



ENERGY KITCHEN™ CATERING

ENERGIZE YOUR NEXT EVENT!

THE
SMARTER
WAY TO
CATER

CHARITY EVENTS
CORPORATE EVENTS
TRADE SHOWS
BUSINESS MEETINGS

Don't see something on our menu?
We will customize a menu that best fits your event.

CALL US AT: 212 687 4100

ENERGYKITCHEN.COM

please give us 48 hours notice prior to your event. service charge and local sales tax are additional. menu subject to change.

BOARDROOM BREAKFAST

EGG WHITE WRAPPER PLATTER 59.99

five healthy egg whites on a honey whole wheat wrap or whole grain white wrap. serves 10-14.

ENERGY BREAKFAST SANDWICH 5.99 per person

our signature breakfast. five egg whites, low-fat mozzarella, turkey bacon on a whole wheat english muffin or whole wheat kaiser roll.

MUFFIN PLATTER 39.99

our homemade protein muffins, made fresh daily. choose banana or blueberry. serves 10-14.

YOGURT PARFAIT 2.99 per person

vanilla yogurt with wholesome granola and strawberries.

POWER LUNCH WRAP PLATTERS

SERVED WITH CHOICE OF HONEY WHOLE WHEAT WRAP OR WHOLE GRAIN WHITE WRAP.

10 person minimum
7.99 per person

ITALIAN CHICKEN

grilled chicken, marinara sauce, low-fat mozzarella.

TURKEY CLUB (cool)

turkey breast, turkey bacon bits, lettuce, tomatoes, low-fat mayo.

THAI CHICKEN (cool)

grilled chicken, carrots, crispy chinese noodles, cucumbers, spicy peanut sauce.

TOTAL TUNA (cool)

our tuna salad (tuna, carrots, celery, egg whites, non-fat mayo), lettuce, tomatoes.

CHICKEN CAESAR

grilled chicken breast, lettuce, croutons, parmesan cheese, low-fat caesar dressing.

BEVERAGES

LOW-CALORIE BOTTLED SODA 1.99 per person

choice of diet coke®, coke zero® or sprite zero®.

VITAMINWATER® 1.99 per person

choice of xxx, power-c, essential or energy.

HONEST TEA® 1.99 per person

lemon or pomegranate.

SMARTWATER® 1.99 per person

ORANGE JUICE 2.49 per person

ULTIMATE EK SALADS

SERVED FAMILY STYLE WITH UTENSILS, PLATES AND AN ASSORTMENT OF DRESSINGS. SERVES 10-14 PEOPLE.

MIXED GREEN SALAD 59.99

mixed greens, tomatoes, cucumbers.

CAESAR SALAD 59.99

romaine, low-fat parmesan, low-fat caesar dressing.

GREEK SALAD 59.99

romaine, cucumbers, onions, tomatoes, feta.

CHEF SALAD 69.99

mixed greens, hard boiled eggs, tomatoes, low-fat american cheese, turkey bacon bits, roasted turkey.

SNACKS & APPETIZERS

SERVES 10-14 PEOPLE.

FRESH FRUIT PLATTER 59.99

a seasonal assortment of freshly sliced fruit.

VEGETABLE PLATTER 49.99

carrots, broccoli, celery, cherry tomatoes and cauliflower, served with a zesty ranch dip.

CHOCOLATE BROWNIES PLATTER 44.99

our famous homemade protein brownies.

NUTRITION BARS 1.99 PER PERSON

choice of Kashi®, Luna® and Clif® bars.

CHIPS

1.69 PER PERSON

choice of pirates booty®, bbq booty®, smart puffs®, or pretzels crisps®.

