausage and fruit salad

Egg White & Spinach Scramble **\$13.95**

with roasted sweet potatoes and fresh cut seasonal fruit salad **V**

Served with choice of bacon, turkey bacon or turkey sausage.

Texas French Toast **\$15.50**

with scrambled eggs & fresh cut seasonal fruit salad **VEG**

Served with choice of applewood smoked bacon, turkey bacon or breakfast sausage

Buttermilk Pancakes **\$15.50**

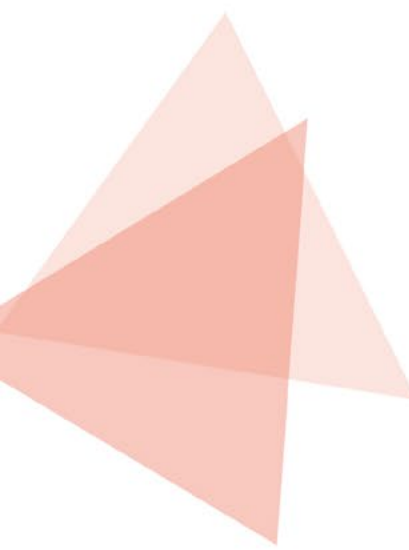
plain or blueberry pancakes with maple syrup **VEG**

Served with scrambled eggs & fresh cut seasonal fruit salad & choice of applewood smoked bacon, turkey bacon or breakfast sausage

Baked Egg Frittata **\$14.95**

italian vegetable frittata with mozzarella cheese, or turkey sausage frittata with caramelized onions & cheddar cheese

Served with fresh baked bagel, cream cheese & fresh cut seasonal fruit salad



BOXED SANDWICHES & WRAPS – \$16.95

Includes sandwich or wrap, choice of 1 side, homemade chips & cookie.

Vegetarian, vegan, gluten free and family style options available.

SANDWICHES

Pepper Crusted Roast Beef with lettuce, tomato & horseradish dressing on onion kaiser roll

Grilled Chicken Salad on pumpernickel

Albacore Tuna Salad on multigrain bread

Fresh Grilled Vegetables with goat cheese & basil aioli on squaw bread VEG

Oven Roasted Turkey Breast with swiss cheese, lettuce, tomato & whole grain mustard on pretzel bread

Smoked Turkey with cranberry mayonnaise spread on a rustic panini

Grilled Chicken Breast with roasted sweet peppers on a brioche roll

Tavern Ham with cheddar cheese & whole grain honey mustard on a kaiser roll

Tomato & Fresh Mozzarella with basil & extra virgin olive oil on a baguette VEG

The City Hero with mortadella, capicola, salami, provolone, lettuce & tomato on baguette with italian dressing & spices

Turkey BLT with oven roasted turkey, turkey bacon, romaine lettuce, ripe tomatoes & green goddess dressing on a brioche bun

Grilled Rosemary Maple Chicken Breast with arugula, grilled onions & gorgonzola aioli on an onion kaiser roll

Artichoke Hummus with avocado, greenleaf lettuce, carrots, cucumber, alfalfa sprouts, harissa oil on multigrain bread V

SIDES

Fresh Cut Seasonal Fruit Salad V / GF

New Potato Salad VEG / GF

Couscous Salad with shaved fennel, cucumber, radish, dried cranberry, feta & lemon vinaigrette VEG

Sweet Corn Salad with avocado & jicama V / GF

Quinoa & Mango Salad with diced tomatoes, cucumbers, jicama & red wine vinaigrette V / GF

Orzo Pasta with asparagus, peas, lemon & parsley V

WRAPS

Southwest Chicken with grilled marinated chicken breast, black bean salad, monterey jack cheese, avocado & roasted poblano chiles GF

Tuscan with capicola, salami & fresh mozzarella with romaine lettuce, tomatoes & italian vinaigrette

Turkey BLT with oven roasted turkey breast, turkey bacon, lettuce, tomatoes, cheddar cheese & ranch dressing

Chicken Parmesan with breaded chicken tenders, shredded mozzarella, romaine lettuce, parmesan cheese, tomatoes & caesar dressing

Grilled Vegetable with romaine lettuce, goat cheese, hummus & basil aioli VEG



INDIVIDUAL SALADS & BOWLS

Vegetarian, vegan, gluten free and family style options available.

SALADS

Mixed Garden Salad **\$12.95**
with assorted lettuces, cucumber, bell peppers, roma tomatoes, shredded carrots & balsamic or ranch dressings VEG / GF

Greek Salad **\$12.95**
with romaine lettuce, feta cheese, bell peppers, cucumber, tomatoes, kalamata olives & mediterranean vinaigrette VEG / GF

Quinoa Salad **\$13.95**
with kale, zucchini, bell peppers, green beans, broccoli, cauliflower, edamame & pumpkin seeds V / GF

Mediterranean Chopped Salad **\$13.95**
with fresh grilled vegetables, hearts of palm, chickpeas, grilled sweet peppers, cucumber, artichoke hearts, goat cheese & italian vinaigrette VEG / GF

Chicken Fajita Salad **\$14.95**
with grilled chicken breast, crispy tortilla strips, avocado, sweet corn, chopped tomatoes & creamy cilantro ranch dressing

Asian Chicken Salad **\$14.95**
with grilled chicken breast, asian greens, scallions, bean sprouts, bell peppers, crispy wonton strips & sesame ginger dressing

Cobb Salad **\$14.95**
with grilled chicken, cheddar cheese, crispy turkey bacon, tomato, avocado, hard-boiled egg, blue cheese & the original brown derby dressing

CK BOWLS

Thai Red Curry Chicken **\$14.95**
with stir fried vegetables over lime scented rice GF

Chicken Teriyaki **\$14.95**
with roasted broccoli and carrots over brown or jasmine rice

Fajita **\$14.95**
with spanish rice, pinto beans, pico de gallo, monterey jack cheese and choice of chicken, carne asada or grilled vegetables GF

Angel Hair Pasta **\$14.95**
with housemade checca, parmesan cheese, fresh basil and choice of turkey or vegan bolognese sauce VEG



BOXED HOT MEALS – \$16.95

Minimum order of 8. Includes choice of entrée or pasta & choice of 2 sides.

Check the website for weekly entrée selections.

SAMPLE ENTRÉES

Grilled Lemon Herb Chicken

over kale & white beans GF

Southern Style Chicken

with peach BBQ sauce GF

Sliced Yakitori Steak over caramelized shiitake mushrooms & soy ginger scallions

Beef Brisket

with red wine sauce & savory vegetables GF

Salmon with Dijon & fresh dill GF

Achiote Whitefish over fennel & orange slaw GF

Beef Lasagna with housemade marinara

Spinach Lasagna with housemade marinara VEG

Spaghetti with Turkey Meatballs

Stuffed Zucchini

with quinoa & seasonal vegetables V / GF

Stuffed Portobello Mushroom with quinoa, tofu & seasonal vegetables V / GF

SIDES

Roasted Seasoned Potato Wedges V / GF

Mashed Potatoes V / GF

Scalloped Potatoes VEG / GF

Macaroni & Cheese VEG

Orzo Pasta with peas, asparagus, garlic, olive oil & lemon zest V

Quinoa & Mango Salad V / GF

City Rice | Jasmine Rice | Brown Rice V / GF

String Beans with almonds & shallots V / GF

Roasted Rainbow Carrots

with tahini & cilantro V / GF

Roasted Seasonal Vegetables V / GF

Kale & Sautéed Spinach V / GF

Grilled Vegetable Ratatouille with zucchini, eggplant & tomatoes V / GF

Fresh Fruit Salad V / GF

ADD-ONS

SIDE SALAD – \$4.00 PER PERSON

Mixed Garden Salad with assorted lettuces, cucumber, bell pepper, roma tomato, shredded carrots & balsamic or ranch dressing V / GF

Greek Salad with feta cheese, bell peppers, cucumber, tomato & kalamata olives VEG / GF

Asian Vegetable Salad with sesame ginger dressing V

Caesar Salad with roasted garlic croutons VEG

Fajita Salad with crispy tortilla strips & cilantro ranch dressing VEG / GF

DESSERT – \$3.50 PER PERSON

Freshly Baked Cookie VEG

Double Chocolate Brownie VEG

Housemade Coconut & Chocolate Macaroon VEG

Carrot Cake VEG

Granny Smith Apple Bread Pudding with caramel sauce VEG

BOXED HOT THEME MEALS – \$16.95

Minimum order of 8.

Vegetarian, vegan, gluten free and family style options available.

ASIAN

*Choose 1 entrée
Served with stir fried vegetables &
steamed jasmine rice*

Teriyaki Beef

Teriyaki Chicken

Thai BBQ Chicken

Kung Pao Beef

Kung Pao Shrimp

MEDITERRANEAN

*Served with mixed grilled vegetables
& hummus & pita chips*

Chicken Tikka Kabobs GF
*over rice pilaf with cucumber raita &
tomato chutney sauces*

MEXICAN

*Choose 1 entrée
Served with Spanish rice & pinto beans*

Chicken Enchiladas

Bean & Cheese Enchiladas VEG

BBQ

*Choose 1 entrée
Served with macaroni & cheese and
sweet corn & string bean succotash*

Southern Style Chicken
with peach bbq sauce GF

Santa Maria Tri Tip GF

ITALIAN

*Served with angel hair pasta with checca and
sautéed spinach with garlic & crispy shallots*

Chicken Parmesan
with housemade marinara



INDIVIDUAL SNACK BOXES & DESSERTS

Family size options available.

BOXED SNACKS

Housemade Potato Chips v	\$5.00
Hummus & Fresh Baked Pita Chips v	\$7.50
Vegetable Crudités with spinach dip VEG	\$7.00
Imported Cheese, Fruit & Crackers VEG	\$9.95
Housemade Salsa & Guacamole with tortilla chips v	\$7.95
Caramel Corn VEG	\$8.00
Housemade Spiced Mixed Nuts	\$12.00

A LA CARTE DESSERTS

Each order includes 2 pieces

Double Chocolate Brownies VEG	\$4.00
Freshly Baked Cookies VEG	\$4.00
Housemade Carrot Cake VEG	\$4.50
Housemade Coconut & Chocolate Macaroons VEG	\$4.50
Granny Smith Bread Pudding with Caramel Sauce VEG	\$4.50

