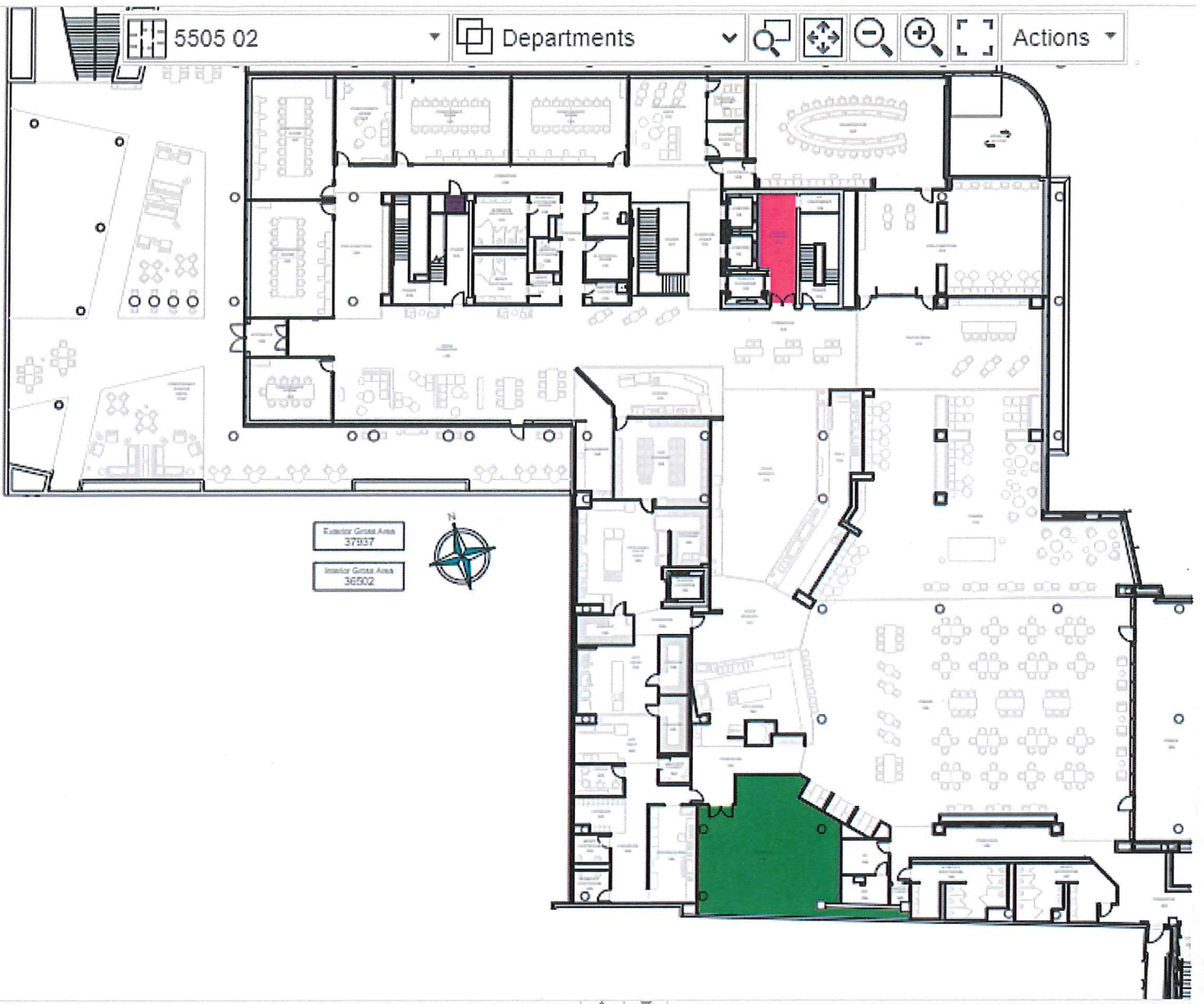






BREAKFAST

BREAKFAST SANDWICH

English muffin, organic local egg, Hook's 1-year cheddar. Allergens: Wheat, Egg, Milk. (V)

MADISON SOURDOUGH PASTRIES

\$4.00

72-hour notice needed

QUICHE BITES – GRILLED ASPARAGUS/ MUSHROOM

\$3.00

Pie crust, egg, asparagus, heavy cream, asparagus, mushroom, parmesan, olive oil, salt, pumpkin seeds, black pepper, lemons, basil garlic, lemon juice Allergens: Milk, Eggs, Wheat (V)

Minimum 12 items required

QUICHE BITES – BACON/ SPINACH/SWISS

\$3.00

Pie crust, egg, heavy cream, gruyere cheese, bacon, chives, spinach, olive oil, salt, black pepper Allergens: Milk, Eggs, Wheat

Minimum 12 items required

SMASHED FINGERLING POTATOES

\$2.75

Fingerling potatoes, garlic, chives, parsley, sunflower oil, salt, black pepper (VG, GF)

HOT OATS – ALMOND BERRY OATS

\$3.25

Almond milk, steel cut oats, strawberries, blueberries, raspberries, brown sugar, salt. Allergens: Tree nuts (VG, GF)

Minimum 6 items required

GRITS – CHEDDAR AND CHIVE

\$3.00

Corn grits, Hook's 1-year Cheddar, butter, chives, salt, black pepper, bay leaves.

Allergens: Milk (V, GF)

Minimum 6 items required

BREAKFAST BURRITO – CHORIZO CHEDDAR

\$4.00

Egg, potatoes, kale, Hook's 1-year cheddar, tomato basil tortilla, ground pork, lime, olive oil, garlic, salt, black pepper, chipotle in adobo, paprika, chili powder ancho, sunflower oil, smoked paprika, oregano, cumin, coriander Allergens: Milk, Eggs, Wheat, Cereals containing gluten

BREAKFAST BURRITO – SOYRIZO & KALE

\$3.75

Tofu, potatoes, kale, tomato basil tortilla, lime, garlic, olive oil, chipotle in adobo, paprika, chili powder ancho, sunflower oil, black pepper, smoked paprika, oregano, cumin, oregano. Allergens: Wheat, Soybeans, Cereals that containing gluten (VG, DF)

FRESH CUT FRUIT

\$3.25

Pineapple, strawberries, blueberries, honeydew melon. (VG, GF)

Minimum 6 items required

OVERNIGHT OATS – VANILLA/ ALMOND / BLUEBERRY

\$4.50

Almond milk, steel cut oats, almonds, blueberries, brown sugar, chia seeds.

Allergens: Tree nuts (VG, GF)

Minimum 6 items required

FRESH FRUIT PARFAIT

\$4.50

Greek yogurt, raspberries, strawberries, blueberries, buckwheat groats, pistachios, rolled oats, maple syrup, sunflower oil, almond butter, honey, sugar, flaxseed, chia seed, salt, coriander, thyme. Allergens: Milk, Tree Nuts (V, GF)

Minimum 6 items required

OPEN FACED LOX AND BAGEL

\$7.99

Lox (salmon), cream cheese, cucumber, bagels, chives, honey, onions, vinegar, sugar, salt Allergens: Wheat, Milk, Fish

Minimum 6 items required

POTATO LEEK AND CHEDDAR EGG BAKE

\$3.25

Egg, whole milk, half and half, potatoes, hook's 1 – year cheddar, leeks, sunflower oil, butter, salt, black pepper Allergens: Milk, Eggs (VG, GF)

Minimum 6 items required

CONNECTION KITCHEN GRANOLA BARS

\$2.25

Steel cut oats, peanut butter, brown sugar, maple syrup, corn syrup, brown rice crisp (organic whole grain brown rice, organic cane sugar, sea salt), pepitas, dried cranberries, flaxseed, chia seeds, vanilla paste. Allergens: Tree nuts (VG, GF)

Minimum 6 items required

BREAKFAST PACKAGES

QUICK START BREAKFAST PACKAGE

\$9.25

Your choice of 2 animal protein breakfast sandwiches and 1 vegetarian breakfast sandwich. Choice of potatoes and fresh cut fruit are included with package.

Available boxed only Allergens: Wheat, Egg, Milk

EXPRESS BREAKFAST PACKAGE

\$10.50

Granola bars, overnight oats, parfaits, bagels / pastries are all standard with package. Available Boxed for grab and go or buffet style. Allergens: Tree nuts, Milk, Wheat

TRADITIONAL BREAKFAST BUFFET

\$12.50

Your choice of 1 animal protein, 1 vegetarian protein and 1 starch. Standard items included with the package are scrambled eggs and toast. Allergens: Egg, Milk, Almonds (hot oats), Wheat (V, VG – Vegan Sausage)

SALADS

All Salads can be purchased individually wrapped or as large bowls that serve 8-10 people. Please select up to three options

GRAIN SALAD

\$9.00

Connection Kitchen greens, sunflower oil, cucumbers, tomatoes, carrots, chickpeas, tahini, lemon juice, olive oil, chardonnay vinegar, garlic, honey, salt, shallots, dijon mustard, black pepper, baking soda, oregano, cumin, paprika, cayenne pepper. Allergens: Mustard, Sesame Seeds (VG, GF)

HOUSE SALAD

\$9.00

Connection Kitchen greens, Hook's 5 – year cheddar, dried cranberries, pepitas, maple syrup, sunflower oil, olive oil, mustard, buckwheat groats, dijon mustard, pistachios, rolled oats, vinegar, almond butter, honey, sugar, flaxseed, chia seeds, salt, coriander, black pepper, thyme Allergens: Milk, Egg, Wheat, tree nuts (V, GF)

COUSCOUS SALAD

\$10.25

Connection Kitchen greens, couscous, cucumber, arugula, feta cheese, black pepper, tahini, shallots, apple cider vinegar, garlic, lemon juice, olive oil, white miso, maple syrup, salt, dijon mustard, chives. Allergens: Milk, Egg, Wheat, Sesame Seeds, soy (V)

COBB SALAD

\$14.75

Chicken, Connection Kitchen greens, avocado, moody blue cheese, tomatoes, chives, bacon, onions, Cabernet vinegar, dijon mustard, shallots, maple syrup, salt, black pepper, sunflower oil, extra virgin olive oil. Allergens: Milk, Egg, Mustard (GF)

PESTO ORZO SALAD

\$11.75

Connection Kitchen greens, Orzo, arugula, goat cheese, olive oil, roasted red peppers, asparagus, artichokes, sunflower oil, lemon juice, chives, pumpkin seeds, vinegar, parmesan, lemons, basil, garlic salt, black pepper, agave syrup, shallots, dijon mustard. Allergens: Milk, Wheat, Mustard (V)

SANDWICHES

Please select up to three options

BAHN MI LETTUCE WRAP

\$9.00

White rice, Connection Kitchen greens, lettuce, maple syrup, cilantro, sunflower oil, ground ginger, lemongrass, garlic, vinegar, mustard, tamari sauce, dried cranberries, Dijon mustard, pepitas, liquid aminos, olive oil, onions, sambal, carrots, blackening spice, salt, rice vinegar, sugar, black pepper, chili powder (Pork- Fish, Soybean, mustard) Allergens: Soybeans, Mustard (VG, GF, DF) pork (GF, DF)

KALE CAESAR WRAP

\$8.75

Connection Kitchen greens, kale, parmesan, spinach tortilla, sunflower oil, olive oil, maple syrup, dijon mustard, cranberries, vinegar, pepitas, lemon juice, egg, Worcestershire sauce, garlic, salt, black pepper, anchovies, blackening spice, chili powder. Allergens: Milk, Egg, Fish, Wheat, Mustard

HAM & CHEESE

\$11.50

Ham, Connection Kitchen Greens, Mayo, tomatoes, sunflower oil, garlic, dijon mustard, dried cranberries, vinegar, pepitas, olive oil, lemon juice, black pepper, blackening season, chili powder, flour, potatoes, yeast, cheese. Allergens: Milk, Egg, Wheat, Mustard

GRILLED SEASONAL VEGETABLE

\$11.50

Connection Kitchen Greens, Summer squash, bell peppers, zucchini, goat cheese, onions, maple syrup, sunflower oil, mustard, garlic, olive oil, dried cranberries, pepitas, pumpkin seeds, parmesan cheese, lemons, vinegar, basil,

lemon juice, salt, blackening spice, black pepper chili powder Allergens: Dairy, Wheat, Mustard (V)

CAPRESE SANDWICH

\$11.75

Connection Kitchen greens, mozzarella, tomatoes, spinach, maple syrup, olive oil, sunflower oil, mustard, vinegar, dried cranberries, lemon, Dijon mustard, pepitas, basil, vinegar, garlic, lemon juice, salt, black pepper, blackening spice, chili powder, focaccia bread. Allergens: Milk, Wheat, Mustard (V)

GREEN GODDESS WRAP

\$12.00

Spinach, cucumber, Connection Kitchen sunflower shoots, avocado, spinach tortilla, feta cheese, sunflower oil. greek yogurt, cream cheese, lemon juice, honey, parsley, cilantro, coriander, garlic, jalapeno peppers. Allergens: Dairy, Wheat (V)

SMOKED TURKEY

\$12.00

Connection Kitchen greens, mayo, maple syrup, dijon mustard, sunflower oil, garlic, mustard, dried cranberries, pepitas, vinegar, olive oil, flour, lemon juice, potatoes, salt, black pepper, blackening spice, chili powder, yeast. Allergens: Milk, Egg, Wheat, Mustard

MEDITERRANEAN CHICKPEA SALAD SANDWICH

\$12.00

Connection Kitchen greens, chickpeas, roasted red peppers, cucumber arugula, onions, olive oil, maple syrup, tahini, parsley, sunflower oil, mustard, lemon juice, dried cranberries, dijon mustard, pepitas, garlic, vinegar, salt, smoked paprika, baking soda, blackening spice, cumin, black pepper, chili powder, cayenne peppers focaccia bread. Allergens: Wheat, Mustard, Sesame seeds (VG, DF)

PROSCIUTTO SANDWICH

\$12.50

Connection Kitchen greens, mozzarella, prosciutto, tomatoes, arugula, maple syrup, sunflower oil, mustard, balsamic vinegar, dried cranberries, dijon mustard,

onion, vinegar, pepitas, olive oil, potatoes, sugar, blackening spice, chili powder, yeast. Allergens: Wheat, Mustard

ROAST BEEF

\$13.25

Homemade Beef, Connection Kitchen greens, mayo, maple syrup, sunflower oil, dijon mustard, dried cranberries, pepitas, vinegar, sunflower oil, salt, black pepper, black peppercorn, garlic powder, lemon juice, flour, onion powder, potatoes, rosemary, thyme, blackening spice, chili powder, yeast. Allergens: Milk, Egg, Wheat

SANDWICH BOARD

\$18.00

An assortment of Sandwiches displayed buffet style with a bowl of your choice of salad.

BOXED LUNCH

SANDWICH BOXED LUNCH

\$16.00

Your choice of Smoked Turkey, Ham, Roast Beef or Caprese sandwich. Each boxed lunch includes sea salt chips, side house salad and your choice of cookie. Allergens: Wheat, Milk, Soybeans – (Chewy Brownie Cookie) Tree nuts – (Side Salad, Peanut Butter Cookie) – Caprese Sandwich (V)

SALAD BOXED LUNCH

\$15.00

Your choice of House Salad, Kale Caesar, or Grain Salad your choice of protein can be added to salad choices. Each boxed lunch includes sea salt kettle chips and your choice of cookie. Allergens: Wheat, Milk, Tree nuts – (Side Salad, Peanut Butter Cookie) Fish – (Caesar Salad) Soybeans – (Tofu) (V) – no animal protein added

BUFFET PACKAGES

Available 11am-5pm

TASTE OF INDIA

\$18.00

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Milk, Tree Nuts, Coconut, Sesame Seeds, Wheat Fish (salmon)

FRENCH AFFAIR

\$23.00

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Milk, Tree Nuts, Wheat, Celery, Fish (salmon) – Shellfish (mussels, shrimp)

MEDI DELIGHT

\$18.00

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Milk, Wheat, Fish (Salmon), Celery, Sesame Seeds

KOREAN TACO BAR

\$18.00

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Wheat, Soybeans, Mustard, Sesame Seeds, Egg

LATIN TACO BAR

\$18.00

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Milk, Celery

BACKYARD BARBECUE

\$18.99

Make your selection for protein and starch. Included with the buffet is a vegetable protein, vegetable side, side salad and sauces. Allergens: Soybeans, Milk, Egg, Mustard

SNACKS

UNREAL COCONUT BAR**\$1.99**

Organic dark chocolate filled with organic coconut or Peanut butter and vanilla.
Allergens: Tree Nuts, Milk, Eggs. May have traces of peanuts. (GF)

JUSTIN'S PEANUT BUTTER CUPS**\$1.99**

Organic chocolate filled with organic peanut and cocoa butter. Allergens:
Peanuts, Tree Nuts, Soy, Milk. (GF)

UNREAL CHOCOLATE COVERED PEANUTS**\$1.99**

Dark chocolate covered peanuts. Allergens: Peanuts, milk, soy, may contain
traces of tree nuts. (GF)

SKINNY POP POPCORN**\$1.50**

Lightly seasoned organic popcorn. No major allergens. (V, VG)

KETTLE CHIPS (ASSORTED FLAVORS)**\$1.50**

Organic potato chips lightly seasoned with sea salt. No major allergens.

1**THE GFB BAR****\$2.25**

Organic oatmeal bar with organic raisins, flaxseed, and vanilla (GF, VG, V)

THAT'S IT FRUIT BARS**\$1.40**

100% organic fruit bar. Allergens: May contain traces of peanut or tree nuts. (V,
VG, GF)

MADE GOOD GRANOLA BARS (ASSORTED FLAVORS)**\$2.00**

Oats, agave, cane sugar, brown Rice crisp. No major allergens. (GF)

LARA BAR (ASSORTED FLAVORS)**\$2.00**

100% organic nut butter and dates. No major allergens. (GF, V)

SAHALE TRAIL MIX (ASSORTED FLAVORS)**\$2.50**

Dry roasted nut mix with Madagascar vanilla, dry fruits, and spices. (GF)

THE NEW PRIMAL BEEF STICKS**\$1.90**

Made with 100% grass-fed beef, cracked pepper and sea salt. No major allergens.

SMART SWEETS**\$3.25**

A delicious plant based, naturally flavored sweet treat (GF)

ASSORTED TEA**BLUEBERRY HIBISCUS****\$2.50**

Organic blueberries, elderberries and schisandra berries with refreshing hibiscus flowers, rich red rooibos. Caffeine-free.

ENGLISH BREAKFAST**\$2.50**

An awakening black tea blend of rich malty flavor with hints of organic currants, caramel. Caffeinated.

EARL GREY**\$2.50**

Full bodied floral notes of calabrian bergamot citrus, with organic black tea. Caffeinated.

TURMERIC GINGER

\$2.50

Organic ginger root, organic turmeric root, licorice root, lemongrass, organic peel. Caffeine-free.

ELDERBERRY

\$2.50

Organic ginger root, organic elderberries, organic hibiscus flowers with rich notes of licorice root. Caffeine-free.

VALERIAN DREAM

\$2.50

Valerian root with fragrant highlights of nervine tonic herbs such as cardamom and fennel, licorice root, strawberry, and spearmint with a hint of rose petal extract. Caffeine-free.

COFFEE

REGULAR

Locally sourced Wonderstate Coffee

DECAF

Locally sourced Wonderstate Coffee

COFFEE REFILL

Locally Sourced Wonderstate Coffee

BEVERAGES

FORAGE KOMBUCHA

\$2.75

Naturally fermented tea.

SPINDRIFT

\$1.25

Sparkling flavored water.

SIMPLY ORANGE JUICE**\$1.75**

100% pure squeezed orange juice.

FRUIT INFUSED WATER

Fresh filtered water infused with fresh fruit or herbs.

BOTTLED WATER**\$2.00**

Fresh bottled water.

BEST TEA**\$2.00**

Naturally brewed sparkling tea (unsweetened).

HONEST TEA**\$2.00****R.W. KNUDSEN ORGANIC JUICE****\$2.50**

Organic fruit juice

FRESH BREWED ICED TEA

Cold brewed full bodied with floral notes of calabrian bergamot, citrus and organic black tea. Caffeinated

DESSERT

Minimum order of 4 for each dessert

BANANA PECAN TOFFEE CUP**\$5.00**

Bananas, heavy cream, nilla wafers, unsalted butter, brown sugar, sugar, pecans, corn syrup, salt. Allergens: Wheat, Milk, Tree nuts

TIRAMISU

\$6.00

Mascarpone, espresso, lady fingers, heavy cream, sugar, marsala wine, egg, rum, cocoa powder vanilla paste. Allergens: Milk, Egg, Wheat

PASSION FRUIT PANNA COTTA

\$5.50

Heavy cream, coconut cream, passion fruit, sugar, coconut, mango, lime, white chocolate, rum, gelatin powder. vanilla paste, salt. Allergens: Milk, Coconut (GF)

BROWNIE RASPBERRY MOUSSE CUP

\$5.25

Sugar, heavy cream, dark chocolate, raspberries, egg, unsalted butter, almonds, flour, cocoa powder, sunflower oil, vanilla paste, corn syrup, rum, espresso, salt, gelatin powder, sea salt, baking powder. Allergens: Milk, Egg, Tree nuts, Wheat

SPECIALTY CAKES

All cakes are 9 in. and will serve 16 portions. Cake orders require a 72-business hour advance notice.

GRAND MARNIER CAKE WITH CHOCOLATE GANACHE

\$90.00

Heavy cream, oranges, sugar, dark chocolate, cake flour, sour cream, unsalted butter, egg, dark chocolate chips, orange juice, almonds, baking powder, vanilla paste, baking soda, salt, rum. Allergens: Milk, Egg, Wheat, Tree nuts (Almonds)

CHOCOLATE CARAMEL CAKE WITH SWISS CHOCOLATE BUTTERCREAM

\$105.00

Sugar, butter, buttermilk, egg, coffee, dark chocolate, sunflower oil, baking powder, vanilla, paste, salt, baking soda, almond extract, cream of tartar
Allergens: Milk, Eggs, Tree nuts (Almonds), Wheat

CHAMPAGNE VELVET CAKE WITH RASPBERRY BUTTERCREAM

\$90.00

Sugar, Champagne, Butter, Egg White, Flour, Raspberries, Buttermilk, Sunflower Oil, Baking Powder, Vanilla Paste, Salt, Baking Soda, Almond Extract, Cream of Tartar Allergens: Milk, Eggs, Tree nut (Almonds), Wheat

CARROT CAKE WITH CHEESECAKE FROSTING

\$75.00

Carrots, Flour, Cream Cheese, Sugar Brown, Egg, Butter, Sunflower Oil, Pecans, Powdered Non-Fat Milk, Vanilla Paste, Baking Powder, Baking Soda, Cinnamon, Salt, Nutmeg, Cloves Allergens: Milk, Eggs, Tree nuts (pecans), Wheat

COOKIES AND BARS

HAZELNUT BLONDIES

\$3.25

Brown sugar, unsalted butter, flour, dark chocolate, egg, hazelnuts, vanilla paste, salt. Allergens: Milk, Egg, Hazelnuts, Wheat

Minimum 4 items required

OATMEAL GOLDEN RAISIN COOKIE

\$2.25

Flour, rolled oats, maple syrup, brown sugar, golden raisins, coconut oil, almond milk, pecans, flaxseed, baking soda, vanilla paste, cinnamon, salt. Allergens: Tree nuts, Wheat (VG)

Minimum 4 items required

LEMON POPPY SEED COOKIE

\$2.00

Flour, unsalted butter, lemon, egg, brown sugar, poppy seed, vanilla paste, baking powder, salt. Allergens: Milk, Egg, Wheat

Minimum 4 items required

SALTED CARAMEL BROWNIE

\$3.00

Sugar, unsalted butter, flour, cocoa powder, sunflower oil, heavy cream, vanilla paste, corn syrup, espresso, sea salt, baking powder. Allergens: Milk, Egg, Wheat, Minimum 4 items required

SPICED MOLASSES COOKIE

\$2.00

Flour, unsalted butter, molasses, brown sugar, sugar, egg, baking soda, vanilla paste, cinnamon, ground ginger, cloves, salt, black pepper, allspice. Allergens: Milk, Egg, Wheat

Minimum 4 items required

CHOCOLATE CHIP COOKIE

\$2.25

Flour, brown sugar, dark chocolate chips, unsalted butter, sugar, egg, baking soda, vanilla paste, baking soda, salt. Allergens: Milk, Wheat, Egg

Minimum 4 items required

PEANUT BUTTER COOKIE

\$2.00

Peanut butter, brown sugar, oat flour, vanilla paste, baking powder, salt.

Allergens: Peanut (VG, GF)

Minimum 4 items required

CHEWY BROWNIE COOKIE

\$2.25

68% Dark chocolate, egg, brown sugar, flour (cornstarch, white rice flour, brown rice flour, milk, powder, tapioca flour, potato starch, xanthum gum, unsalted butter, cocoa powder, baking powder, espresso, vanilla paste, salt. Allergens: Milk, Egg, Soybean

Minimum 4 items required

BEER SELECTIONS

LOCAL SEASONAL BEER – ON TAP

\$8 per person, use the "+" to select the total amount of people attending.

MILLERLITE

American Pilsner

CAPITAL

Lager/IPA

KARBEN 4

IPA/Red Ale

NEW GLARUS

Farmhouse Ale/Pale Ale/Lager

STELLA ARTOIS

Belgian Lager

ALE ASYLUM

Ale

SPARKLING WINE

Each bottle serves 3 people

CRISTALION BRUT

\$8.99

A delightful sparkling wine with crisp apple, ginger, and almond flavors.

LAMARCA PROCECCO

\$15.99

A refreshing taste of vibrant apples, white peach, and honey sickle.

JACQUART ROSE

\$22.99

Delicate bubbles incase within an intense pink colored rose, full of fresh red currants, cherries, wild strawberries and surprising notes of peach, plum and apricot.

PIERRE PETERS

\$67.99

Pale with hints of green, fine taste with pretty ribbons of bubbles. Flowery and fruity notes of fresh nuts, rounded out with a smooth citrus finish.

WHITE WINE

Each bottle serves 3 people

KJ CHARDONNAY

\$14.99

Concentrated yet creamy and balanced flavors of a crisp apple tart finished with vanilla and nutmeg.

NAUTILUS SAUVIGNON BLANC

\$14.99

Boasts flavors of floral and grassy elements, with fresh limes and grapefruit pith.

LAGEDER PORERE PINOT GRIGIO

\$24.99

Pale yellow with flecks of green, and aromatic soft notes of fresh acidity.

SAND POINT CHARDONNAY

\$9.99

Tropical fruit flavor also rich with toasted vanilla, oak flavors, and pear. With a lingering taste of a cream soda finish.

RED WINE

Each bottle serves 3 people

FOXGLOVE CABERNET SAUVIGNON

\$14.99

A blend of red and black fruit, hints of pepper and cedar with a touch of bittersweet chocolate.

NEYERS ZXIFANDEL

\$25.99

Aged in natural oak barrels, with touches of fresh squeezed raspberry.

ORIN SWIFT PAPPILON

\$72.99

Bold aromatics of boysenberry mixed with dark berries. With a delicate hint of black licorice and ripe black plum.

LA CREMA MONTEREY PINOT NOIR

\$16.99

A variety of black currant, red plum, and luscious tannins. Together it creates a long robust finish.

Intended use of the license: We do not intend to market or run a business that requires the licensing. We wish to have the option to be able to provide alcohol when hosting events at our Madison locations for groups that our outside our organization.