

BREAKFAST

BREAKFAST PACKAGES

(serves 6)

Light Breakfast	45
Includes assorted bagels, parfaits and seasonal fruits	
Full Breakfast	80
Includes assorted breakfast sandwiches (<i>English muffin, B.E.C. and burritos</i>), assorted pastries, seasonal fruits, overnight oats, coffee or juice	

FARM EGG BREAKFAST

(6 person min.)

Roost English Muffin	5.50
Homemade English muffin, Applewood bacon, runny farm egg, cheddar, arugula, béarnaise	
Roost B.E.C.	6
Runny farm egg, Applewood bacon, cheddar, chipotle mayo, tomatoes, arugula, ciabatta	
Breakfast Burrito GF	7
Scrambled eggs, chorizo, potatoes, avocado, cheddar, fire roasted tomatoes	
Seasonal Breakfast Bowl	8
Two over easy eggs, red quinoa, cherry tomatoes, avocado, kale	

TOASTS, OATS & PASTRIES TO SHARE

(serves 6)

Roost Parfait GF	36
Passionfruit yogurt, fresh seasonal berries and homemade maple almond granola	
Overnight Oats GF	30
Oats soaked in almond milk, homemade almond butter and cherry chia jam	
Avocado Toast	48
Avocado mash, marinated tomatoes, shaved onion, radish, baby watercress	
Salmon Toast	60
Smoked salmon, whipped dill cream cheese, shaved red onion, watercress, lemon caper dressing, soft boiled egg, rye toast	
Assorted Pastries	20
Croissants, cheese Danish, muffins, etc.	
Assorted Bagels	18
With butter and cream cheese	

Menu is subject to change.

BUILD YOUR OWN LUNCH PACKAGE

SANDWICHES

(6 person minimum)

Turkey	9
Onion jam, avocado, bacon, arugula, mayo, multi-grain	
Grilled Chicken	9
Fontina, baby arugula, caramelized onions, whole grain mustard dressing, sour dough	
Chicken Katsu	9
Panko chicken, American cheese, kewpie mayo, lettuce, tomato, shaved onions, pickled jalapeno, ciabatta	
Roasted Chicken Salad	9
Lemon, tarragon, bacon, avocado, romaine, pickled peppers	
Tuna Salad	9
Radish, cucumber, carrots, cabbage, arugula, multi-grain	
White Bean Hummus VG	9
tomato jam, goat cheese, pickled peppers, radish, arugula, avocado, griddled sour dough	
Grilled Portabella VG	9
roasted peppers, watercress, tomatoes, salsa verde, tapenade	
Add Bag of Chips	1.50 p/p

SALADS

(small serves 3-5 / large serves 6-8) SM LG

Kale + Quinoa GF	36	60
Grilled chicken, roasted butternut squash, fried brussels, caramelized onions, parmesan, red cabbage		
Carrot Hummus GF VG	36	60
Chickpeas, cannellini beans, roasted cauliflower, avocado, sweet potatoes, cabbage, kale		
Fried Chicken Caesar	36	60
Kale, romaine + brussel sprout blend, torn croutons, pickled red onions, roasted cherry tomatoes, parmesan cheese, celery		
Fall Harvest Salad GF VG	36	60
mixed greens, red quinoa, almonds, roasted beets, cranberries, goat cheese, apples, fall squash, carrot, and cabbage		
Autumn Cobb Salad GF	36	60
kale+romaine mix, grilled chicken, bacon, avocado, soft egg, fall squash, apple, and sharp cheddar		

SIDES

(serves 6)

Sweet potato quinoa + arugula salad GF VG	24
Spiced chickpeas with wilted kale + roasted carrots GF VG	24
Baby potato salad with fennel, radish and green beans, mustard-dill vinaigrette GF VG	24
Napa cabbage slaw-carrots, jalapeno, cilantro, buttermilk ranch GF VG	24

SWEETS (serves 12)

(serves 12)

Assortment of homemade brownies, chocolate chip cookies + oatmeal green apple cookies	18
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Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food born illness.

DRINKS

DRINKS TO SHARE

(serves 10)

La Union Columbian Coffee from Kestrel Coffees	25
Homemade lemonade	25
Unsweetened tea	25
Half lemonade / half tea	25

DRINKS PER PERSON

Sparkling water	2.00
Apple or Orange juice	3.25
Bottled water	1.25
Coke or Diet Coke	1.50

ROOST

CATERING

203.309.5549
catering@roostct.com
www.roostct.com

Key: GF = Gluten Free VG = Vegetarian