



**Café Juice bar Catering
13 Allegheny Avenue
Towson, Maryland 21204
410-296-0799**

**Delivered catering available seven days a week,
breakfast, lunch and dinner.**

**Zia's ingredients are local whenever possible
Our eggs are free-range
Our dairy is organic and our meats are free-range
and hormone and antibiotic free.
We do not use refined sugars or flour.**

Breakfast

Baked Breakfast Platter

Fresh baked selection of muffins, breads and scones
Serves 10 to 12 – \$36.95

Smoked Salmon Platter

Thinly sliced Norwegian Salmon with
whipped dill cream cheese,
capers, sliced tomatoes and onions.
Served with assorted breads & bagels
Serves 10 to 15 – \$69.95

Breakfast Tofu Scramble

Scrambled tofu with spinach, sun-dried tomatoes over breakfast potatoes
Serves 8 to 15 - \$ 39.95

Fresh Fruit Bowl

Fresh cut seasonal assortment of fruit salad served with
organic yogurt dip
Serves 10-15 – \$26.95

Fresh Fruit Platter

Seasonal assortment of fruit served
organic yogurt dip
Serves 12-20 - \$39.95

Yogurt Parfait

Fresh cut seasonal fruit layered with hemp granola and
organic low fat vanilla yogurt
Serves 10-15 – \$34.95

Vegetable Frittata

Local free-range eggs from Springfield Farms, seasonal veggies, basil,
Romano & mozzarella cheese frittata
Serves 8-15 – \$34.95

Potato Frittata

Local free-range eggs, potatoes, onions and sharp cheddar cheese frittata
Serves 8-15 – \$34.95

Breakfast potatoes

Prepared with onions and peppers
Serves 8-15 – \$23.95

Breakfast Wrap

Local Springfield Farms free-range eggs, onions, peppers,
home fries and cheese in a whole wheat wrap.

\$4.50 each

with all natural Applegate Farms Ham

\$4.95 each

Hazelnut Hemppaccinos

A to go pitcher of our signature hemp milk cappuccino
with organic hazelnut syrup

\$34.50 (serves up to 10)

Café Latte

A to go pitcher of our wonderful lattes made with all
natural milk and organic fair trade espresso

\$24.50 (serves up to 10)

Organic Coffee Service

Fresh Brewed organic fair trade coffee, served with organic sugar and natural
cream.

\$18.00 per pot (serves up to 10)

Tea Service

Assorted organic tea selection, served with lemon organic sugar and natural cream
\$18 per pot (serves up to 10)

stevia, soy, skim, 2% and whole organic milk available upon request

Zia's Juice and Smoothie Bar Station

Have the Zia's staff make fresh juices and smoothies at your event!

Two hour juice or smoothie bar \$200 set up fee plus \$50 for each additional hour,
for a minimum of 20 guests

Juice Bar Menu

\$6.50 per person for two hour bar; \$5 each additional hour

- Organic Carrots, Celery, Local Apples, Beets, Lemon, Ginger
- Customize your juice bar seasonally (Market price)

Smoothie Bar Menu

\$5.50 per person for two hour bar; \$4 each additional hour. Choose one of the
following:

- **Tropical:** mango, pineapple, apple juice, lemon, shaved coconut
- **Peach Grape:** grapes, peaches, apple juice, lemon juice
- **Red Mango:** mango, apple & beet juice, ginger
- **Strawberry Banana:** strawberries, banana, yogurt, organic milk, wheat germ
- **Spiced Peach:** peaches, yogurt, organic milk, honey, cinnamon, allspice
- **Banana Nut:** banana, dates, almond milk, peanut butter, silken tofu

Lunch

Deli Platter

Natural Smoked Turkey, Rosemary Ham, Roast Beef, Muenster, Monterey Jack and Swiss cheeses.

Served with lettuce, tomato, condiments and assorted breads
Serves 10-15 – 69.95

Zia's Assorted Sandwich Platter

An array of sandwiches, served on assorted breads.

Choose three from:

Sun dried tomato chicken Salad,

Garden Grill- grilled veggies, arugula & goat cheese

Smoked Salmon- w/ low-fat dill mayo, red onion & lettuce

Sunflower Powerhouse

Turkey Powerhouse

Western Club

Serves 10-12 – 69.95

Kid's Lunch

\$5.75

Organic peanut butter and jelly sandwich, chips and a fresh fruit cup

Zia's Power Lunch Packs

Sunflower Powerhouse \$9.75 per person

Tomato, sprouts, lettuce, cucumbers, Muenster cheese and avocado mayo on sunflower bread

Tofu Veggie Wrap \$9.95 per person

Marinated tofu, hummus, sprouts, tomato, cucumber, lettuce & red onion in a whole wheat wrap

Western Club \$10.95 per person

Smoked turkey, rosemary ham, Muenster cheese, lettuce and mustard on Challah bread

Grilled Chicken Wrap \$10.75 per person

Grilled antibiotic-free range chicken, lettuce, tomato, blue cheese and balsamic Dijon mayo in a whole wheat wrap

Zia's Chicken Salad Wrap \$10.75 per person

Zia's famous Sun dried tomato & pesto free range chicken salad, lettuce in a whole wheat wrap

Raging Bull \$10.75 per person

Roast beef & cheddar cheese with lettuce, tomato & horseradish mayo on Sun dried tomato bread

Each Lunch Pack comes with your choice of:

Fresh Fruit Salad

And

Your choice of Chocolate Chunk cookie or Kettle Chips

- Chocolate Chunk Cookie made w/ organic whole wheat flour and sugar (vegan)

Green Salads

Zia's House Salad

Romaine, shredded carrots, red cabbage, cucumbers,
sunflower seeds & fat free papaya vinaigrette

Serves 6-10 – 26.95

Astoria Salad

Mesclun lettuce, free-range grilled chicken, apples, blue cheese
& golden raisins with a citrus vinaigrette

Serves 6-10 – 34.95

Caribbean Salad

Mesclun lettuce, goat cheese, pears, golden raisins, almonds
and dried papaya with our orange champagne vinaigrette

Serves 6-10 – 29.95

Poipu Salad

Mesclun lettuce cucumbers, carrots, alfalfa sprouts, marinated bake tofu,
sunflower seeds and miso dressing

Serves 6-10 – 29.95

Club Med Salad

Romaine, tomatoes, cucumbers, red onion, olives, marinated artichokes
& feta cheese with Mediterranean red wine vinaigrette

Serves 6- 10 – 34.95

Cape Cod Salad

Mixed baby greens, dried cranberries, walnuts, smoked turkey
& goat cheese with our citrus vinaigrette

Serves 6- 10- 34.95

Empanadas

*Pastry dough filled with different ingredients
paired with a salad, to make a nice meal.*

\$2.95 each

Chicken

Free range chicken, onions, peppers, tomato, oregano & cumin
with organic spelt flour dough.

Santa Fe

Black beans, corn, brown rice and cheddar cheese
with organic whole wheat dough *vegetarian

Zucca

Caramelized onion, potato, butternut squash with spelt flour dough *vegan

Maiz

corn, peppers, onions in a creamy cheese sauce with
organic spelt flour dough.

Pasta

Lasagna 46.95 (serves 10-12)

Organic lasagna sheets with tomato, basil, mozzarella, romano and ricotta cheese

Spinach and Béchamel Lasagna 49.95 (serves 10-12)

Organic lasagna sheets with spinach and ricotta topped w/ a rich Béchamel sauce

Miso Pesto Fusilli 46.95 (serves 8-12)

organic whole wheat fusilli pasta w/ veggies, roasted nuts & a miso pesto sauce
*vegan

Fusilli Portobello 46.95 (serves 8-12)

organic whole wheat fusilli pasta w/ Portobello mushrooms,
sun-dried tomatoes, onions and parsley

Four Cheese Baked Pasta 46.95 (serves 10-12)

Organic pasta with Romano, mozzarella, gorgonzola and ricotta cheeses

Entrees

Alaskan Salmon Cakes 99.50

Alaskan salmon cakes with spring onions, parsley and potato
served over roasted sweet potatoes

Stuffed Baked Chicken Breast 89.50

-range chicken stuffed with chef's choice of seasonal stuffing
over organic brown rice pilaf

Shepherd's Pie 55.95

Potato mash made with organic milk, free-range chicken and veggies

Free-range Meatloaf 89.95

free-range beef meat loaf filled with peas and carrots served with mashed potatoes
and creamed spinach prepared with free-range eggs and organic milk

* Entrees priced per person (minimum 10 orders per entree)

Vegan Entrees

Vegan "Crab" Cake Dinner 79.50

made w/soy protein & veggies served w/roasted old bay potatoes,
zucchini succotash & tartar sauce

Baja Black bean Cakes 79.50

Served over organic brown rice topped with spicy sweet potato and black bean
avocado chutney (vegan)

Quinoa Pomodoro 59.50

pesto marinated tofu w/ tomatoes & roasted garlic over quinoa

Stuffed Eggplant 69.50

Roasted stuffed eggplant filled vegetables & tofu topped w/vegan sour cream

Coconut Curry Veggies 69.50

Sautéed mixed veggies topped w/coconut curry sauce & sunflower seeds
over organic brown rice or roasted spaghetti squash

Lentil & Rice Bowl 59.50

lentils & caramelized onions over organic brown rice, w/ a vegan sour cream

Vegan Shepherd's Pie 42.95

potato mash made w/ organic soybean margarine filled with sautéed veggies

*Each serve 10 guests

RAW FOODS

Live Fettuccini Alfredo 49.95

Prepared with fettuccini sliced squash, peppers & a raw Alfredo sauce

Live Lasagna 49.95

cashews, zucchini, tomatoes, sun dried tomatoes, onions, peppers, walnuts, olive oil, basil, garlic, oregano, sea salt, crushed red pepper

Raw Falafel 49.95

sprouted chic peas, sunflower seeds, almonds, sesame seeds, onion, olive oil, nama shoyu, lemon juice, garlic, curry powder served with raw tahini

Live "Sautéed" Kale & Cauliflower 35.00

cauliflower, kale, olive oil, organic stone ground mustard(organic grain vinegar, water, organic mustard seed, salt, organic spices), sesame seeds, nama shoyu, lemon juice, cumin, orange juice, sea salt red, pepper & cayenne

Live Taco Dip 79.50

cashews, avocado, tomatoes, red peppers, sun dried tomatoes, olive oil, nama shoyu, lemon juice, nutritional yeast, raw apple cider vinegar, garlic, raw cocoa, cumin, dried chilies, cilantro served with flax crackers

Live Hummus Platter 49.95

spouted chic peas, sesame seeds, olive oil, lemon juice, sea salt served with raw veggies

Raw Macaroons 18.95

Shaved coconut, almonds, agave, sea salt (2 dozen)

Raw Apple Cobbler 42.95 (serves12-18)

Almonds, flaxseed, agave, local apples, dates, raisins & cinnamon & a date agave caramel sauce

Raw Lemon Chiffon Pie 44.95 (serves12-18)

prepared with fresh lemon juice, raw coconut butter, nuts & dates

Raw Orange Blueberry Cheesecake 44.95 (serves12-18)

cashews, coconut oil, blueberries, agave, shredded coconut, orange juice, vanilla, turmeric, sea salt

Raw Strawberry Shortcake 62.95 (serves12-18)

almonds, cashews, dates, strawberries, agave, coconut oil, coconut water, coconut meat, lemon juice, vanilla & sea salt

Raw German Chocolate Cake 62.95 (serves12-18)

walnuts, almonds, dates, coconut butter, coconut & raw cacao

Raw Tiramisu 62.95 (serves12-18)

prepared w/ cashews, walnuts, dates, coconut butter, cold- pressed espresso & raw cacao powder

Raw Apple Cobbler 42.95 (serves12-18)

Almonds, flaxseed, agave, local apples, dates, raisins & cinnamon & a date agave caramel sauce

Side Salads

Each Side Salad Serves 10 to 15

Caribbean Potato Salad*(vegan) 26.95

w/sweet & white potatoes, lime, cumin, parsley & vegan mayo

Potato Salad *(vegan) 24.95

Potatoes, green beans and sweet onions with extra virgin olive oil and lemon

Zia's Pasta Salad 24.95

Organic pasta, carrots, peas, roasted peppers, marinated artichokes, romano and balsamic, basil dressing

Lentil Chevre Salad 27.95

lentils, beets, goat cheese, walnuts & arugula with a balsamic dressing

Niçoise Rice Salad 26.95

Tuna, organic brown rice, beets, California black olives, chick peas and marinated artichokes

Troia Carrot Salad*(vegan) 22.50

Steamed carrots marinated with balsamic vinegar, red hot pepper, mint and garlic

Black Bean Quinoa Salad *(vegan) 26.95

Quinoa, black bean, red pepper, corn salad with lime parsley dressing (vegan)

Zia's Party Favorites

Zia's Chicken Salad Mini's 69.95 (serves 12-24)

Our sun dried tomato/free-range chicken salad on petit rolls

Raw Vegetable Platter 23.95 (serves 10-12)

Served with basil, roasted garlic, or beet gorgonzola dip

Mediterranean Platter 29.95 (serves 10-12)

Olives, feta, hummus, marinated baked tofu, tomato-cilantro chutney.

Served with whole wheat pita

Fruit & Cheese 45.95 (serves 10-12)

Seasonal fruit selection and natural domestic cheeses.

Served with ground wheat crackers

Mini Empanadas 29.95 (serves 10 to 15)

An assortment of hors d' oeuvres size empanadas

Mini Meat balls 42.95 (serves 15 to 25)

Garlic and parmigiano meat balls made with free-range ground beef in our marinara sauce

Brie and Walnut Cake 59.95 (serves up to 25)

Wheel of brie layered with a walnuts and goat cheese and topped with a port wine glaze

Feta Spinach Balls 29.95 (serves 15-20)

Vegan Crab Dip 39.95 (serves 15-20)

Vegan Artichoke Dip 39.95 (serves 15-20)

prepared with vegan cream cheese, artichokes, black olives and a Dijon dill sauce. Served with wheat crackers

Raw Spring Rolls 42.25 (serves 20-30)

Avocado, carrots, herbs and other veggies in a thin rice paper wrapper with a ginger miso dipping sauce

Desserts

Coconut Flan 29.95 (serves 10-18)

Made with organic milk, free-range eggs and coconut milk

Peach Crumble 34.95 (serves 10-18)

Peaches bake with cinnamon, rolled oats and raw sugar

Hawaiian Pineapple Cake 39.95 (serves 10-18)

made w/dates & nuts topped w/pineapple, orange, coconut icing(vegan)

Chocolate Peanut Butter Tofu Cheesecake 39.95 (serves 10-18)

Made with organic peanut butter, silken tofu, agave nectar, and an oatmeal crust (vegan)

Peach Bread Pudding 29.95 (serves 10-18)

Baked with honey whole wheat, cinnamon and peaches topped with a raw sugar crust

Apple Streusel Cake 34.95 (serves 10-18)

Made with organic whole wheat and fresh apples topped with raw sugar crumble

Vegan Brownies 29.95 (serves 12-24)

made w/ organic whole wheat flour topped w/ chocolate ganache

Zia's Assorted Cookies 21.00 per dozen

prepared with organic sugar organic whole wheat and organic spelt flour (vegan)

Chocolate Strawberries 35.95 (serves 15-30)

Dipped with Dark Belgian Chocolate

Ask about our variety of vegan and raw desserts there are too many to list!

Beverages

Agave Lemonade \$16 per pitcher (160 oz)

Organic Iced Green Tea

Sweetened or unsweetened

\$12 per pitcher(160 oz)

Izze Natural Fruit Soda \$1.50

Smart Water \$1.50

Vitamin Water \$1.75

Ordering Guidelines

Customized menus

Daniela will be happy to work with you to create a customized menu for your event. We can create the perfect menu from small get-togethers to large weddings and corporate events.

Ordering

Please call as least 48 hours in advance to assure availability of your selections.

Please call 410-296-0799

Servers

Servers available for \$125 per server for 4 hours; \$25 each additional hour

Rental Items

We will be happy to coordinate the rental of any items necessary for your event.

Delivery

7:00 am to 6:00 pm Monday through Saturday

For large catered events or Sunday delivery, special arrangements can be made.

minimum order for delivery

Delivery fee determined by location.

Payment

For pick up orders Zia's accepts corporate checks, cash, VISA, Master Card, Discover and American Express.

For deliveries, we accept the above credit cards or pre-approved house accounts only.

Credit cards must be present at the time of delivery or pickup.

Ask us about a pre-approved house account
(net 15 days, invoiced at time of delivery).

Cancellation

24 hour notice required to avoid a 50% cancellation fee.

All items subject to availability. Prices subject to change.