

BE YOUR OWN CHEF

CREATE YOUR OWN MASTERPIECE WITH YOUR CHOICE OF BASE, PROTEIN, VEGGIES, SAUCES & TOPPINGS.

Feeds 4 \$55 - 1 base, 1 protein, 2 veggies, 2 sauces, 2 toppings
Feeds 8 \$99 - 1 base, 2 proteins, 2 veggies, 2 sauces, 2 toppings

BASES

Mixed Greens
Romaine Kale Blend
Romaine Hearts

Golden Jewels
Basmati Rice

Chinese Noodles
Jasmine Blend

PROTEINS

*Prices vary with premium protein selection

Herb Chicken
Tampa Hot

Korean BBQ Pork
Black Bean Burger*

Steak*
Poke Tuna*

VEGGIES

Roasted Broccoli
Kale Slaw
Garlic Sliced Potatoes
Roasted Sweet Potatoes

TOPPINGS

Choose 2

Roasted Tomatoes
Cucumbers
Spicy Chickpeas
Seasoned Corn
Golden Beets
Apples
Almonds
Sunflower Seeds
Feta
Gorgonzola

SAUCES

Choose 2

Oregano Vinaigrette
Buttermilk Herb
Citrus Vinaigrette
Asian Vinaigrette
Toasted Honey Balsamic
Creamy Ginger
Honey Cider
Cilantro Yogurt
Chipotle Honey Vinaigrette



SALADS

Feeds 4 \$55

BEET IT Herb chicken, mixed greens, goat cheese, avocado, shaved fennel salad, roasted golden beets, cranberries, walnuts, watermelon radish, citrus vinaigrette **GF**

MIX KALE CAESAR Herb chicken, kale, avocado, Parmesan, brussels, spicy herb chickpea croutons, lemon dressing

EVE'S TEMPTATION Herb chicken, kale, romaine, bacon, cheddar cheese, apples, corn salad, sour cherries, toasted walnuts, crispy quinoa, honey cider dressing

CHEF CREATED BOWLS

Feeds 4 \$55

TAMPA HOT Hot chicken, golden jewels blend, kale slaw, corn salad, pickles, avocado, pickled onions, cheddar cheese, spicy honey

PORKFECTION Korean BBQ pork, jasmine rice blend, crispy shiitake, broccoli, avocado, red cabbage salad, julienne carrots, cucumbers, toasted white sesame, pickled onions, Asian vinaigrette

SKINNY MEXICAN Black bean patty, tri-color quinoa, black beans, pico de gallo, pickled onions, avocado, crispy tortilla strips, shishito peppers, romaine, cheddar cheese, cilantro, lime sour cream, chipotle agave vinaigrette

CRISP LAVASH

16 pieces

THE BEE STING Tomato sauce, mozzarella cheese, fontina, garlic chips, soppressata, spicy honey, Fresno chilis, basil \$20

MINI PEPPERONI Tomato sauce, mozzarella cheese, fontina, basil \$18

HAWAII FIVE-O Kogi pork, pineapple, white sauce, mozzarella, fontina, pickled red onions, kimchi mayo, cilantro, scallion \$20

MOROCCAN CHICKEN Harissa chicken, fresh mozzarella, fontina, roasted red peppers, red onion, cilantro yogurt, fresh cilantro \$20

MOZZ Tomato sauce, fresh mozzarella, basil, extra virgin olive oil \$18

CAULI CRUST

14 inch | \$22 each

THE BUTCHER Tomato sauce, mozzarella cheese, fontina, pepperoni, soppressata, steak tips, chicken sausage, pickled red onions, scallions **GF**

POTATO & TRUFFLE White sauce, mozzarella, fontina, Parmesan, potatoes, crispy bacon, crispy shiitake, scallions, truffle oil

CAULI CAULI CAULI Cauliflower hummus, roasted cauliflower, kale pesto, ricotta, Parmesan, toasted walnuts **GF**

THE MEDI Tomato sauce, eggplant, piquillo peppers, mozzarella, feta cheese, olives, roasted tomato, arugula, basil **GF**

GRAB & GO

SERVES 4

All spreads and dips are served with lavash crackers.

SPREADS \$10 each

Kale pesto & white bean spread **GF**

Traditional hummus **GF**

Cauliflower hummus **GF/V**

DIPS \$10 each

Avocado jalapeno-ginger & edamame dip **GF/V**

Creamy goat cheese, peppadew & almond dip **GF**

Spanish romesco dip **GF**

SWEET TOOTH

\$3.50 each

Chef's daily homemade cookies

Chocolate brownies

Brown rice chocolate crispies



Catering

ORDER ONLINE AT: EATBARENAKED.COM

CALL: 727-642-1471

EMAIL: MMCCURDY@EATBARENAKED.COM

24 hour notice is recommended
Plates, napkins, and cutlery included.

