



GATHER AROUND NUTRITION

offers farm-to-table catering services for casual yet elevated buffet-style dining. We bring you the freshest organic, local produce and sustainably-raised meats directly from local farms to provide you with a unique seasonal menu for events big or small! We source 100% from local farms for these events so your guests can experience the bounty of seasonal variety the Pacific Northwest has to offer. As nutritionists, we are able to accommodate any and all dietary restrictions so none of your guests will go hungry. We are located in Portland, Oregon, and are able to travel to locations within Oregon and Washington state.



For our higher-end seated dinner options, please ask to see our Seated Dinner Pricing Sheet!

www.gatheraroundnutrition.com
gatheraroundnutrition@gmail.com
(707) 477-9624



OUR CASUAL DINNERS TYPICALLY INCLUDE

A nutritionally balanced meal consisting of a high-quality animal or plant-based protein paired with two farm-fresh vegetable side dishes

Dinner is set up buffet-style for self-service from our chafing dishes over flames to keep food warm.

Pricing includes buffet set-up & break-down. Additional on-site service can be provided at "on-site labor" rates listed below.

We offer compostable pressed palm-leaf plates, wooden utensils, napkins & biodegradable cups at \$1/guest.



OUR SEASONAL GRAZING BOARDS

offer a stunning visual display of local vegetables, fruits, cheeses, cured meats and smoked fish, vegan dips and pickled vegetables. Think of them as edible art installations!

These can be added on to any catered lunch, or offered as a stand-alone service, with the option of adding on individual hand-held hors d'oeuvres for heavier grazing.

Other optional add-ons include non-alcoholic beverages such as herbal spritzers, locally roasted coffee & organic tea selections, as well as individual desserts featuring seasonal flavors, custom-made to accommodate any dietary restrictions (gluten-free, dairy-free & vegan options available)





NUTRITION

CATERED EVENT PRICING

Casual Buffet-Style Events

BUFFET-STYLE SERVICE BASE RATE

A nutritionally balanced meal consisting of:
a high-quality animal or plant-based protein
2 vegetable/grain side dishes

\$85/guest

*Dinner is set up buffet-style for self-service.
On-site service can be provided at an additional charge*

SEASONAL GRAZING BOARDS

Stunning array of locally-sourced vegetables and fresh fruits
Assortment of gourmet cheeses
Locally cured meats and/or wild-caught smoked salmon
Crostinis or house-made multi seed crackers (GF)
House-made vegan dips
Pickled vegetables and/or olives

\$25/guest

vegetarian

\$30/guest

with meat

HORS D'OEUVRES

Individual hand-held passed appetizers can be added to any
catered dinner or seasonal grazing board
Each hors d'oeuvre includes two pieces per guest.

\$8-10/guest

SWEET TREATS

Gluten-free sweet treats using natural sweeteners and
seasonal ingredients, can be made vegan upon request

\$10/guest

BEVERAGES

Locally-roasted Coffee & Herbal Tea selection
Non-alcoholic Herbal "Mocktails"

\$5/guest

\$10/guest

On-site Labor

front-of-house & back-of-house, billed hourly

\$30/hour

Single-use Tablewares

*Compostable pressed palm-leaf plates, wooden utensils,
napkins & biodegradable cups*

\$1/guest

ADDITIONAL SERVICES & FEES

Travel Fee

charged on the round-trip distance

\$1.50/mile

Gratuity

added to all bills

20% of total bill

\$2,000 minimum required for Casual Catered Events.

All menus are custom-made to suit the taste & dietary needs of you and your guests.

Gather Around

NUTRITION



**PLEASE GET
IN TOUCH TO
HAVE US
CATER YOUR
NEXT
EVENT!**

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At Gather Around Nutrition, we invest in our local food economy. We source high-quality organic produce, wild-caught seafood & sustainably raised meats, with an emphasis on foods that are in-season & grown locally. We believe these practices support healthy bodies while upholding reciprocal relationships within our food systems.

As a team of nutritionists, we can accommodate any dietary needs. No matter the various allergies or restrictions in the group, we've got you covered.

Health is always on our mind. We choose to cook with healthy oils such as first-pressed olive oil, unrefined coconut oil, organic sesame oil & avocado oil. We use only natural sweeteners, such as local raw honey, organic maple syrup & coconut sugar. Our food is free of additives & preservatives.

We also strive to be as low-waste as possible. We use compostable packaging rather than single-use plastic or other non-recyclable materials. Through careful ordering and repurposing processes, we minimize food waste.