

Morning Foods

Housebaked Muffins, Scones, Coffee Cakes & Breakfast Breads

Assorted Truckee Bagels

Fruit Salad
Seasonal fresh fruit market price



Veggie Quiche
Mushroom & spinach, caramelized onions, roasted red bell peppers, asiago and cheddar cheese individual \$4.50 10" \$16

Meat Quiche
Black Forest Ham & spinach, asiago & cheddar cheese individual \$5 10" \$18

Frittata
(crustless quiche)

Veggie
Spinach & artichoke hearts, roasted red bell pepper & feta cheese \$4

Meat
Pancetta, caramelized leeks & goat cheese \$4.50

Breakfast Burrito
Scrambled eggs, roasted veggies & cheese \$6

Black Forest Ham \$6.75

Bagel Egg Sandwich
with or without meat

Sandwiches

Just a sample of "not your average" sandwiches, pre-made fresh daily

Roast Turkey
Caramelized onions, Jarlsberg cheese, pesto aioli, baby greens & sliced tomato

Albacore Tuna
Capers, lemon zest, carrots, fresh dill, baby greens & sliced tomato

Black Forest Ham & Brie
Sliced green apple, honey dijon, mayonnaise & baby greens

Roast Beef
Caramelized onions, fontina cheese, red bell pepper & horseradish aioli, sliced tomatoes & baby greens

Super Veggie
Marinated baked tofu, avocado, cucumber, carrots, spinach sliced tomato & hummus



Salads

Asian Noodle
Linguine, red bell peppers, carrots, snow peas, green onions, red & green shredded cabbage, cilantro & sesame seeds in a Hoisin Vinaigrette \$7.50/lb



Emerald Tofu
Marinated baked tofu, snow peas, carrots, green onions, red bell pepper & green cabbage in a sweet and spicy green curry vinaigrette \$7.50/lb

Pesto Bowtie
Bowtie pasta, dried cranberries, gorgonzola cheese & toasted pine nuts in a pesto vinaigrette \$8.50/lb

Orzo Pasta
Sun dried tomatoes, feta cheese, spinach, toasted pine nuts & lemon zest \$7.50/lb

Fresh Greek
Cucumber, artichoke hearts, kalamata olives, garbanzo beans, cherry tomatoes, feta cheese & fresh basil in an herb vinaigrette \$8.50/lb

Roasted Asparagus & Eggplant
Green beans, carrots & sesame seeds in a Chinese black bean vinaigrette \$8.75/lb

Black Bean and Roasted Corn
Red bell pepper green onions, feta cheese, cilantro & papaya in a chipotle vinaigrette -Seasonal- \$7.75/lb

Old Fashion Potato
Yukon Gold potatoes, fresh dill, hard boiled eggs, celery, green onion, red bell pepper & sweet relish in a dijon & mayonnaise dressing \$7.50/lb



Caesar Salad
Crisp Romaine lettuce, house made croutons, cherry tomatoes, asiago cheese with anchovy free house made Caesar dressing

Chicken Caesar
Our Caesar salad topped with grilled chicken breast

Baby Greens
Seasonal fruit or dried cranberries, gorgonzola cheese & candied walnuts with a raspberry vinaigrette

Spinach
Toasted pine nuts, smokey mozzarella and cucumbers with a maple vinaigrette

Prices are subject to change. All menu items are subject to seasonal availability.

Butter Leaf

Avocado, mandarin oranges, toasted almonds and toasted coconut with a citrus vinaigrette

Asian Flank Steak
Grilled flank steak, red & green shredded cabbage, cilantro, carrots, green onion, snow peas, red bell pepper & sesame seeds in a Chinese black bean Vinaigrette \$10.50/lb

Chicken Waldorf
Grilled chicken, toasted almonds, green apple, celery, currants and your choice of our creamy curry or tarragon dressing \$10/lb

Southwest Chicken
Grilled chicken, green & red cabbage, carrots, cheddar cheese, cilantro, white corn tortilla strips, green onions and red bell peppers in a chipotle vinaigrette \$8/lb

Chinese Chicken
Grilled chicken, linguine, mandarin oranges, red & green cabbage, carrots, snow peas, green onions, cilantro, red bell peppers & sesame seeds in a sesame peanut dressing \$8/lb

Earthly Delights signature salads are available in a 5 or 10 pound black plastic cater bowl w/tongs for an additional charge. 3lb minimum order.

Appetizers

Chicken Satay/doz. \$18
-or-
Chicken Yakitory/doz. \$18

Beef Satay/doz. \$23
-or-
Beef Yakitory/doz. \$23



Mushroom Wellington
12" roll \$13

Filet Wellington
12" roll Mkt price

Curry Crab Cakes
w/aioli \$15/lb

Sweet & Spicy
Chili Prawns \$15.25/lb

Prawns Wrapped in Prosciutto
(on a skewer) \$18/lb

California Roll (8pc.) \$8.50

Spicy Tuna Roll (8pc.) \$8.50

Asian BBQ
Chicken Drumettes
(baked not fried) \$6.95/lb

Asian Lettuce Wraps
Chicken or Tofu Mix \$7.75/lb
(Lettuce sold separately)

Twice Baked Mini
Red Potatoes \$3.50/lb
Polenta Pizza \$3.99 ea.

Take & Bake 6" Pizzas
prosciutto, artichoke hearts, chevre, spinach & Pesto -or-
shiitake mushroom & brie, roasted garlic & fresh basil

Entrees

Vegetarian Lasagna \$6.50/lb

Chicken Lasagna \$6.75/lb

Italian Sausage Lasagna \$6.95/lb

Green Chili Chicken Enchiladas \$8.75/lb

Beef Enchiladas
with red sauce \$9.25/lb

Veggie Mac & Cheese
with broccoli & cauliflower \$6.75/lb

Mac & Cheese Carbonara
with prosciutto & snow peas \$7.95/lb

Eggplant Parmesan \$6.75/lb

Chicken Parmesan \$6.50/lb
Layered Polenta
with pesto, marinara & asiago cheese \$6.50/lb

Half
BBQ Chicken \$5/lb



Stuffed Chicken Breasts \$13/lb
pesto, prosciutto & smokey mozzarella -or-
feta, pesto, artichoke hearts, and roasted red bell peppers

Stuffed Flank Steak \$15.50/lb



Awesome Turkey Meatloaf \$6.50/lb

Chili Relleno Casserole \$7.95/lb

Stuffed Portabella Mushroom \$10.95/lb

Turkey Roulade \$13/lb

Desserts

Tarts
(4" & 9")
Caramel Nut
Chocolate Truffle
Lemon
Seasonal Fresh Fruit

Death By Chocolate Cake
(6" & 8")

House baked cookies
Pumpkin spice
Chocolate Chip
Chocolate Chip Walnut
Vegan Oatmeal
Mountain Girl
Peanut Butter
Peanut Butter Choc Chip

Brownies & Bars
Triple chocolate
Raspberry Vegan Oatie
Apricot Vegan Oatie
Sunshine Bar