



Salty Gal Catering To-Go

Salty Gal Catering is now offering “meals to go” for office lunch delivery. Our specialty is West Coast comfort food created to warm the soul. Ingredients used in our meals are locally sourced from farms and purveyors throughout the greater tri-county area. Our meals are made from scratch and with lots of love. All meals are fully prepared and ready to eat. Many vegetarian and vegan options are available.

MEAT DISHES

Braised Beef Barbacoa

Served with plantains, coconut rice, beans, and mexican slaw.

Salmon Burgers

Served with pickled red onion and avocado, Citrus and Fennel

Skewerless Chicken Satay

Served with citrus rice and roasted eggplant.

Mustard and Sage Braised Pork Shoulder

Served with whipped potato, roasted Brussels, and kabocha.

Italian Sausage Baked Orecchiette

Served with grilled broccoli and Caesar salad.

Chicken and Cheese Enchiladas

Served with black beans, red rice, and citrus jicama salad. Serves

For more complete descriptions, check our website @ jenmiltoncatering.com

VEGAN AND VEGETARIAN

Pumpkin and Black Bean Enchiladas

Served with black beans, cilantro rice, and jicama salad. Serves

Shepherd's Pie

Vegetable Lasagna (Red Sauce)

Served with roasted seasonal vegetables and green salad. Serves

SALADS AND BOWLS

Salmon Cake Macro Bowl

Salmon cakes, rancho gordo chickpeas, quinoa, purple sweet potato, cauliflower, spring mix, watermelon radish, carrots. Miso lime dressing.

(Can Substitute the salmon for marinated tofu)

Achiote Chicken Macro Bowl

Grilled chicken marinated in achiote, spices and citrus, rancho gordo black beans, brown rice, sweet potato, spinach, broccoli, watermelon radish. Honey lime vinaigrette.

(Can Substitute the chicken for marinated tofu)

SALADS AND BOWLS (continued)

Kale Salad

Roasted grapes, fresh figs, gorgonzola. Apple cider dressing.

Citrus and Fennel Salad

Organic spring mix, cara cara oranges, ruby grapefruit, and shaved fennel. Citrus vinaigrette.

Classic Caesar Salad

Sonoma county little gems, shaved parmesan, croutons. Caesar dressing.

The Mighty Wedge

Cold and crisp iceberg wedge with cherry tomato, bacon, herbs, watermelon radish, and Point Reyes blue cheese.

Blue cheese dressing.

Mexican Slaw *(one of our most popular dishes!)*

Shaved cabbage with smoky, tangy, cheesy dressing, topped with cotija, cilantro, and radishes.

SIDES FOR STOCKING YOUR FRIDGE

Mac and Cheese

Cavatappi pasta with an extra creamy sauce made with sharp cheddar, fontina, and gouda. Comes in an oven-ready pan. Serves 4.....\$20

Quinoa Salad with Pumpkin and Cherries

Red quinoa with kabocha, dried cherries, mint, and lemon. 1 quart.....\$18

Roasted Seasonal Vegetables

Kabocha squash, marble potato, brussels sprouts, cauliflower. 1 quart.....\$12

Carrot and Coconut Soup

1 quart.....\$15

White Bean and Vegetable Soup

Rich vegetable broth packed with white beans, organic vegetables, and leafy greens. 1 quart.....\$15

BEVERAGES

Cardamom Cold Brew

Cold-brew Retrograde coffee brewed with cardamom, cinnamon, and brown sugar. 32 oz mason jar.....\$15

Assorted Cold Beverages

IZZY, Hubert's Lemonade, Bundaberg Ginger Ale, San Pellegrino Naranja, and coconut water.....\$3 each

SWEETS

Poached Pears in chamomile hibiscus syrup.

2 pears.....\$8

Horchata Spiced Cake with Cream Cheese Frosting

1 loaf.....\$20



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Email orders to: jenmilton@gmail.com

Or, call or text 503-504-5987

CHECK OUR PAGE WEEKLY FOR NEW OFFERINGS