



GATHER AROUND NUTRITION

offers farm-to-table catering services for retreats. 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 retreat with
locally-sourced & health-conscious meals!*

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

WE OFTEN HEAR THAT THE FOOD WAS THE HIGHLIGHT OF THE RETREAT

Breakfast, Lunch & Dinner are all cooked fresh and served family-style. Our retreat menus are a fusion of world cuisines and Pacific Northwest farm-to-table cooking, and always contain high-quality animal & plant-based proteins along with an abundance of fresh local vegetables.

Menus are customized to meet the dietary needs of the entire group so no one goes hungry!

We have experience cooking in all types of kitchens, including off-grid!

For multi-day retreats, we request that lodging be included for our chefs.



We offer two separate pricing systems based on headcount for the retreat:

Our **Service-Rate Pricing** is used for group sizes of 12 and fewer. For this, we charge a flat rate of \$600/day plus cost of food. This rate includes the Travel Fee (up to 100 miles), Service Fee, and Morning Beverages. Other additional services (Welcome Grazing Boards, Snacks, Desserts) may be added on with an extra fee.

Our **Flat-Rate Pricing** is used for group sizes over 12. For this, all prices are itemized at a per-guest, per-meal rate, as detailed on the following pages.





NUTRITION

RETREAT PRICING

Flat-Rate Pricing

An elevated breakfast buffet that has something for everyone. Packed with protein & fiber to start your day right, our continental breakfast includes:

CONTINENTAL BREAKFAST

- Whole-grain toast with avocado and local jam options
- Fresh-baked granola with whole-milk & non-dairy yogurts
- Organic breakfast sausages and/or smoked shoulder bacon
- Soft & hard-boiled pasture-raised eggs
- Fresh local fruits

\$25/guest

A popular choice for the last day of retreat, our celebratory brunch is served hot & fresh, and includes:

CELEBRATORY BRUNCH

- Vegetable frittata or strata with pasture-raised eggs
- Seasonal hash with farmers market vegetables
- Seasonal vegan pesto or other sauce
- Organic breakfast sausages and/or smoked shoulder bacon
- Fresh-cut fruit salad or fruit crisp (depending on season)

\$35/guest

BREAKFAST BREADS

Fresh-baked breakfast bread, muffins, or baked oatmeal squares can be added onto Continental Breakfast or Celebratory Brunch, and can be made gluten-free or vegan upon request.

\$5/guest

LUNCH

A nourishing and well-balanced lunch including options such as hearty soups and stews, protein-rich entree salads, and healthy grain bowls, accompanied by a fresh green salad with seasonal vinaigrette

\$35/guest

DINNER

Our farm-fresh dinners are an exciting meal to gather around at the end of a long day. They are comprised of high-quality proteins, lots of seasonal veggies, and a fresh green salad with seasonal vinaigrette

\$35/guest

DESSERT

Featuring local seasonal fruits and edible flower garnishes, our healthy desserts can be added on to any dinner, and can be made gluten-free or vegan upon request.

\$10/guest

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NUTRITION

RETREAT PRICING

Flat-Rate Pricing

SNACKS & APPETIZERS

Can be served as a midday snack or a pre-dinner appetizer, examples include:

- High-protein energy balls made with nuts, seeds & dates
- Prosciutto-wrapped fresh figs stuffed with goat cheese
- Blistered shishito peppers & marcona almonds

\$5-10/guest

WELCOME GRAZING BOARDS

A robust snacking option for guests on their day of arrival, our grazing boards include farmers market fruits & veggies, seasonal hummus, local cheeses & cured meats, crostini and/or GF seed crackers, pickled vegetables/olives

\$25/guest

BEVERAGES

Fresh-brewed locally sourced coffee & craft tea service to start the day, including dairy & non-dairy creamers and natural sweeteners

\$5/guest

Fresh fruit smoothies with plant-based whole-food proteins, to be added to any Continental Breakfast or Celebratory Brunch

\$5/guest

SERVICE FEE

Our standard retreat services include preparing nutritious meals for your guests, and cleaning & putting away all cookware that was used in the process. Any additional services are charged at a 15% service fee of the total bill (minus travel fee). Examples of these services include the following:

- Washing and putting away guests' individual dishes, cups and utensils between meals
- Setting table before mealtimes with plates/bowls and utensils
- Maintaining water station, including one dispenser with daily rotating fruit & herb infused water

15% of bill

Alternatively, Retreat Host may ask their guests to wash their own dishes between meals. Most retreat sites have a dishwasher, so they could appoint a guest to be in charge of loading/unloading. Some Retreat Hosts offer a scholarship spot to their retreat in exchange for being in charge of such tasks.

TRAVEL FEE

Calculated as the *round-trip distance* from our central SE Portland kitchen location.

\$1.50/mile

Gather Around

NUTRITION



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

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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.