



GATHER AROUND NUTRITION

offers farm-to-table catering services for casual buffet-style dinners. 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.



Let us build a **Seasonal Grazing Board** at your next event!
As our most affordable catering service, these are perfect for any event that needs healthy and delicious snacking without a full meal. Our boards are easily customizable to accommodate any and all dietary restrictions.

www.gatheraroundnutrition.com
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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 a full catering service, or offered as a stand-alone service, with the option of adding on individual hand-held hors d'oeuvres for heavier snacking.

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





NUTRITION

CATERED EVENT PRICING

Seasonal Grazing Boards

SEASONAL GRAZING BOARDS	Assortment of crudité's and prepared local vegetables, fresh seasonal fruits, local cheeses and cured meats, smoked wild-caught salmon, crostinis and/or gluten-free crackers, house-made vegan dips, pickled vegetables and cured olives	\$25/person (vegetarian) \$30/person (with meats)
HORS D'OEUVRES	Individual hand-held appetizers can be added on to our grazing boards for heavier snacking. Examples includes mini stuffed peppers and chicken salad lettuce cups	\$5-8/person <i>each hors d'oeuvre includes 2 bites per person</i>
BEVERAGES	Locally roasted coffee & Herbal tea selection Non-alcoholic beverages & herbal "mocktails" Infused water	\$5/person \$5-10/person Free of charge
BAKED GOODS & TREATS	Individual locally baked sweet treats highlighting seasonal fruits and flavors, with vegan and gluten-free options available	\$5-8/person

We arrive an hour prior to your event start time to build the grazing boards on our live-edge wood slabs.

Compostable plates, napkins, utensils & cups are provided.

We leave the boards at your event for you & your guests to enjoy at your own pace, and will arrange a pick-up or drop-off of our boards 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 EVENT!**

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