

# Real Food Daily

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## STARTERS SERVES APPROX. 10

### Kimchi Maki Roll *gf nf*

Jade pearl rice, miso horseradish kimchi, avocado, asparagus, red pepper, scallions, sesame seeds with sweet miso dipping sauce \$42

### Lentil Walnut Paté *gf*

A crowd-pleasing paté with tofu sour cream, sesame rice crackers, cucumber, carrot and celery \$38

### Cold Soba *sf*

Chilled buckwheat noodles tossed in peanut sauce with cilantro, scallions and sesame seeds with fresh limes \$48

### Vegetable Crudité *gf nf*

Seasonal raw vegetables with house dressing \$48

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#### Not-Chos *gf*

*A fun dish that all your guests will enjoy!*

Tortilla chips, black beans, pico de gallo, guacamole, tofu sour cream and our melted cashew cheese or shredded pepperjack cheese \$60

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#### Seitan Fingers *nf*

Lightly breaded and fried seitan with ketchup or Thousand Island dressing \$28

#### Salsa & Chips *gf nf sf* \$18

#### Guacamole & Chips *gf nf sf* \$26

## SALADS SERVES APPROX. 10

### House Salad *gf nf sf*

Seasonal field greens, cucumbers, shredded carrots and beets with choice of dressing \$45

### Caesar Salad *gf nf*

Romaine hearts, capers and blue corn croutons with our caesar dressing \$45

### Southwest Salad *gf nf sf*

Romaine hearts, black beans, quinoa, jicama slaw, guacamole, pico de gallo with lime cilantro dressing and baked tortilla strips \$56

### The Great Cardini *gf*

Tuscan kale, romaine, garbanzo beans, red quinoa, roasted yam croutons, creamy almond shallot dressing, spiced pumpkin seeds, macadamia parmesan, avocado \$68

### Mediterranean Bowl

Wild arugula, tomato and avocado in lemon herb Za'atar dressing with cucumber kalamata salsa, white bean basil salad, red quinoa tabouli, almond feta & whole wheat Za'atar flatbread \$78

#### Add-on to your salad

Avocado \$8

Tempeh Bacon *gf nf* \$12 Blackened Tempeh *gf nf* \$16

Marinated Tofu *gf nf* • Club Seitan *gf* \$16

*gf = gluten-free • nf = nut-free • sf = soy-free*

## CATERING MENU

BECAUSE YOUR TIME IS PRECIOUS  
& YOUR GOOD HEALTH IS PRICELESS

## SANDWICHES SM SERVES 6-8 • LG SERVES 10-12

*gluten-free options available for an additional charge upon request*

### The Club *nf triple decker or in a wrap*

Crispy seitan, tempeh bacon, avocado, lettuce, tomato and vegemaise on sourdough bread or in a whole wheat tortilla wrap SM \$50 LG \$90

### Total Reuben

Baked marinated tempeh, horseradish cashew cheese, sauerkraut, thousand island dressing on sprouted rye bread SM \$48 LG \$88

### The Charlie *sf sandwich or raw wrap*

Chef's famous almond tuna, lettuce, tomato, chipotle aioli, sourdough bread

#### IN THE RAW *gf sf raw*

Rolled in a marinated collard wrap  
SM \$50 LG \$90

### Real Food Burger *nf sf*

Lentil mushroom burger, caramelized onions, arugula, housemade pickled jalapeño, chipotle aioli, toasted ciabatta SM \$48 LG \$90

**FOR THE WORKS** Add avocado, tempeh bacon, melted cashew cheese SM \$54 LG \$98

**SOUTHWEST** Add cashew cheese, guacamole, pico de gallo SM \$54 LG \$98

### Spicy BLT *nf sandwich or wrap*

Tempeh bacon, avocado, lettuce, tomato and spicy aioli sprouted whole grain bread or spinach tortilla wrap  
SM \$48 LG \$88

### Sandwich Sampler

An assortment of our signature sandwiches -  
Club, Reuben, Spicy BLT and The Charlie  
ONE SIZE ONLY \$88

## HOT ENTREES SERVES APPROX. 10

### Kung Pao *gf*

Stir-fry vegetables, lotus root, marinated tempeh in a spicy ginger garlic sauce over pineapple fried rice with toasted cashews \$80

### Lasagna Napoletana

Authentic Italian pasta, creamy cashew ricotta, spinach, crimini mushroom, fresh marinara sauce \$98

### ••• BUILD-YOUR-OWN •••

#### Taco Bar *nf*

Corn tortillas, seasoned seitan, onions, peppers, guacamole, pico de gallo, tofu sour cream \$99

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### Entrée Special

Choose from one of our hot entrees:  
Kung Pao or Lasagna Napoletana.  
Add a House or Caesar Salad and a platter of  
mini cookies \$150

## DESSERTS

Order By the Dozen:

**Cookies** Full size \$40 mini \$18  
Chocolate Chip *gf* • Original Chocolate Chip *nf*  
Double Chocolate *nf* • Carob Mint *nf*  
Gingersnap *nf* • Oatmeal • Peanut Butter  
**Brownies**  
Dark Fudge Brownies w/Chocolate Chips \$60  
Rocky Road Brownies \$65  
**Pecan Coffee Cake** \$48  
**Cupcakes** \$50  
Gluten-Free or Faux-Stress

**Petites**  
Tea Cakes \$15 • Peanut Butter Cups \$40  
Coco Joys \$28 • Truffles \$28

### PLATTERS - 2 Dozen

**Assorted Petite Platter** \$50

**Assorted Dessert Platter** \$38

Mini versions of our Cookies, Brownies,  
Tea Cakes and Coffee Cake

## WHOLE CAKES

9-inch round \$65 Half sheet (12 x 16) \$175

**Chocolate Fudge Cake** *gf nf*  
Double layer chocolate cake with chocolate fudge filling and icing

**Raspberry Chocolate Cake** *nf*  
Double layer chocolate cake with chocolate frosting, raspberry jam and fresh raspberries

**Chocolate or Vanilla Cake** *nf*  
Classic double layer cake with choice of vanilla or chocolate frosting

**Oreo Cookie Cake** *nf*  
Rich chocolate cake, creamy white icing, Oreo-style cookies

**Chocolate Peanut Butter Cake**  
Dark chocolate cake, creamy peanut butter filling and glazed with dark chocolate ganache

**Coconut White Cake** *nf*  
Triple-layer luscious coconut white cake, creamy icing

**Carrot Cake**  
Moist carrot and walnut cake topped with a tangy tofu cream cheese icing

**'Tofu Chz' Cake** *gf nf*  
Our tofu cheesecake made even richer with 'sour cream' topping and seasonal fruit  
9-inch round only

## BEVERAGES

BY THE BOTTLE

**Health-ade Kombucha**  
Ginger Lemon or Seasonal Fruit \$6  
**Harmless Harvest Coconut Water** \$6  
**Solé Still or Sparkling Mineral Water** \$6  
**Oogave Sweetened Soda** \$4  
Cola • Ginger Ale

96 OZ. CARRY-OUT CONTAINER

**Iced Rooibos** \$22  
**Iced Lime Mate** \$35  
**Hot Kukicha Twig Tea** \$22  
**Homemade Lemonade** \$35  
Plain • Ginger • Kale 'n' Cuke

## BASICS, DRESSINGS & EXTRAS

**BASICS** \$9  
*The basics are gf nf sf except where noted.*

Brown Rice  
Quinoa  
Black Beans or Day Beans  
Soba Noodles *has gluten*  
Garlicky or Day Greens  
Sea Vegetables *has gluten*  
Pressed Salad

**DRESSINGS & SAUCES** \$10  
*All dressings and sauces are made fresh on the premises and are all gluten free.*

House Tahini *nf raw*  
Caesar *nf* • Wasabi *nf*  
Balsamic Vinaigrette *nf sf raw*  
Lime Cilantro *nf sf* • Peanut *sf*  
Ranchero Sauce *nf sf*  
Marinara *nf sf*  
Golden Gravy *nf*

**EXTRAS**  
*All extras are made fresh on the premises and are all gluten free.*

Tahini Miso Spread *nf* \$12  
Carrot Ginger \$12  
Guacamole *nf sf* \$20  
Pico De Gallo *nf sf* \$10  
Tofu Sour Cream *nf* \$12  
Cashew Cheese \$15

## HOW TO ORDER

Whether you are planning an intimate gathering, corporate function or a grand celebration, RFD will help you design a stylish, organic, seasonal feast for you and your guests.

We can provide party rentals and full service staff for small to large events. For "do-it-yourself" events, order from our delicious and convenient party platters menu.

These platters are available for pick up or delivery and are conveniently and attractively packaged, with napkins and utensils included, upon request.

To best serve you, we prefer a 24-hour notice for our party platters, dessert platters and whole cakes. Depending on the size of the order, we often can accommodate you in less than the 24 hour window, but availability may be limited.

**PLEASE CALL THE LOCATION YOU PLAN TO PICK UP FROM**

**RFD**  
**Santa Monica**  
514 Santa Monica Blvd.  
(between 5th & 6th)  
Santa Monica, CA 90401  
Phone: 310.451.7544

**RFD**  
**West Hollywood**  
414 N. La Cienega Blvd.  
(between Beverly & Melrose)  
Los Angeles, CA 90048  
Phone: 310.289.9910

**RFD**  
**Pasadena**  
899 E. Del Mar Blvd.  
(corner of Lake Ave.)  
Pasadena, CA 91106  
Phone: 626.844.8900

**to order online:**  
realfood.com/catering