

APPETIZERS & PARTY PLATTERS

DIP SAMPLER \$30 (select up to 3, serves 25-30)

Served with pita wedges

- Sriracha Pimento Cheese
- Hummus (Butterbean, Roasted Garlic, or Red Pepper)

CROSTINI PLATTER

small platter \$20 (select 1, includes 10 pieces)

large platter \$55 (select 2, includes 30 pieces)

- Sriracha Pimento Cheese
- Peppered Goat cheese w/Peppadew and Honey
- Chile Roasted Pork w/ Pickled Peaches

ARTISANAL CHEESE PLATTER

large platter \$85 (serves 35)

Assorted artisan hard and soft cheeses with fruit, nuts, crackers and fig preserves

CRUDITE PLATTER

small platter \$25 (serves 10-15)

large platter \$45 (serves 25-30)

Includes dip (Southwest Ranch or Roasted Garlic Hummus)

FRUIT PLATTER

small platter \$25 (serves 10-15)

large platter \$40 (serves 25-30)

HEARTY BOWLS

Serves 10 - 15

CHILE LIME CHICKEN OR SHRIMP

Quinoa pilaf, black bean and corn relish,
baby arugula, Mexican crema

\$90/\$110

HOISIN UDON CHICKEN OR SALMON

Udon noodle salad with broccoli, carrots,
and peanuts

\$100/\$125

BEVERAGES



**GROUNDS FOR
EMPOWERMENT
COFFEE**

ORGANIC COFFEE \$20 (1 box, serves 10)

BOTTLED WATER \$1 (serves 1)

BOTTLED ORANGE JUICE \$2 (serves 1)

*Other beverages available by request

ON THE SIDE

Small bowl serves 10-12, large bowl serves 25-30

HARVEST CHICKEN SALAD

small \$45 large \$80

ARTICHOKE NORTHERN BEAN SALAD

small \$45 large \$80

ITALIAN ORZO PASTA SALAD

small \$25 large \$55

EDAMAME SUCCOTASH

small \$25 large \$55

BLACK BEAN AND CORN SALAD

small \$25 large \$55

HOISIN UDON NOODLE SALAD

small \$30 large \$60

ORANGE GINGER COUSCOUS

small \$25 large \$55

WHOLE WHEAT ROLLS

per dozen \$6

WHOLE GRAIN OAT ROLLS

per dozen \$6

DESSERTS

HEALTHY DESSERT BREADS

small platter \$20 (serves 15)

large platter \$35 (serves 30)

- Apple Quinoa
- Banana Pecan
- Cherry Walnut
- Carrot Pecan
- Blueberry Flaxseed
- Pecan Flaxseed
- Pumpkin Pecan

OATMEAL PIE BARS

small platter \$25 (serves 15)

large platter \$40 (serves 30)

- Apricot
- Cherry

LEMON RICOTTA CAKE WITH BLUEBERRY COMPOTE

small platter \$25 (serves 15)

large platter \$40 (serves 30)

DARK CHOCOLATE RASPBERRY BROWNIES

small platter \$25 (serves 15)

large platter \$40 (serves 30)

MORE THAN A MEAL YOUR PURCHASE MAKES AN IMPACT



EAT WELL

STAY HEALTHY

- Healthy Catering
- Fresh-Delivered,
Nutritionally Balanced
Meal Plans

- Nutrition Coaching
& Registered Dietitian
(RD) Support
- Corporate Wellness



DO GOOD



For every two lunches purchased through Good Measure Meals Catering, we provide one nutritious meal to Open Hand Atlanta. Good for you and your community!



ORDER TODAY

www.goodmeasuremeals.com/home/catering

catering@goodmeasuremeals.com

181 Armour Drive, NE, Atlanta, GA 30324

404-419-3314 or 404-815-7695

CATERING GUIDELINES

10 person minimum for all orders.

All orders include Disposable Plates, Napkins, Dining and Serving Utensils.

Delivery available for orders of \$100+ within 20 mile radius from our Midtown kitchen. Fee based on delivery destination.

To better serve you, please place orders 7 days in advance.

Cancellations must be made 24 hours in advance.



GOOD MEASURE MEALS CATERING

EAT WELL. STAY HEALTHY. DO GOOD.



GOOD MEASURE MEALS CATERING

We all know that we should embrace a healthy lifestyle. Yet, eating healthy, delicious meals in the midst of a day packed with meetings or even a social outing can be a challenge.

Good Measure Meals, a social enterprise of Open Hand Atlanta, has delivered fresh and locally prepared meal plans across metro Atlanta since 2004. Many of our customers enjoy the convenience of picking up their meals while at the gym or on their commute home.

Through Good Measure Meals Catering, you can even enjoy tasty, nutritionally balanced food at your next team meeting, tailgate, holiday party, or small gathering!

We are also proud to offer locally roasted and brewed Organic Coffee through Grounds for Empowerment, a specialty coffee program powered by Social Enterprise @ Goizueta of the Goizueta Business School at Emory University. Grounds For Empowerment cultivates genuine economic opportunities for women specialty coffee growers.

At Good Measure Meals, we really take Food is Medicine to heart through our 360° support system of gourmet catering and ready-to-eat meal plans alongside our suite of nutrition, fitness, and wellness programs.

When you invest in Good Measure Meals' healthy, delicious, and affordable catering, you are investing back into the health of your community. 100% of our net proceeds give back to nutritionally at-risk neighbors through Open Hand Atlanta.

BREAKFAST

QUICK PICK BREAKFAST

\$5 per person

- Assorted Bagels
- Garden Veggie schmear or Cherry Pecan schmear
- Fat free vanilla Greek yogurt
- Peaches and Cranberries

BUILD YOUR OWN YOGURT PARFAIT

\$4 per person

- Fat free vanilla Greek yogurt
- Nature's Valley Granola
- Blueberry, Apple and Cranberry, or Strawberry compote

BY THE DOZEN...

Assorted Bagels with cream cheese \$15

Muffins \$18

- Apple Quinoa
- Banana Pecan
- Blueberry Flaxseed
- Pecan Flaxseed

HEALTHY BREAKFAST BREADS

small platter \$20 (serves 15)

large platter \$35 (serves 30)

- Apple Quinoa
- Banana Pecan
- Cherry Walnut
- Carrot Pecan
- Blueberry Flaxseed
- Pecan Flaxseed
- Pumpkin Pecan

FRUIT PLATTER

small platter \$25 (serves 10-15)

large platter \$40 (serves 25-30)



SANDWICHES & WRAPS

Choice of ciabatta, whole grain rolls, and/or whole grain wraps

PLATTERS

Small platter \$30 (serves 5-8, select 1)

Large platter \$65 (serves 12-15, select 2)

BOXED LUNCHES (Orders under 25, select 2)

Basic box \$9 per person

Served with gourmet chips or fruit

Supreme box \$12 per person

Served with gourmet chips or fruit, bottled water, and dessert bread

TURKEY AND CHEDDAR, lemon basil aioli

BLACK AND BLUE STEAK, balsamic glaze

CHICKEN AND PROVOLONE, lemon basil aioli

LEMONGRASS CHICKEN BREAST

AND DAIKON SLAW, sriracha aioli

HARVEST CHICKEN SALAD, contains nuts

ROASTED VEGETABLE AND RED PEPPER HUMMUS

ARUGULA PESTO CHICKEN

SIGNATURE SALADS

FIELD GREENS SALAD, Balsamic dressing

Spring mix blend with red onion, goat cheese, dried cherries, pecans

SPINACH SALAD, Cumin lime dressing

Spinach with dates and toasted almonds

RAW KALE SALAD, Mustard vinaigrette

Raw kale with toasted almonds and dried apricots

POWER SALAD, Ranch dressing

Spinach and arugula blend with cherry tomatoes, hard boiled eggs, red onion, pumpkin seeds, cashews

SALAD BOWLS

No Protein + Chicken + Salmon

small• \$25 \$35 \$40

large** \$60 \$80 \$90

*Small serves 10 as a side salad

**Large serves 25 as a side salad

BOXED SALADS \$8 per person

Includes dessert bread

add chicken \$2 per person

add salmon \$5 per person



HEALTHY SELECTIONS

While Good Measure Meals prides itself in offering an extensive array of healthy catering options, our chefs and registered dietitians partnered with Kaiser Permanente to provide nutritionally balanced Healthy Selections that keep groups fueling good. These delectable options adhere to Kaiser Permanente's Healthy Picks Nutritional Guidelines and are available buffet style, minimum order of 10.



HARVEST CHICKEN SALAD

410 9g 490mg 58g 6g 16g
Calories Fat Sodium Carbs Fiber Protein

\$9.50 per person

- Orange Ginger Couscous
- Baby Spinach, Cherry Tomato, Carrot & Almond Salad with Housemade Cumin Lime Dressing
- Whole Wheat Oat Roll
- Whole Grain Pecan Flax Seed Dessert Bread
- Artichoke Northern Bean Salad **vg**

HOISIN SESAME BAKED SALMON

570 22g 690mg 65g 6g 30g
Calories Fat Sodium Carbs Fiber Protein

\$12.50 per person

- Orange Ginger Couscous
- Kale, Apricot & Almond Salad with Housemade Mustard Vinaigrette
- Whole Grain Pecan Flax Seed Dessert Bread
- Roasted Balsamic Portobello Caps with Farrotto **vg**

CHILE LIME CHICKEN

580 19g 760mg 67g 10g 40g
Calories Fat Sodium Carbs Fiber Protein

\$10.50 per person

- Corn and Red Bean Salad
- Spring Mix Salad with Housemade Southwest Ranch
- Whole Wheat Oat Roll
- Whole Grain Apple Quinoa Dessert Bread
- Zucchini Croquettes **vg**

vg OPTIONAL vegetarian entrée available for order

