

**FRIDAY MENU**  
**BREAKFAST**

- Fresh Fruit \$3.00
- Bagels \$3.00
- Breakfast Bread \$2.00
- Salmon Cakes \$3.00
- Salmon Cakes & Yellow Grit \$6.00
- PLATTER OR SIDES
- Broccoli Medley
- Marinated Raw Kale Greens
- Marinated Squash
- Marinated Mushrooms
- Pasta w/ Meatballs & Tomatoes Sauce \$7.00
- Fancy Fried Rice \$7.00
- Turkey Yat \$7.00
- Quinoa Stew \$7.00
- Ginger Beets
- Seaweed Cole Slaw or Traditional
- Dill Cucumbers
- Sprouted Lentil Salad
- Coconut Yams
- Basic Salad
- Pumpkin Relish Salad
- Grand Garden Pasta Salad \$6.00
- Beans or Vegetable Soup \$4.00
- Snack Pack 2 Items \$7.00
- Taster Treat 4 Items \$10.00
- Platters 6 Items \$15.00
- Sides Sm \$4.00 Lg \$8.00

**PITA OR WRAP** (Can be sides dish also)

- Cous Cous Supreme
- Carrot Tuna Salad
- Bulgar Wheat Wonder Salad
- Turkey Salad
- Tuna Salad
- Pita \$7.00
- Wrap \$8.00
- Pita or Wrap Toppings \$1.00 ea

Name \_\_\_\_\_ Booth \_\_\_\_\_  
 Delivery date \_\_\_\_\_ Total\$ \_\_\_\_\_  
 Event \_\_\_\_\_

**SATURDAY MENU**  
**BREAKFAST**

- Fresh Fruit \$3.00
- Bagels \$3.00
- Breakfast Bread \$2.00
- Salmon Cakes \$3.00
- Salmon Cakes & Yellow Grit \$6.00
- PLATTER OR SIDES
- Broccoli Medley
- Marinated Raw Kale Greens
- Marinated Squash
- Marinated Mushrooms
- Pasta w/ Meatballs & Tomatoes Sauce \$7.00
- Fancy Fried Rice \$7.00
- Turkey Yat \$7.00
- Quinoa Stew \$7.00
- Ginger Beets
- Seaweed Cole Slaw or Traditional
- Dill Cucumbers
- Sprouted Lentil Salad
- Coconut Yams
- Basic Salad
- Pumpkin Relish Salad
- Grand Garden Pasta Salad \$6.00
- Beans or Vegetable Soup \$4.00
- Snack Pack 2 Items \$7.00
- Taster Treat 4 Items \$10.00
- Platters 6 Items \$15.00
- Sides Sm \$4.00 Lg \$8.00
- Sides Sm \$4.00 Lg \$8.00

**PITA OR WRAP** (Can be sides dish also)

- Cous Cous Supreme
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- Bulgar Wheat Wonder Salad
- Turkey Salad
- Tuna Salad
- Pita \$7.00
- Wrap \$8.00
- Pita or Wrap Toppings \$1.00 ea

Name \_\_\_\_\_ Booth \_\_\_\_\_  
 Delivery date \_\_\_\_\_ Total\$ \_\_\_\_\_  
 Event \_\_\_\_\_

**SUNDAY MENU**  
**BREAKFAST**

- Fresh Fruit \$3.00
- Bagels \$3.00
- Breakfast Bread \$2.00
- Salmon Cakes \$3.00
- Salmon Cakes & Yellow Grit \$6.00
- PLATTER OR SIDES
- Broccoli Medley
- Marinated Raw Kale Greens
- Marinated Squash
- Marinated Mushrooms
- Pasta w/ Meatballs & Tomatoes Sauce \$7.00
- Fancy Fried Rice \$7.00
- Turkey Yat \$7.00
- Quinoa Stew \$7.00
- Ginger Beets
- Seaweed Cole Slaw or Traditional
- Dill Cucumbers
- Sprouted Lentil Salad
- Coconut Yams
- Basic Salad
- Pumpkin Relish Salad
- Grand Garden Pasta Salad \$6.00
- Beans or Vegetable Soup \$4.00
- Snack Pack 2 Items \$7.00
- Taster Treat 4 Items \$10.00
- Platters 6 Items \$15.00
- Sides Sm \$4.00 Lg \$8.00
- Sides Sm \$4.00 Lg \$8.00

**PITA OR WRAP** (Can be sides dish also)

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- Turkey Salad
- Tuna Salad
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- Wrap \$8.00
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Name \_\_\_\_\_ Booth \_\_\_\_\_  
 Delivery date \_\_\_\_\_ Total\$ \_\_\_\_\_  
 Event \_\_\_\_\_

**DESERTS** (Non-dairy, No eggs)  
(Cake is \$5.00 & \$6.00 a slice)

- Black & White Cake
- Almond Spice Cake
- Carrot Cake
- Strawberry Cake
- Mint Brownies \$5.00
- Double Chocolate Brownies \$5.00
- Nuts Brownies \$5.00



- Bread Pudding \$5.00
- Four Seed Cookies \$2.00
- Nutritional Popcorn \$2.00

**BEVERAGE**

- |   | 16oz   | & | 8oz    |
|---|--------|---|--------|
| <input type="checkbox"/> Water                          | \$2.00 |   |        |
| <input type="checkbox"/> Welch's Grape Juice            | \$2.00 |   |        |
| <input type="checkbox"/> Carrot Juice                   | \$4.00 |   | \$2.00 |
| <input type="checkbox"/> Sorrel                         | \$5.00 |   | \$3.00 |
| <input type="checkbox"/> Sorrel & Irish Moss            | \$6.00 |   | \$3.00 |
| <input type="checkbox"/> Fruit Moss Tea                 | \$6.00 |   | \$3.00 |
| <input type="checkbox"/> Soda 12oz                      | \$2.00 |   |        |
| <input type="checkbox"/> Coffee 12oz (decaf / caffeine) | \$2.00 |   |        |
| <input type="checkbox"/> Tea 12oz (decaf / caffeine)    | \$2.00 |   |        |



**MISSION STATEMENT**

**Spirit First Foods'** mission is to assist The Divine, Scared Earth families return to Spiritual, mental and physical health and well-being.

**Spirit First Foods** recognizes that food is a symbol of the Creator's continuous loving nurturing support of our earthly experience. In High Law, food is an expression of God the living energy that sustains us all.

**Spirit First Foods'** desire is to reconnect our thoughts and behaviors to that memory of God as Living Energy therefore assisting us, the earthly families return to love, peace, harmony and joy.

Thank you for the privilege and pleasure of serving you.

Lovingly yours  
*Atiya Ola*



Vendors  
Nutritional Service

**SPIRIT FIRST FOODS  
CAFÉ**



\*New Number  
267-902-7441 cell