



Nashville Catering

Let us bring healthy, organic food to you, or place an order for free pick-up at Upbeet!

To Place Your Order
email your order form to catering@upbeet.com

Order Lead Time

We kindly ask for a 24-hour notice for all catering orders. Catering requests inside of 24 hours may be honored, but cannot be guaranteed. Please note that your order is not confirmed until you receive a confirmation email from the restaurant.

Order Minimum

12 bowls

Where We Deliver

Metro-Nashville area (Including Suburbs)

Delivery Fee

In-town Nashville - 7% of order subtotal
Nashville Suburbs - 10% of order subtotal

Cancellation Policy

If the order is cancelled less than 24-hours prior to the scheduled time of pick-up, the credit card on file may be charged up to the full amount of the order.

Gratuity

Not required, but certainly appreciated!
Gratuities go directly to our awesome servers.

Allergen Info

We take dietary preferences and restrictions very seriously. If you have a food and/or beverage allergy, please notify us when placing your order. We do however, use most major allergens in our kitchen, so we cannot guarantee that our food is completely free of any allergen.

Order Preparation

Please note that bowls included in catering orders are not mixed and come with dressing on the side to preserve food quality during travel.

**Add our signature
housemade
“Lemon-Aides”
to your order!**

Cayenne Ginger Lemonade
Charcoal Lemonade
Majik Lemonade
Pink Lemonade
Strawberry Lemonade

\$39 per gallon



Order Form

Please list order quantities beside Signature Bowls and housemade Lemon-Aides. Please list ingredient selections for Build Your Own bowls.

Order Date: _____
 Order Time: _____
 Point of Contact: _____
 Phone Number: _____
 Email Address: _____
 Company Name (If Applicable): _____
 Pick-Up or Delivery: _____
 Gratuity Percentage: _____
 Delivery Address: _____

Utensils	
Kit includes fork, knife and napkin - .50 each	

Treats	
Rule Breaker	
Toto	



Housemade Lemon-Aides	
Cayenne Ginger lemonade	
Charcoal Lemonade	
Majik Lemonade	
Turmeric Lemonade	
Pink Lemonade	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Build Your Own	
Bases (choose up to 2, each additional +2)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

Signature Bowls			
Grain Bowls	Quantity	Salads	Quantity
Beyond Taco		Aloha Bowl	
Buffalo Chicken		Chinese Takeout	
Club Med		Chicken & Brussels	
Coconut Kale		Curry Up	
Fiesta Bowl		Guac It Out	
Little Italy		Macro Bowl	
Pesto Manifesto		The Bachelor	
Sweater Weather			
Thai Crunch			

Build Your Own

Bowl From 10.45

BASES up to 2
TOPPINGS up to 4*
PROTEINS + PREMIUMS additional cost
DRESSINGS up to 2
* some toppings extra as noted

Plate From 7.45

BASES choose 1
TOPPINGS choose 2*
PROTEINS + PREMIUMS additional cost
DRESSINGS choose 1
* some toppings extra as noted

Bases **V** Extra Base +2

ORGANIC GREENS

Arugula / Kale / Mixed greens / Romaine / Spinach

ORGANIC GRAINS

Bamboo Rice / Brown Rice / Quinoa / White Rice / Wild Rice

Proteins Additional Cost | Prices Vary

MEAT + SEAFOOD

Crispy Chicken **+3.75**
Antibiotic & hormone-free

Grilled Chicken **+3.75**
Free-range

Grass-Fed Steak† **\$ +7.5**
Regenerative, pasture-raised

Miso Glazed Salmon **\$ +8.5**
Sustainably-sourced, never frozen

Sweet Chili Glazed Salmon **+8.5**
Sustainably-sourced, never frozen

Citrus Shrimp **+5.5**
Wild-caught

Tuna Poke† **+5.75**
Wild-caught

PLANT-BASED **V**

Seasoned Beyond Beef™ **+5.75**
Non-GMO | 20g protein

Agave Sriracha Tofu **+3.5**
Organic | 14g protein

Toppings Extra Topping +.75

COLD TOPPINGS

Veggies + Legumes **V**

Purple cabbage
 Shredded carrots
 Organic chickpeas
 Spicy organic chickpeas
 Organic sweet corn
 Cucumber
 Organic edamame
 Organic jalapeños
 Pickled jalapeños
 Green olives
 Organic green lentils
 Kalamata olives **+1.5**
 Pickled onions
 Red onions
 Organic grape tomatoes
 Scallions

Fruit **V**

Avocado **+1.25**
 Organic apples
 Mango
 Organic strawberries **+1.5**

Citrus **V**

Lemon squeeze
 Lime squeeze

Fresh Herbs **V**

Basil
 Cilantro

Cheeses

Blue cheese **+1.25**
 White cheddar **+1.25**
 Crumbled feta **+1.25**
 Goat cheese **+2.25**
 Mozzarella **+1.25**
 Shaved parmesan **+1.25**
 Pepper jack **+1.25**

Dips + Spreads **V**

Housemade guacamole **+2.5**
 Hummus **+2**
 Housemade pico de gallo **+1.25**

Eggs

Cage-free chopped egg **+2**

ALL
 OF OUR
 CHEESES ARE
 rBST-FREE

HOT TOPPINGS **V**

Roasted Veggies

Roasted broccoli
 Roasted Brussels sprouts
 Lemon pepper cauliflower
 Herbed carrots
 Golden beets
 Umami mushrooms **(S)**
 Agave sweet potatoes

Legumes

Organic black beans

WE PROUDLY
 ROAST ALL VEGGIES WITH
 NON-GMO EXTRA
 VIRGIN OLIVE OIL

DRY TOPPINGS

Dried Fruit **V**

Toasted organic coconut
 Cranberries

Other

Nitrate-free bacon **+1.25**
 Red pepper flakes
 Non-GMO tortilla chips

Nuts + Seeds **V (N)**

Cashews
 Macadamia nuts **+1.5**
 Pecans **+1.25**
 Organic pumpkin seeds
 Organic sunflower seeds

Dressings **V** Additional Dressing +1.5

Creamy

Ranch **(N)**

ALL
 OF OUR
 DRESSINGS
 ARE DAIRY
 FREE!

Global

Curry **(N)**
 Coconut
 Ginger Miso **(S)**
 Thai Peanut **(N)**

Mexican

Lime
 Vinaigrette
 Chipotle
 Lime

Savory

Detox
 Pesto
 Vinaigrette

Simple

Organic Red Wine
 Vinegar*
 Non-GMO Extra
 Virgin Olive Oil

Spicy

Non-GMO Buffalo
 Sauce
 Hot Honey Mustard
 Non-GMO Sriracha*

Sweet

Balsamic
 Vinaigrette

Vinaigrettes

Lemon Vinaigrette
 Organic Red Wine
 Vinaigrette

* Oil-free dressings