



## GATHER AROUND NUTRITION

offers farm-to-table catering services for private seated dinners & weddings. 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.



*We would love to elevate your next dinner event with a locally-sourced & health-conscious multi-course meal guaranteed to delight the senses.*

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[www.gatheraroundnutrition.com](http://www.gatheraroundnutrition.com)  
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(707) 477-9624



## OUR PRIVATE SEATED DINNER MENUS INCLUDE

Amuse bouche

Starter course (seasonal salad or soup)

Main course (animal or plant-based protein)

2 Vegetable/Grain sides to pair with main

Dessert (optional)

*Dinner is served family-style and coursed  
throughout the evening.*

*Full table service is included.*



## 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 dinner, 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

### *Private Seated Dinners*

#### **PRIVATE DINNER & WEDDING SERVICE**

Amuse bouche  
Starter course (seasonal salad or soup)  
Main course (animal or plant-based protein)  
2 Vegetable/Grain sides to pair with main course  
Dessert (optional)

**\$125-200/person**  
*depending on menu and  
number of guests*

*Dinner is served family-style.  
Full table service is included.*

#### **SEASONAL GRAZING BOARDS**

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

**\$25/person**

#### **HORS D'OEUVRES**

Individual hand-held "passed" appetizers can be  
added to any catered dinner or seasonal grazing board

**\$5-8/person**  
*includes 2 bites per person*

#### **BEVERAGES**

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

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

#### **DESSERT**

Decadent desserts featuring seasonal flavors, custom-  
made to be free of allergens (gluten-free, dairy-free &  
vegan options available)

**\$10/person**

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

*Travel rates apply to locations outside of Portland, OR.*

**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 PRIVATE  
DINNER EVENT!**

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