



## GATHER AROUND NUTRITION

offers farm-to-table catering services for private seated dinners & weddings. 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.



*We would love to elevate your next dinner event with a locally-sourced & health-conscious multi-course meal guaranteed to delight the senses.*

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



## OUR PRIVATE SEATED DINNER MENUS INCLUDE

Amuse Bouche  
Seasonal Salad Course  
Sustainably-sourced Protein Main Course  
Two Vegetable Side Dishes

*Dinner is served family-style and coursed throughout the evening, with full table service included.*

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



## 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 dinner, 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, or locally roasted coffee & organic tea selections.

We partner with other local businesses for alcoholic bar services & specially crafted desserts.





NUTRITION

## CATERED EVENT PRICING

### Private Seated Dinners

#### MULTI-COURSE DINNER BASE RATE

Amuse Bouche  
Seasonal Salad Course  
Sustainably-sourced Protein Main Course\*  
Two Vegetable Side Dishes

**\$150/guest**

*Dinner is served family-style with full table service included.  
\*Pricing includes 1 animal protein plus 1 plant-based protein option upon request. More protein options may be added at an extra rate.*

#### 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**

#### Mobile Kitchen Set-up

*for event locations without an on-site kitchen*

**\$500 flat fee**

#### ADDITIONAL SERVICES & FEES

#### Rentals Fee

*handling of any rental equipment*

**15% of rentals bill**

#### Travel Fee

*charged on the round-trip distance*

**\$1.50/mile**

#### Gratuity

*added to all bills*

**20% of total bill**

*\$3,000 minimum required for Private Seated Dinner Service.*

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# Gather Around

NUTRITION



**PLEASE GET  
IN TOUCH TO  
HAVE US  
CATER YOUR  
PRIVATE  
DINNER  
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.