



# REAP CATERING

## **ABOUT REAP**

REAP, founded in Fishtown, Philadelphia by husband-and-wife team Adjua Fisher and Zach Rice, is all about putting plants at the forefront of our plates, and making eating well easier and more delightful. With respective backgrounds in holistic health coaching and decades of cooking in restaurants, they work together to create thoughtful, delicious food using only the best ingredients (no weird oils or refined sugars here, TYVM).

Now, along with shopping their food at their Fishtown storefront, REAP Mini Mart, or having it delivered through their weekly delivery meal service, you can cater your next event with platters and meals that will wow your guests and leave them feeling great.

## **ORDERING DETAILS**

We kindly ask that you give us a minimum of 72 hours notice for catering orders, though you can always reach out well in advance as we're more likely to be able to accommodate your order with advance notice. To get started with placing a REAP catering order, please shoot us an email at [info@reapwellness.com](mailto:info@reapwellness.com) with the subject line "Catering Request."

## **INVOICING + CANCELLATIONS**

We require payment at the time your order is placed, and you will receive an invoice from us that you can pay online. Orders canceled or reduced in size less than 48 business hours prior are subject to a 50% fee. All catering orders are subject to a 6% catering fee.

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## **DELIVERY + PICK-UP**

Delivery is offered for orders with a food and beverage minimum of \$450. Delivery fees vary depending on distance from our Fishtown kitchen, starting at \$40.

Orders under our food and beverage minimum for delivery can be picked up from our Fishtown storefront (1325 Frankford Avenue) seven days a week.

## **DIETARY ACCOMMODATIONS**

REAP specializes in making plant-forward food that is free of refined sugar, often being vegan-friendly by design. Much of what we make is also gluten-free. That said, if you have specific dietary requests, please reach out to us so we can try our best to accommodate.

## **SERVEWARE**

Catering orders are provided in quality disposable bowls and platters. Disposable forks, spoons, knives and napkins can be provided at an additional cost. Just give us a shout if you'll need these items.





# BREAKFASTS + SNACKS

**ALL DISHES SERVE 8-10**

**COCONUT YOGURT + GRANOLA PARFAITS** **\$95**

Our house-made coconut yogurt layered with fresh berries and our house-made Maca + Maple Granola. *\*Seasonal fruit compotes and granola selections are available, so feel free to ask about those if they interest you! Vegan, gluten-free*

**OVERNIGHT OATS** **\$95**

Rolled oats with Soom tahini, almond milk, maple syrup, cinnamon, vanilla extract, layered with seasonal fruit compote. Vegan, gluten-free

**FRUIT CUPS WITH BUCKWHEAT GRANOLA + MANUKA HONEY** **\$95**

A medley of fruits topped with our crunchy and delightful house-made buckwheat granola and a drizzle of immunity-boosting Manuka honey. *Gluten-free.*

**FRUIT SKEWERS WITH MAPLE + VANILLA BEAN COCONUT YOGURT DIP** **\$95**

These fruit skewers make getting your daily servings in fun — they are served with our delicious, probiotic-rich maple + vanilla bean coconut yogurt dip. *Vegan, gluten-free.*

**BLISS BITE PLATTER** **\$50**

Our beloved Bliss Bites are a best-seller at REAP Mini Mart, and make for a wonderful snack at events and lunches. Made with almond flour, hemp seeds, nut butters and more, they come in flavors like Cookie Dough, AB + J, Chocolate-Covered PB Banana, Cocofetti and more. *Vegan, gluten-free.*

# BREAKFASTS + SNACKS



## DATE ALMOND JOYS

**\$45**

These are a best-seller at REAP Mini Mart and not for no reason — juicy medjool dates are stuffed with almonds and coconut, then covered in chocolate for a satisfying sweet treat. *Vegan, gluten-free.*

## COLD-PRESSED JUICES (MINIMUM OF 10)

Choose from our most popular cold-pressed juices served at REAP Mini Mart, and pour them yourself at events (or mix with champagne at your next brunch! #balance), or opt for individual bottles. *Vegan, gluten-free.*

**\$50 FOR  
HALF-  
GALLON;  
\$9/12 OZ.  
BOTTLE**

**Spicy Greens:** Kale, apple, jalapeno, cucumber, fennel, grapefruit, lemon

**Sunny G:** Carrot, orange, ginger, turmeric, lemon, black pepper

**Fruit Punch:** Beet, pineapple, cucumber, pear, coconut water

Purple Gingerade: **Grape, cucumber, ginger, lime**



# SALADS + GRAIN BOWLS



**\$14/BOWL,  
MINIMUM 15 OR  
\$130/LARGE  
SHAREABLE SALADS**

## GLOW BOWLS

These are our bread and butter, our individually packaged salad and grain bowls, perfect for post-workout lunches, retreats, or conference-style lunches where you want people to be able to grab and go enjoy on their own. Choose from the options below, with a minimum of 15 per selection. If you'd like to get Glow Bowls for a group smaller than 15, just pop into REAP Mini Mart to choose for yourself! *Vegan, gluten-free.*

**Pretty in Pink:** Mixed greens, turmeric quinoa + cauliflower tabbouleh, za'atar-spiced chickpeas, pickled fennel, watermelon radish, lemony beet-tahini dressing, spiced almonds

**Seaweed Caesar:** Romaine, chili-sesame broccoli, edamame, roasted shiitake mushrooms, seaweed caesar dressing, cheezy sunflower seed crunch

**Rainbow Soba:** Gluten-free soba noodles, arugula, red bell pepper, butternut squash, red cabbage, shiitake mushrooms, pickled fresno peppers, golden-turmeric peanut dressing, five-spiced crushed peanuts

**Miso Magic:** Arugula, green-tea quinoa, roasted butternut squash, shaved brussels sprouts, shiitake mushrooms, adzuki beans, miso magic dressing, togarashi sesame seeds

**Green Goddess:** Arugula, turmeric-cilantro quinoa, chipotle-lime roasted cauliflower, spiced black beans, pickled red onion, herby avocado green goddess dressing, spiced pepitas

**Citrus + Sesame Greens:** Mixed greens, herby lentils and wild rice, roasted broccolini and delicata squash, pickled red onion, sesame-miso vinaigrette, spiced sunflower seeds

**Cauliflower Fried Rice + Teriyaki Tofu:** Cauliflower rice + brown rice blend cooked with snap peas and carrots, chili-sesame broccoli, teriyaki tofu, spicy cashew sauce

**Buffalo Cauliflower + Herby Ranch:** Roasted buffalo cauliflower in our house-made cashew buffalo sauce, herb + fennel chickpeas, riced cauliflower + brown rice blend, herby cashew ranch dressing

# PARTY PLATTERS



**ALL DISHES SERVE 8-10**

## **CRUDITÉS + DIPS**

**\$85**

A beautiful rainbow of crudités paired with your choice of three dips. Take your pick from Muhammara, Herb-Garden White Bean Dip, Pink Hummus, Buffalo White Bean Dip, Chipotle-Lime Black Bean Dip, Whipped Edamame + Truffle Dip, Sumac Tahini. We can also include Cult Crackers, a delicious seed cracker, at your request for \$10/platter. *Vegan, gluten-free.*

## **MEDITERRANEAN PLATTER**

**\$105**

Like our crudités platter, expect a rainbow of veggies, along with dips like Muhammara and Sumac Tahini, plus super flavorful salads and veggies like our Herby Chickpea Salad, Turmeric Quinoa + Cauliflower Tabbouleh and Za'atar Roasted Cauliflower. We can also include Cult Crackers, a delicious seed cracker, at your request for \$10/platter. *Vegan, gluten-free.*

## **BUILD-YOUR-OWN TOAST PLATTER**

**\$145**

Choose from the options below to allow your guests to build the sourdough toast of their liking. *All toast trays can be made vegan.*

**Avocado toast:** Avocado, heirloom cherry tomatoes, shaved Persian cucumber, shaved fresno peppers, pickled red onion, pepita dukkah

**Cali Veggie Toast:** Pink hummus, avocado, shaved Persian cucumber, roasted red pepper, ribboned carrot, bean sprouts, kalamata olives, turmeric hemp seed sprinkles

**Mediterranean Toast:** Muhammara dip, herb-garden hummus, kalamata olives, roasted red peppers, herby tomato + cucumber salad, beet-pickled fennel, feta cheese

**Italian Toast:** Claudio's mozzarella, spicy almond pesto, heirloom cherry tomatoes, peperoncini, castlevetrano olive tapenade