

# PALEO

## CATERING

by SAPIENS KITCHEN



GLUTEN FREE



DAIRY FREE



SOY FREE



SUGAR FREE



SEED OIL FREE

**To order call (480) 771-5124**  
**Or email to [catering@sapienskitchen.com](mailto:catering@sapienskitchen.com)**

## **Ordering Information**

**Minimum order amount is \$200 ( before tax and fees). 48 hours order notice required. Please call (480) 231-0480 to inquire about orders less than 48 hours. Minimum order requirement per entree is 6. Vegan items can be requested as an add-on to any order, even in quantities less than 6, however, in that case, Chef Aurore will prepare a vegan meal, at her discretion, using fresh vegetables available on hand.**

**All hot items are delivered in an enclosed foil container. It is advisable that the food be consumed soon upon arrival. The food may be refrigerated and reheated later. Delivery fee \$39 under 20 miles and \$49 over 20 miles. Rentals, staffing, event planning and coordinating services are available. Please allow for 7 days advance notice for any rental arrangements and staffing.**

**We care about your health and well-being. All items on this menu are prepared according to the strict PALEO nutrition principles and are FREE of Gluten, Grains, Corn, Sugar, Dairy, Beans, Soy, Peanuts, Processed Food Additives, GMO products, Trans Fat, Seed Oils or Artificial Ingredients. We fully support KETO, Whole30 and AIP. As a full service catering company we can help you plan and administer a corporate or private event of any size, theme or budget. Please call us directly to discuss your special requirements.**

**We look forward to hearing from you. Eat Well - Be Well!**



## **PREMIUM COMBOS**

Each premium combo **INCLUDES** your choice of protein, two sides and an Organic Farm salad. Please refer to the side and salad menu for additional selections. No substitutions.

**Minimum order of 6 per entree. Additional proteins, vegetable side choices and salads are available at the Menu A La Carte section.**

### **ORGANIC CHICKEN**

**\$22.99 (Min order of 6 per entree)**

Chicken Breast with Roasted Pepper, Lemon and Basil Sauce.

Chicken Breast with Olives, Lemon and Caper Sauce

Chicken Breast with Wild Mushrooms, Shallots, Herbs, Madeira Sauce

Chicken Breast with Paleo Curry Sauce

### **ORGANIC PORK**

**\$23.99 (Min order of 6 per entree)**

Pork Tenderloin with Spinach, Kale and Port Sauce

Pork Tenderloin with Wild Mushrooms, Shallots, Herbs, Madeira Sauce

Pork Tenderloin with Rosemary infused Roasted Apples, Sweet Sherry Wine Sauce

Pork Tenderloin with Mustard, Cippolini Onions and Paleo Cream Sauce (Dairy-Free)

### **GRASS-FED BEEF**

**\$24.99 (Min order of 6 per entree)**

Beef Brisket slowly braised with Seasonal Vegetables and Red Wine Sauce

Tender Beef Tips Stew with Olive Oil, Herbs, Garlic and Chianti Sauce

### **SIGNATURE GRASS-FED BEEF**

**\$29.99 (Min order of 6 per entree)**

New York Steak with Chimichurri

Prime Rib with Au Jus and Horseradish Sauce

Short Ribs braised with Root Vegetables, Red Wine and Balsamic

## WILD-CAUGHT FISH AND SHRIMP

**\$23.99 (Min order of 6 per entree)**

Salmon with Lemon, Caper and Paleo Cream Sauce (Dairy-Free)

Salmon with Champagne Sauce

Shrimp with Tomato, Garlic, Green Onion and White Wine Sauce

Shrimp with Tomato, Tarragon and Lobster Sauce

## VEGETABLE SIDES

**Make a selection of two vegetable sides INCLUDED with your Premium Combo. All vegetable sides are VEGAN. Additional vegetable sides are available at A La Carte Menu**

Medley of Grilled Carrots , Zucchini, Yellow Squash, Bell Peppers with Herbs

Brussels Sprouts braised with Caramelized Shallots and Balsamic

Green Beans with Roasted Sweet Garlic

Broccoli with Pumpkin Pepitas and Cream of Turmeric

Garlic Mashed Potato

Potato Au gratin (Dairy-Free)

Roasted Potatoes

Sweet Potato

Vegetable Paella with Cauliflower Rice, Roasted Peppers, Zucchini, Saffron Infusion

## **CLASSIC COMBOS**

**All classic combos are complete meals with protein and sides priced at \$18.99 each.**

**Minimum order of 6 per entree. No substitutions. Additional non-combo entrees, vegetable side choices and salads are available at the Menu A La Carte section.**

### **Chicken Coq au Vin**

French country favorite chicken stew with potatoes, pearl onions, mushrooms and wine sauce

### **Beef Bourguignon**

Traditional hearty beef stew with mushrooms, carrots, roasted potatoes and red wine sauce

### **Steak Diane**

Grilled beef with assorted vegetables, baked potato with chives and brandy sauce

### **Pork Pommes**

Pork Loin with roasted apples, brussels sprouts, potatoes and Sherry wine sauce

### **Chicken Mushroom Sauce**

Classic chicken dish with mushrooms, herbs, sweet potatoes and mushroom sauce

# **VEGAN COMBOS**

All vegan entrees are priced at \$19.99. Min order of 6 per entree. Additional vegetable side choices and salads are available at the Menu A La Carte section.

## **Vegan Vegetable Stew**

Delicious stew of zucchini, yellow squash, carrots, tomatoes and green peas over roasted potatoes

## **Vegan Parmentier Pie**

Cauliflower crust with mashed potatoes, seasonal vegetables, roasted pepper and spinach

## **Vegan Mushroom Meatloaf with Mashed Potato**

Delicately layered wild mushrooms with herbs, spices and tomato/fennel sauce

## **Stuffed Bell Pepper**

Ripe bell pepper stuffed with sweet potato, kale, riced cauliflower, pumpkin seeds, carrots, onions, spices, smoked paprika and tomato sauce served with potato puree

# **MENU A LA CARTE**

Each protein in the Menu A La Carte is accompanied by a selected sauce and garnish.

Vegetable sides and salads are also available A La Carte. For a complete entree that includes protein and sides refer to Premium Combos Menu. Minimum order of 6 per item.

## **ORGANIC CHICKEN**

**\$16.99 (Min order of 6 per entree)**

Chicken Breast with Roasted Pepper, Lemon and Basil Sauce.

Chicken Breast with Olives, Lemon and Caper Sauce

Chicken Breast with Wild Mushrooms, Shallots, Herbs and Madeira Sauce

Chicken Breast with Paleo Curry Sauce

## **ORGANIC PORK**

**\$16.99 (Min order of 6 per entree)**

Pork Tenderloin with Spinach, Kale and Port Sauce

Pork Tenderloin with Wild Mushrooms, Shallots, Herbs and Madeira Sauce

Pork Tenderloin with Rosemary infused Roasted Apples, Sweet Sherry Wine Sauce

Pork Tenderloin with Mustard, Cippolini Onions and Paleo Cream Sauce (Dairy-Free)

## GRASS-FED BEEF

**\$20.99 (Min order of 6 per entree)**

Beef Brisket slowly braised with Seasonal Vegetables and Red Wine Sauce  
Tender Beef Tips with Olive Oil, Herbs, Garlic and Chianti Sauce

## SIGNATURE GRASS-FED BEEF

**\$25.99 (Min order of 6 per entree)**

New York Steak with Chimichurri  
Prime Rib with Au Jus and horseradish sauce  
Short Ribs braised with root vegetables, red wine and balsamic

## WILD-CAUGHT FISH AND SHRIMP

**\$19.99 (Min order of 6 per entree)**

Salmon with Lemon, Capers and Paleo Cream Sauce (Dairy-Free)  
Salmon with Champagne Sauce  
Shrimp with Tomato, Garlic, Green Onion, White Wine Sauce  
Shrimp with Tomato, Tarragon and Lobster Sauce

## VEGETABLE SIDES AND SALAD

**\$6.50 (Min order of 6 per side or salad)**

Assorted Veggie Medley of Grilled Carrots, Zucchini, Yellow Squash, Bell Peppers with Herbs  
Brussels Sprouts braised with Caramelized Shallots and Balsamic  
Green Beans with Roasted Sweet Garlic  
Broccoli with Pumpkin Pepitas and Cream of Turmeric  
Garlic Mashed Potato  
Potato Au Gratin (Dairy-Free)  
Roasted Potatoes  
Sweet Potato  
Vegetable Paella with Cauliflower Rice, Roasted Peppers, Zucchini, Saffron Infusion

ORGANIC FARM SALAD (Seasonal garden greens with shaved carrots, tomatoes, radishes and apple cider vinaigrette)

# **FRESH DISPLAYS**

**Each display serves up to 10 people. Order multiple displays for larger groups.**

Assorted Fruit Display - **\$59.99**

Assorted Cheese Display with Grapes, Berries, Nuts, Fruit Mostarda, Artisan Toasts - **\$99.99**

Charcuterie & Cheese Display with Olives, Dry Fruits, Nuts, Fig Jam and Toasts - **\$135.99**

Assorted Fresh Vegetables Crudite ( Carrots, Broccoli, Jicama, Celery, Sweet Peppers and Creamy Dairy-Free Shallot Dip) - **\$69.99**

# **GRAZING STATIONS**

**Station attendants and Servers are available for an extra charge. Please call Sapiens Kitchen in advance to make arrangements.**

## **SALAD STATION**

**\$16.99 (Min order for 10 )**

Romaine Lettuce , Mixed Greens

Carrots, Olives, Cucumbers, Bell Pepper, Beets , Broccoli, Tomatoes, Eggs, Red Onion, Dry Cranberry, Sunflower Seeds, Potato Croutons

Sapiens Vinaigrette, Paleo Creamy Dairy-Free Shallot Vinaigrette, Balsamic Vinaigrette.

### **Optional Extras :**

Cheddar Cheese, Feta, Blue Cheese or Bacon- **\$2.50 per person**

## **CARVING STATION**

**Minimum order for 25 people. Please instruct how you would like to have your protein delivered whole (not sliced) or sliced. Carving attendant, servers and rentals are available for an extra charge. Call in advance (480) 771-5124 to make arrangements.**

**NEW YORK STRIP STEAK** ( Encrusted with Spices, Infused with Garlic and Herbs , Au Jus, Artisan Toasts, Horseradish Sauce ) **\$25.95 per person**

**FILLET MIGNON** ( Crusted with Kampot Black Peppers, Horseradish Sauce, Roasted Pepper Aioli, Au Jus, Artisan Toasts ) **\$26.95 per person**

**TURKEY BREAST BALLOTINE** ( Stuffed with Mirepoix of Celery and Carrots, Orange / Cranberry Confit, Sage Gravy, Artisan Paleo Toasts ) **\$18.95 per person**

**PORK LOIN** ( Rosemary-Apple Compote, Port Sauce, Artisan Toasts ) **\$18.95 per person**

**LEG OF LAMB** (Crusted with Herbs, Mint / Cilantro Aioli, Artisan Toasts) **\$22.95 per person**

## SEAFOOD STATION

**\$1199 (Serves up to 40)**

Chilled Fresh Crab Claws , Shrimp , Oysters, Scallop and Shrimp Ceviche, Mignonette, Lime Cilantro, Caramelized Onion toasts , Cocktail Sauce.

## FRENCH COUNTRY STATION

**\$699 (Serves up to 20)**

Grilled Vegetables ( Asparagus, Peppers, Zucchini , Carrots, Squash ) Roasted Glazed Pork Belly, Artisan Pate and Duck Rilette, Beef Skewers , Cornichons , Olives , Artizan Paleo Toasts.

## MEXICAN ASADO STATION

**\$599 (Serves 20 )**

Grilled Meat “Carne Asada” , Chicken Al Pastor , Cilantro, Onion, Chile Rojo Sauce, Cabbage, Chipotle Cream, Guacamole, Cheese, Paleo Tortillas.

## VEGAN VERDE MEXICAN STATION

**\$599 (Serves 20)**

Portobello Mushrooms, Cauliflower Steaks, Chayote, Cilantro, Onion, Chile Rojo Sauce, Cabbage, Chipotle Cream, Guacamole, Vegan Cheese, Grainless Paleo Tortillas.

## ORIENTAL STATION

**\$599 ( Serves 20 )**

Korean BBQ Pork Ribs , Pulled Chicken in Lettuce cups, Kimchi , Fried Cauliflower Rice, Stir Fried Vegetables.

## VEGAN ORIENTAL STATION

**\$599 (Serves 20)**

Bok Choy, King Mushrooms marinated in Ginger/Garlic, Beech Mushrooms and Golden Beets in Lettuce cups, Kimchi, Fried Cauliflower Rice, Stir Fried Vegetables.

## **DESSERT**

**( Min order 1 dozen )**

PALEO CHOCOLATE CHIP COOKIES ( 1 dozen) - **\$26**

PALEO CHOCOLATE CHIP AND WALNUTS COOKIES (1 dozen) - **\$26**

PALEO BROWNIES ( 1 dozen) - **\$26**



# **APPETIZERS**

**All appetizers are priced per item. Minimum order for each item is 20.**

## **MEAT**

Tenderloin of Beef and Roasted Pepper on Artisan Paleo Toast with Horseradish Sauce - **\$4.9**

Tenderloin of Beef with Chimichurri Sauce on Belgian Endive - **\$4.9**

Beef Skewer with Scallions and Amino Sauce - **\$4.9**

Mushrooms stuffed with Sausage - **\$2.9**

Bruschetta with Prosciutto and Fig Jam - **\$2.9**

Medjool Dates wrapped in Bacon - **\$2.9**

French Country Pate on Artisan Paleo Toast - **\$2.9**

Maple glazed Natural Pork Belly on Sweet Potato Toast - **\$3.9**

## **CHICKEN**

Chicken Sate with Scallions and Pepita Sauce - **\$2.9**

Chicken infused with Ginger Curry on a Sweet Potato Toast - **\$2.9**

Chicken Livers on a Sweet Potato Toast - **\$2.9**

## **SEAFOOD**

Grilled Shrimp with Garlic/Citrus and smashed Avocado on Paleo Toast - **\$3.9**

Grilled Shrimp with Lemon/Basil Sauce on Sweet Potato Toast - **\$3.9**

Cocktail Shrimp with Sauce - **\$3.9**

Scallop wrapped in Bacon - **\$4.9**

Crabmeat with Avocado Mousse - **\$4.9**

Crab Cakes with Remoulade Sauce - **\$4.9**

Smoked Salmon, Eggs and Capers Napoleon - **\$4.9**

Smoked Salmon, Red Onion and Capers on a Cucumber Cup - **\$4.9**

Smoked Salmon Verrine with Avocado, Tomatoes and Paleo Sauce - **\$4.9**

## **VEGETARIAN**

Artichoke and Basil Crostini - **\$3.5**

Verrine of Watermelon, Jicama, Lemon Dill and Paleo Sauce - **\$3.5**

Butternut Squash Puree and Dates Crostini - **\$2.5**

Sweet Potato, Spinach and Fig Crostini - **\$2.5**

Verrine of Tomato, Watermelon, Basil and Balsamic - **\$2.5**

## **KETO**

- Tenderloin and Melted Blue Cheese on Artisan Toast - **\$4.9**
- Bruschetta with Prosciutto, Fig Jam and Brie Cheese - **\$2.9**
- Pear and Goat Cheese Crostini - **\$2.9**
- Cherry Tomato, Fresh Mozzarella, Basil and Balsamic Skewer - **\$2.9**
- Beet, Goat Cheese, Spices and Honey Skewer - **\$2.9**
- Asparagus Spear wrapped in Prosciutto with Parmesan Crust - **\$2.9**
- Dates stuffed with Gorgonzola wrapped in Prosciutto - **\$2.9**
- Goat Cheese, Mint and Lime on Watermelon Cube - **\$2.9**

## **CHILLED SOUP SHOOTERS**

- Carrot, Avocado and Ginger - **\$2.5**
- Gazpacho - **\$2.5**
- Cucumber-Honeydew - **\$2.5**

## **BEVERAGES**

- ACQUA PANNA 16.9oz (Still Mineral Water) - **\$5**
- S.PELLEGRINO 16.9oz (Sparkling Mineral Water) - **\$5**
- LIMONATA 12oz (Natural lemon flavored sparkling beverage) - **\$5**
- ARANCIATA 12oz (Natural orange flavored sparkling beverage) - **\$5**
- COCONUT WATER - **\$5**
- KOMBUCHA - **\$5**

## **SOUPS**

**All soups are priced per item. Minimum order for each soup is 2 quarts (serves up to 12).**

- Squash Soup - **\$69**
- Mushroom Soup - **\$69**
- Tomato Soup - **\$69**
- Vichissoise Cold - **\$69**
- Vichissoise Hot - **\$69**
- Broccoli Veloute - **\$69**
- Carrot-Ginger - **\$69**
- Lobster Bisque - **\$99**