

7664 S Northshore Drive ~ 865.253.7099



1604 Choto Markets Way ~ 865.671.1315

## Lunch Catering Menu

### Sandwich Platter

2 sliders per person,  
chips, pickles and cookie or brownie  
\$12.50 /person

Standard Assortment: (Lemon Poppy Chicken Salad,  
Traditional Chicken Salad, Ham & Cheese, Turkey & Cheese,  
Pimento Cheese) or custom flavors (see below)

All sandwiches served on homemade fresh  
bread with lettuce and tomato.

### Box Lunch

1 large sandwich, chips, pickle, and  
cookie or brownie- \$12.50

OR

Lunch Salad w/ housemade dressing, fresh yeast  
roll and cookie - \$11.50

All salads prepared with fresh green leaf lettuce,  
spring mix, and housemade dressing on side.

You may choose to add protein.

Chicken - \$6 Tofu - \$4 Salmon - \$10

### Sandwich Choices

Chicken Salad - Traditional, Curry, Apple Walnut,  
Lemon Poppy Seed, Bacon Cheddar  
Turkey or Ham w/cheese  
Pimento Cheese  
Egg Salad  
Tuna Salad  
Veggie w/Classic Hummus & Sprouts

### Salad Choices

Mixed Green (GF,DF)

Fresh Mixed Greens w/Cucumber, Grape Tomatoes,  
Colored Peppers and Carrots. Served with assorted dressings

Fall w/Apple Cider Vinaigrette (GF)

Fresh mixed greens with maple roasted butternut squash,  
dried cranberries, shaved parmesan and toasted walnuts.  
Served with a house made apple cider vinaigrette.

Greek w/Red Wine Vinaigrette

Dressed Farro with roasted grape tomatoes, colored peppers,  
cucumbers, kalamata olives & feta cheese.  
Served over mixed greens with house-made red wine vinaigrette.

Winter w/Maple Balsamic (GF)

Mixed greens with fresh sliced pears, feta cheese, dried cherries,  
and candied pecans. Served with housemade maple balsamic vinaigrette.

Chef Salad (GF)

Mixed greens topped with ham, turkey, hard-boiled egg, bacon, grape tomatoes  
and shredded cheddar cheese. Served with choice of dressing:  
ranch, balsamic vinaigrette, blue cheese or honey mustard

Cobb Salad (GF)

Mixed greens with grape tomatoes, Benton's bacon, chopped egg, avocado,  
and blue cheese crumbles. Served with choice of dressing:  
ranch, balsamic vinaigrette, blue cheese, or honey mustard

Caesar Salad

Classic housemade Caesar dressing with homemade croutons,  
grape tomatoes, parmesan cheese, and green leaf lettuce

Seasonal Salad

(Inquire for current selection)

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goodnesstogocatering.com ~ catering@goodnesstogo.net

# Hot Lunches

## Minimum of 6 servings per item

With mixed green salad, homemade rolls, and cookies. Served family style.  
May be individually boxed for additional \$1.50 per person.  
Substitute side specialty salad for side green salad \$4

### \$19/person

#### Meat or Vegetarian Lasagna

Fresh pasta sheets with Southern Natural beef and marinara sauce or roasted veggies with homemade creamy alfredo sauce with garlic. Cheese option available.

#### Chicken Broccoli Rice Casserole

Fresh Springer Mountain Farm's chicken roasted with long grain wild rice and broccoli mixed with a creamy white sauce and shredded Ashe County cheddar cheese.

#### Chicken or Veggie Pot Pie

Fresh Springer Mountain Farm's chicken or Roasted Vegetables in a homemade white sauce with fresh veggies and baked inside our homemade crust.

#### Beef Stroganoff

Fresh Southern Natural Beef in a mushroom pan gravy served over egg noodles.

#### Shepherd's Pie (GF)

Fresh ground beef with corn and peas in rosemary gravy and topped with homemade mashed potatoes.  
Dairy free, vegan and/or vegetarian options available.

#### Spaghetti & Meatballs

Homemade Italian style meatballs prepared with local Southern Natural grass-fed beef and served over spaghetti with marinara sauce.

#### Lemon Orzo with Grilled Chicken

Springer Mountain Farm's chicken marinated and grilled mixed with orzo, grape tomatoes, and feta cheese in a fresh lemon vinaigrette. GF and DF option available

#### Beef Burrito Casserole (GF)

Fresh Southern Natural beef and rice in a cheesy, house-made salsa sauce.

#### Baked Chicken w/Mashed Potatoes

Lightly breaded chicken breast baked and served with mashed potatoes and green beans. Roasted cauliflower may be substituted for mashed potatoes.

#### Roasted Chicken (GF)

Fresh bone-in chicken breast with choice of chipotle, rosemary or herb butter rub. Served with roasted red skin potatoes and green vegetable. Roasted cauliflower may be substituted for roasted potatoes.

#### Sweet Potato Chick Pea Bowl (GF, Vegan)

Roasted sweet potatoes, kale, broccoli, and red onion with seasoned garbanzo beans in a maple tahini dressing.

#### Chicken Parmesan

Lightly breaded, fresh Springer Mountain Farm's chicken breast topped with marinara and mozzarella cheese served over spaghetti.

### \$13/person

#### Pasta Alfredo (V)

Creamy parmesan sauce tops off penne pasta.  
add grilled chicken \$6 add tofu \$4 add salmon \$10  
Gluten free pasta available

#### Spinach, Mushroom Alfredo (V)

Spinach & Mushroom  
add grilled chicken \$6 add tofu \$4 add salmon \$10  
Gluten free pasta available

#### Grilled Veggie Bowl (GF, DF, V)

Grilled zucchini, squash, colored peppers and red onion  
add grilled chicken \$6 add tofu \$4 add salmon \$10

#### Red Lentil Pasta Primavera (GF, V)

Red lentil penne pasta with fresh tomatoes, broccoli, carrots, and zucchini. Dairy free option available.  
add grilled chicken \$6 add tofu \$4 add salmon \$10

#### Quinoa Veggie Bowl (GF, DF, V)

Roasted zucchini, squash, colored peppers, and red onion topped with quinoa in a fresh lemon vinaigrette on a bed of baby spinach.  
add grilled chicken \$6 add tofu \$4 add salmon \$10

\* Subject to availability

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# Specialty Food Bars

Served with Salad and Cookies

## Baked Potato Bar \$ 15.00 pp

Baked Potato, Butter, Sour Cream, Cheddar Cheese, Bacon

Add Veggie, Chicken, and/or Beef Chili (+\$5.00 pp)

## Chili Bar \$ 18.00 pp

Beef, Chicken, and/or Veggie Chili, Cornbread, Sour Cream,

Frito Chips, Cheddar Cheese, and Green Onion

Add Baked Potato half (+\$2.00pp)

## Fajita Bar \$ 19.00 pp

Chicken, \*\*Veggies, Sour Cream, Cheddar Cheese, Housemade Salsa, Black Beans, Rice, Corn & Flour Tortillas, Tortilla Chips and limes

\*\*can be substituted with Tofu (Steak upgrade +\$3.50pp)

Add on housemade queso (+\$3 pp), housemade avocado sauce (+\$3 pp)

## Sides \$3.50 pp

Garden Pasta Salad (V), Lemon Orzo\* (V),

Sweet & Crunchy Slaw\* (V/GF),

Tomato & Cucumber Salad (V/GF),

Roasted Veggie Quinoa (V/GF),

Garlic Pasta Salad (V), Fresh Fruit Salad (V/GF),

Lime Jalapeño Quinoa (V/GF), Green Side Salad (DF/GF)

\*contains nuts

## Soup \$6.50/cup

Chicken Noodle (DF)

Tomato (V/GF)

Cream of Potato (V/GF)

Roasted Veggie (V/GF)

Chicken & Wild Rice

## Beverages

Sweet Tea \$4 half gallon / \$8 gallon

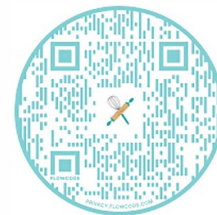
Unsweet Iced Tea \$4 half gallon / \$8 gallon

Lemonade \$4 half gallon / \$8 gallon

Bottled Water \$1.50 per bottle

Soda Cans (Diet coke, Coke, Sprite) \$1.50 per can

Ice included for \$5/bag



Scan here or visit our website ([goodnesstogocatering.com](http://goodnesstogocatering.com))  
for our Party Platter Menu!

Paper products \$1 per person. Delivery Fee \$35 (additional fees may be added depending on size of order, distance, and date and time of delivery)

This is not an exclusive list of Goodness to Go Catering options. If you have specific requests that are not listed below or would like to discuss other lunch options, we would be happy to speak with you. Please email us at [catering@goodnesstogo.net](mailto:catering@goodnesstogo.net) or call 865.253.7099 to speak with our catering staff. (Prices may be subject to change)