



# Atlanta Catering

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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](mailto: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-Atlanta, including suburbs

#### Delivery Fee

Inside the Perimeter - 7% of order subtotal  
Outside the Perimeter - 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 +1.75)	
Toppings (choose up to 4, each additional +.75)	
Proteins (additional cost, prices vary)	
Dressing (choose 1, each additional +2)	

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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

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

Buffalo Meati™ Chicken **+7**  
Non-GMO | 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