

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

Fresh Sandwich Roll Choices
White, Wheat, 9 Grain, Pretzel, Herb

Housemade Cookies
Chocolate Chip*, Lemon*, Salted Caramel*,
Chocolate Opera*, Snickerdoodle,
Oatmeal Raisin, Peanut Butter
*standard assortment
+GF and vegan options available

Iced Brownie
+GF option available

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)

865-253-7099 ~ 7664 S. Northshore Drive

865-671-1315 ~ 1604 Choto Markets Way

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 and 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

865-253-7099 ~ 7664 S. Northshore Drive

865-671-1315 ~ 1604 Choto Markets Way

