



GATHER AROUND NUTRITION

offers farm-to-table catering services for casual events served buffet-style. We bring you the freshest organic, local produce and sustainably-raised meats directly from local farms to provide you with a unique seasonal menu for events big or small! We source 100% from local farms for these events so your guests can experience the bounty of seasonal variety the Pacific Northwest has to offer. As nutritionists, we are able to accommodate any and all dietary restrictions so none of your guests will go hungry. We are located in Portland, Oregon, and are able to travel to locations within Oregon and Washington state.



For our higher-end seated dinner options, please ask to see our Seated Dinner Pricing Sheet!



OUR CASUAL DINNERS TYPICALLY INCLUDE

a nutritionally balanced meal consisting of a high-quality animal or plant-based protein paired with 2 vegetable/grain side dishes

Dinner is buffet-style & self-serve from our chafing dishes over flames to keep food warm. Server on site can be provided at an additional charge of \$50/hour. We provide compostable plates, napkins, utensils & cups.



OUR SEASONAL GRAZING BOARDS

offer a stunning visual display of local vegetables, fruits, cheeses, cured meats and smoked fish, vegan dips and pickled vegetables. Think of them as edible art installations!

These can be added on to any catered lunch, or offered as a stand-alone service, with the option of adding on individual hand-held hors d'oeuvres for heavier grazing.

Other optional add-ons include non-alcoholic beverages such as herbal spritzers, locally roasted coffee & organic tea selections, as well as individual desserts featuring seasonal flavors, custom-made to accommodate any dietary restrictions (gluten-free, dairy-free & vegan options available)





NUTRITION

CATERED EVENT PRICING

Casual Buffet-Style Events

BUFFET-STYLE SERVICE

A nutritionally balanced meal consisting of a high-quality animal or plant-based protein paired with 2 vegetable/grain side dishes

\$65-100/person
depending on menu and number of guests

Dinner is buffet-style & self-serve.

Server on site can be provided at an additional charge

SEASONAL GRAZING BOARDS

Assortment of crudité's and prepared local vegetables, fresh seasonal fruits, local cheeses and cured meats, crostinis and/or gluten-free crackers, house-made dips, pickled vegetables and olives

\$25/person

BEVERAGES

Locally roasted coffee & Herbal tea selection
Non-alcoholic herbal "mocktails"
Wine pairings from Division Wines

\$5/person
\$5-10/person
retail cost

BAKED GOODS & TREATS

Individual gluten-free sweet treats highlighting seasonal fruits and flavors, with vegan options available

\$5-8/person

We arrive an hour prior to your event start time to set up the buffet.

Compostable plates, napkins, utensils & cups are provided.

We set up the food in our chafing dishes to keep food warm throughout your event, and we will arrange a pick-up or drop-off of our dishes & other supplies within the following week.

On-site service during event can be provided at an additional charge of \$50/hour.

\$1,000 minimum is requested on all orders.

At Gather Around Nutrition, we invest in our local food economy. We source high-quality organic produce, wild-caught seafood & sustainably raised meats, with an emphasis on foods that are in-season & grown locally. We believe these practices support healthy bodies while upholding reciprocal relationships within our food systems.

As a team of nutritionists, we can accommodate any dietary needs. No matter the various allergies or restrictions in the group, we've got you covered.

Health is always on our mind. We choose to cook with healthy oils such as first-pressed olive oil, unrefined coconut oil, organic sesame oil & avocado oil. We use only natural sweeteners, such as local raw honey, organic maple syrup & coconut sugar. Our food is free of additives & preservatives.

We also strive to be as low-waste as possible. We use compostable packaging rather than single-use plastic or other non-recyclable materials. Through careful ordering and repurposing processes, we minimize food waste.



**PLEASE BE IN TOUCH
TO HAVE US CATER
YOUR NEXT CASUAL
DINNER EVENT!**

*Gather
Around*
NUTRITION

www.gatheraroundnutrition.com
gatheraroundnutrition@gmail.com
(707) 477-9624

