

Kate's Simple Eats

SAND & SEA takeout menu

A selection of items that are perfect for the beach or on your boat

Beach & Boat Friendly Sandwiches

These cold sandwiches are wrapped in paper, leaving minimal waste. Toss them in a big Ziplock and they'll stay fresh and dry in a cooler to enjoy all day long. (or even a couple days later!)

Superfood Wrap Black beans, avocado, quinoa, spinach, tomato, red onion, and sweet potato with a jalapeño lime dressing in a whole wheat wrap (Vegan, DF)	\$9.50	Nance's Tuna Light albacore tuna salad with mixed greens, tomato, and red onion in a wrap or on bread (V, DF)	\$9.75	Turkey Club Roasted turkey, applewood smoked bacon, shredded lettuce, tomato & mayo. (DF)	\$12.00
Greek Veggie Wrap Mixed greens, quinoa, roasted red peppers, cucumber, tomato, red onion, and feta with a cucumber yogurt dressing Add chicken \$3 (V)	\$9.25	Chicken Bacon Blue Wrap Roasted chicken, Applewood smoked bacon, shredded lettuce, red onion, tomato, and a chunky blue cheese dressing.	\$10.50	Old School BLT Applewood smoked bacon, shredded lettuce, tomato & mayo. (DF)	\$9.00
Garden Turkey Wrap Turkey, feta, cucumber, mixed greens, and tomato with an herbed lemon aioli in a wheat wrap.	\$10.50	Buffalo Chicken Wrap Chicken, shredded lettuce, diced tomato & American cheese topped with blue cheese dressing and buffalo hot sauce.	\$9.75	Sesame Chicken Wrap Roasted chicken, shredded carrot, scallion, cucumber, shredded cabbage, and mixed greens with our sesame soy dressing. (DF)	\$10.00
Chicken Salad Wrap Our tarragon chicken salad, mixed greens, and toasted almonds.	\$10.00	Tzatziki Chicken Wrap Lemon herb marinated chicken, avocado, feta, spinach, cucumber, red onion and tzatziki yogurt sauce.	\$11.00	The Italian Black Forest ham, salami, provolone, roasted red peppers, shredded lettuce, tomato, mayo and Italian dressing.	\$12.00

Salads

Our selection of fresh salads that are served in a box with salad dressing always on the side

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, French Vinaigrette, Tzatziki, Italian, Ranch, Red Wine & Olive Oil

Garden Salad Side \$5.50 Full \$9.50 A bed of mixed greens topped with cucumbers, tomato & red onion. Your choice of dressing. Add diced chicken \$3 Add avocado \$2		Tuna on Greens A scoop of Nance's Tuna served over mixed greens with tomato & red onion with your choice of dressing.	\$12.00	Mediterranean Quinoa Bowl Quinoa, feta, avocado, red onion, cucumber, crunchy roasted chickpeas on a bed of mixed greens with a cucumber yogurt sauce & simple vinaigrette. Add chicken \$3	\$12.25
Superfood Salad Bowl Baby spinach topped with avocado, black beans, quinoa, sweet potato, red onion, tomato, and toasted almonds with a jalapeño lime dressing. Add Diced Chicken \$5	\$12.25	Chicken Salad on Greens Our tarragon chicken salad over mixed greens, with tomato & toasted almonds. Your choice of dressing.	\$12.00	Asian Chicken Salad Mixed greens, cabbage, cucumber, carrot, scallions and toasted almonds with a sesame soy dressing.	\$12.50

If you're looking for an early pickup or are placing a large order, drop us an email or call the day before for confirmation that we accommodate your request. We'll try our best to help you out!

Before placing your order, please inform your server if a person in your party has a food allergy.

Entertaining Boxes

Looking to feed a group or something to pick at? We have some simple catering options that are designed for easy transport and maximum enjoyment!

IN MOST CASES, WE NEED AT LEAST 24 HOURS NOTICE FOR BOXES AND SIDES.

Individual Sandwich Box \$16.00

Your choice of sandwich with a bag of chips, pickle and cookie served in an individual box. \$2 additional charge for turkey club or the Italian.

Assorted Sandwich Sliders \$48.00

Offered by the Dozen, an assortment of mini tuna, chicken salad, turkey, ham and a veggie sliders. Something for everyone!

Garden Veggie Box Small \$14 Social \$38

Assorted cut vegetables artfully arranged and served with dip of the day.

Box of Assorted Wraps \$60.00

6 assorted wraps cut in half and served in a box for people to mix and match. (additional wraps are \$10 each)

Farmers Box Small \$17.50 Social \$55

A selection of cheese, meats, veggies and other nibbles in a convenient box that's perfect to nibble on.

Chinese Takeout Box Salads \$4.00-5.00

Individual salads served in white takeout boxes. (minimum 6 boxes - same variety.)

Garden Salad \$4.75 Quinoa Salad \$5.00 Sesame Noodles: \$4.75 Kate's Original Pasta Salad \$4.00 BLT Pasta Salad \$4.75 Classic Pasta Salad \$4.50

Quarts of All Sorts

Offering up some of our favorites in convenient plastic quart containers.

IN MOST CASES, WE NEED AT LEAST 24 HOURS NOTICE FOR QUARTS.

Homemade Hummus (seasonal flavors) \$20

Buffalo Chicken Dip \$28

Tarragon Chicken Salad \$20

Tuna Salad \$20

Egg Salad \$18

Pesto Pasta Salad \$18

Pasta, tomato, fresh mozzarella, basil and tossed with a parmesan pesto.

Sesame Noodle Salad \$16

Quinoa Salad \$18

With onion tomato, feta & cucumber

Buffalo Chicken Pasta Salad \$20

with carrot, celery, blue cheese and buffalo sauce

Bruschetta Pasta Salad \$18

Tomato, onion, garlic basil & parmesan

BLT Pasta Salad \$18

Panzanella Salad \$20

tomato, onion, cucumber, & cubed bread with fresh basil & balsamic.

Red Skinned Potato Salad \$18

Italian Pasta Salad \$20

Salami, roasted red peppers, red onion, artichoke

Classic Coleslaw \$16

Kate's Original Pasta Salad \$16

With Greek dressing, carrot and celery.

Scan QR Code to Order Online!



Please note that our sandwiches and salads are available the same day, but the catering boxes and quarts of salads take 1-2 days advance notice.

more menu choices available on our full menu...