

Entrees con't

Biryani

Your choice of chicken, beef, tofu, or vegetables, richly seasoned and served over rice
Half Pan (serves 10-12).....\$40.00

Meatloaf

Meatloaf with a middle eastern twist—mixed with bulger, herbs, and spices, and served in rectangular pieces
Half Pan (serves 10-12).....\$50.00

Chicken in Lemon Sauce

Roast chicken dressed with a rich lemon sauce
Half Pan (serves 10-12).....\$40.00

Asian Style Chicken

Pieces of bone-in chicken served in a spicy Asian-inspired sauce
Half Pan (serves 10-12).....\$40.00

Kebab and Eggplant Tray

Seasoned ground beef wrapped in roasted eggplant and served in a tomato-based sauce
Half Pan (serves 10-12).....\$40.00

Kushari

A hearty mix of white rice, pasta, and seasoned lentils served with a spicy tomato sauce
Half Pan (serves 10-12).....\$40.00

Roasted Lamb

Tender roast lamb served with seasoned mixed vegetables
Full Pan (serves 10-12).....\$120.00

Desserts

Dessert Tray

A selection of homemade bars and cookies from our pastry department
12" Tray (serves 13-16).....\$37.99
16" Tray (Serves 18-24).....\$49.99

Coffee Break Tray

A selection of freshly-made muffins, scones, and sweet breads.
16" Tray (Serves 18-24).....\$45.99

French Macarons

A selection French macarons made in house by Sugar by Sarah. Flavors subject to availability—allow two weeks' notice for orders over 2 dozen.
1 dozen.....\$18.00

**Looking for a different dessert?
Feel free to contact our pastry department!
217-328-1655**

Beverages and Snacks

Since we are part of a natural grocery store, we offer a wide variety of items to enhance your catering order. Items are generally retail price, but discounts for bulk purchases may be available.

Beverages

Water, sparkling water, juice, soda, iced tea, iced coffee, and more!

Snacks

Chips, crackers, dried fruit, nuts, yogurt, fresh produce, many gluten-free and vegan options, and more!

Ordering Information

- We require one week notice for all orders and require payment information at this time as well. We may be able to work with you on a short notice order—just ask!
- There will be a 50% down payment due upon ordering.
- For orders over \$500, we require two weeks advance notice and a 50% non-refundable down payment.
- For orders under \$500, any cancellations within 48 hours of the event may be subject to a cancellation fee, up to 50% of the order.
- Cancellations received within 24 hours of a catering event will be charged in full.

Delivery Information

- We offer catering for pickup or delivery
- We deliver to all of Urbana and Champaign
- Free delivery for all orders over \$100
- All orders under \$100 are subject to a \$10.00 delivery fee



Catering Menu

306 W Springfield Ave
Urbana, Illinois
60102
217-328-1655

Appetizers and Snacks

Hummus or Baba Ghanouj and Bread

Featuring freshly-baked plain and seeded sourdough baguettes paired with hummus or baba ghanouj made in house
 12" Tray (serves 8-12).....\$32.99
 16" Tray (serves 10-15).....\$54.99

Snack Attack

A selection of popular snack foods from the bulk department
 16" Tray (serves 25-30).....\$39.99

Organic Fruit Salad

A mix of fresh, organic fruit. Selection varies based on seasonal availability
 1 pound serves 3-5 people.....\$11.99/pound

Organic Veggie Tray

A selection of fresh, organic vegetables. Paired with your choice of hummus or sour cream dip. Selection varies based on availability
 12" Tray (serves 13-16).....\$32.99
 16" Tray (Serves 18-24).....\$45.99

Cheese and Crackers

A selection of gourmet cheeses paired with crackers. Gluten-free crackers available upon request.
 12" Tray (serves 10-15).....\$32.99
 16" Tray (serves 25-30).....\$54.99

Dolmeh

Spiced rice wrapped in grape leaves (V, GF)
 12" Tray (serves 10-15).....\$32.99
 16" Tray (serves 25-30).....\$54.99

Falafel

Ground chickpeas mixed with herbs and spices and lightly fried. Served with spicy tomato spread or hummus (V, GF)
 12" Tray (serves 10-15).....\$32.99
 16" Tray (serves 25-30).....\$54.99

Savory Pies or Samosas

Selection of meat and vegetarian options available.
 1/2 Pan (serves 15).....\$24.99
 Full Pan (serves 30).....\$49.99

Olive Tray

A selection of olives from our olive bar
 12" Tray (serves 10-15).....\$32.99
 16" Tray (serves 25-30).....\$54.99

Relish Tray

A selection of pickled vegetables
 12" Tray (serves 10-15).....\$32.99
 16" Tray (serves 25-30).....\$54.99

Salads

8 OZ: \$3.99 16 OZ: \$6.49 32 OZ: \$10.99

Eggplant Salad

Eggplant, vegetables, herbs, and spices in a tangy oil-based sauce (V, GF)

Cowboy Caviar

Black beans, corn, tomatoes, onions, avocados, herbs, and spices in a red wine vinaigrette (V, GF)

Asian Salad

Corn, cabbage, and noodles tossed with a sweet garlic ginger sauce (V)

Carrot Salad

Shredded carrots dressed with herbs, spices, and olive oil (V, GF)

Spicy Bulgar

Bulgar, pasta, veggies, herbs, and spices in an oil-based dressing (VGT)

Zippy Kale

A Strawberry Fields Favorite! Kale, BBQ tofu, carrots, and onions in a vegennaise-based dressing (V, GF)

Pad Thai

A Strawberry Fields Favorite! Rice noodles tossed with veggies in a spicy peanut dressing (V, GF)

Olive Salad

Green and black olives mixed with chopped veggies, herbs, and spices in an oil-based dressing (V, GF)

Mixed Bean Salad

Mixed beans with chopped veggies, herbs, and spices in an oil-based dressing (V, GF)

Dips and Spreads 7.99/pound

Hummus

A classic chickpea and tahini spread (V, GF)

Baba Ghanouj

Smoked eggplant blended with tahini, herbs, and spices (V, GF)

Spicy Tomato Spread

A Strawberry Fields specialty! Tomatoes blended with tahini, herbs, and spices for a creamy dip or spread. Great with everything! (V, GF)

Tuna Salad Spread

Tuna, veggies, herbs, and spices in a mayo-based dressing (GF)

Chicken Salad Spread

Roast chicken breast, veggies, and spices in a mayo-based dressing (GF)

Northern Iraqi Spicy Eggplant Spread

Eggplants, tomatoes, herbs, and spices in a yogurt-based dressing (GF)

Entrees

Boxed Lunch

Select a sandwich or a salad:

1. Salad - Mixed Greens with your choice of tofu, chicken, or turkey, with salad dressing
 2. Sandwich - your choice of tuna salad, turkey salad, falafel, hummus, tofu, eggplant, or veggie
Plus: chips, bottled water, and dessert - choose from organic fruit, cookie, or cupcake
 Priced Individually.....\$9.99

Sandwich Tray

Freshly-baked plain and seeded baguettes and organic veggies. Select up to three different sandwiches per tray. Vegan, vegetarian, and meat options available.
 16" Tray (serves 10-15).....\$49.99

Vegetarian Deli Platter

Our homemade organic marinated tofu, assorted sliced cheeses, and organic veggies. Served with mayo and Dijon mustard packets. Pair with freshly-baked bread at an additional fee.
 12" Tray (serves 10-12).....\$54.99
 16" Tray (serves 15-20).....\$69.99

Meat and Cheese Deli Platter

Featuring turkey and chicken over a bed of assorted sliced cheeses and organic veggies. Served with mayo and Dijon mustard packets. Pair with freshly-baked bread at an additional fee.
 12" Tray (serves 10-12).....\$59.99
 16" Tray (serves 15-20).....\$79.99

Lasagna (VGT)

Half Pan (serves 10-12).....\$38.00
 Full Pan (serves 20-25).....\$70.00

Rice

Lightly herbed white rice (VGT, GF)
 Half Pan (serves 10-12).....\$20.00
 Full Pan (serves 20-25).....\$38.00

Roast Beef

Tender roast beef served with seasoned mixed vegetables
 Half Pan (serves 10-15).....\$60.00

Chicken Tandoori

Traditional Indian dry rub chicken
 Half Pan (serves 10-12).....\$40.00

Chicken Curry

Pieces of bone-in chicken served in a rich coconut-based curry
 Half Pan (serves 10-12).....\$40.00