

7664 S Northshore Drive ~ 865.253.7099



1604 Choto Markets Way ~ 865.671.1315

Our made fresh daily bread, cookies, salads, soups and entrées, are free of preservatives, artificial colors, flavors or processed ingredients. We make real food worth sharing with your family and friends.

Lunch Catering Menu

All orders include tea upon request. Ice included for \$5. Delivery fee \$15-\$20

Sandwich Platter

1 large or 2 sliders per person,
chips, pickles and cookie.
\$9.50/person

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

Box Lunch

1 large sandwich or 2 sliders, chips, pickle,
and cookie - \$9.50
OR

Lunch Salad w/ housemade dressing, fresh
yeast roll and cookie - \$12

All salads prepared with fresh green leaf lettuce,
spring mix, and choice of grilled chicken or grilled tofu.
Without chicken or tofu - \$8.00

Sandwich Choices

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

Fresh Roll Choices

White, Wheat, 9 Grain, Pretzel, Herb

Housemade Cookies

Peanut Butter, Chocolate Chip, Lemon,
Salted Caramel, White Chocolate Pecan,
Chocolate Opera, Oatmeal Raisin

Salad Choices

Mixed Greens w/Cucumber, Grape Tomatoes, Colored
Peppers and Carrots.

Fall w/Apple Cider Vinaigrette

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

Greek w/Red Wine Vinaigrette

Five grain salad with roasted grape tomatoes, cucumbers, kalamata olives & feta cheese. Served over
mixed greens with red wine vinaigrette.

Winter w/Maple Balsamic

Mixed greens with fresh sliced pears, goat cheese, dried cherries, and candied pecans.

Green Side Salad -- \$3.25 per person

All salads prepared with fresh green leaf lettuce, spring mix, and choice
of grilled chicken or grilled tofu. Without chicken or tofu - \$8.00

Sides ~ \$2.50/person

Garden Pasta Salad (V) ~ Lemon Orzo*(V) ~ Sweet & Crunchy Slaw (VG)
Super Salad (VG) ~ Tomato & Cucumber Salad (V) ~ Black Bean & Corn Salad (V)
Roasted Tomato Couscous (VG) ~ Roasted Veggie Quinoa (VG)
Fresh Fruit Salad (VG) ~ Sweet Potato Quinoa* (V) *nuts

Hot Lunches

\$15/person

With mixed green salad, homemade rolls, and cookies. Can be served family style or individually packaged.

Meat or Vegetarian Lasagna

Fresh pasta sheets with Southern Natural beef and marinara sauce or roasted veggie with homemade creamy alfredo sauce with garlic.

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.

Chicken Spinach Artichoke Casserole

Fresh Springer Mountain Farm's chicken with wild rice, sauteed spinach, and artichoke hearts in a creamy maria sauce.

Spaghetti & Meatballs

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

Chicken Parmesan

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

Pasta Alfredo (V)

Creamy parmesan sauce tops off penne pasta. with your choice of add-ins

**Spinach, Mushroom & Grilled Chicken
Spinach & Mushroom**

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.

Beef Burrito Casserole

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.

Rosemary Chicken (GF)

Fresh bone-in chicken breast with fresh cut rosemary butter rub. Served with roasted red skin potatoes and green vegetable. Roasted cauliflower may be substituted for roasted potatoes.

Red Lentil Pasta Primavera (GF, V)

Red lentil penne pasta with fresh tomatoes, broccoli, carrots, and zucchini.

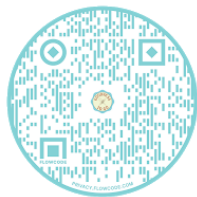
Sweet Potato Chick Pea Bowl (GF, Vegan)

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

Quiche

Fresh eggs and cheese with choice of fillings in a homemade crust.

**Ham
Sausage
Roasted Veggie
Spinach & Mushroom**



Scan here or visit our website (goodnesstogocatering.com) for our Party Platter Menu!



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 goodnesstogocatering@gmail.com or call 865.253.7099 to speak with our catering staff. (Prices may be subject to change)

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