

“Consciously crafted, graciously shared.”

(V) - Vegan Options

Canapes - \$50/pp

Pick your choice of any (3) options. 2 - 3 per canape/ per guest

Roasted Carrot & Whipped Tahini Crostini (V)

Slow-roasted heirloom carrots, whipped tahini, toasted pumpkin seeds, sprig of fresh thyme on multigrain crisp.

Berbere Spiced Chicken Skewers w/ Roasted Pear Marmalade

Tender chicken grilled and paired with roasted pears, finished with a harissa-honey glaze and microgreens

Crispy Spiced Pumpkin & Quinoa Fritters (V)

Crispy fritters with roasted pumpkin, quinoa, and warming spices, paired with a cooling herb yogurt dip.

Herb-Crusted Lamb Lollipops w/ Pickled Fennel

Tender lamb chops with a fresh herb crust. Served over pickled fennel and finished with a honey gastrique.

Smoked Oyster Canapés with Pickled Shallot and Celery Leaf

Lightly smoked oysters served atop a small rye crisp with pickled shallot and celery leaf

Wild Mushroom Mini Turnovers (V)

Flaky, golden pastry filled with a medley of wild mushrooms, caramelized shallots, and herbs

Experiential Dinners - \$80/pp

Root & Rebirth - Earth Healing & Grounding

Mood: Cozy, rustic, soulful nourishment

Focus: Grounding foods for emotional balance, digestive calm, and a sense of rootedness

3 Course Experience

- Roasted Fennel & Pear Soup with Caramelized Shallot Oil
- Slow-Braised Lamb Shoulder with Pumpkin Mash & Thyme Jus
- Spiced Carrot & Almond Milk Pudding

2 Small Shareables

- Crispy Carrot & Herb Latkes with Smoky Tahini Drizzle
- Warm Quinoa-Stuffed Mushrooms

Ethereal Sea - Emotional Release & Sensory Balance

Mood: Elegant, sensual, meditative - inspired by water and breath

Focus: Releasing emotional heaviness, restoring inner calm, and harmonizing energy

3 Course Experience

- Fennel & Cucumber Carpaccio with Lemon-Chive Dressing
- Miso-Glazed Black Cod with Saffron Cauliflower Purée & Charred Asparagus
- Sea Salt & Matcha Panna Cotta

2 Small Shareables

- Smoked Half-Shell Oysters with Herb & Citrus Garnish
- Miso & Nori Flatbread Crisps

Ignite - Energy, Vitality & Renewal

Mood: Bright, citrusy, cleansing, activating energy flow

Focus: Anti-inflammatory, circulation-boosting, immune-enhancing

3 Course Experience

- Shaved Carrot & Quinoa Salad with Citrus-Herb Dressing
- Black Garlic Roasted Chicken with Warm Mushroom & Celery Leaf Pilaf
- Poached Pear with Ginger Syrup & Pumpkin Seed Crumble

2 Small Shareables

- Crispy Carrot & Herb Latkes with Smoky Tahini Drizzle
- Warm Quinoa-Stuffed Mushrooms

Experiential Brunch - \$40/pp

Mood: Fresh, uplifting, and restorative

Focus: Energizing the body, refreshing the senses, and restoring inner balance.

Dishes

- Mini Egg Tartlets & Herb Salad
- Roasted Vegetable Farro Salad
- Signature Roasted Chicken
- Lemon Balm and Lavender Muffins
- Honey Butter
- Sparkling Citrus and mint water

Wellness Harvest Boxes - \$70 each

Earth & Ember - Grounding, Digestive Wellness

A fall ritual of roots, seeds, and fruits that nourish from within to restore radiance, vitality, and inner warmth. **Enough 2-3 ppl**

Signature Focus

Vitality • Renewal • Radiance

- **Vitality** - Fall adaptogens & antioxidants for seasonal balance
- **Radiance** - Nutrient-rich botanicals to support glowing skin
- **Renewal** - Roots and herbs that strengthen hair and nails

Box Includes -

Botanical Tonic

- Ember Root Tonic

Savory Snacks

- Root & Rosemary Crisps
- Maple Sage Pecans

Sweet Snacks

- Cocoa Chaga Bites

Condiments & Oils

- Smoky Beet & Rosemary Spread
- Porcini & Black Garlic Olive Oil

Experience

- **Taste** - Earthy roots, toasted grains, and slow-roasted herbs that evoke the coziness of home.
- **Texture** - A blend of creamy, crunchy, and melt-in-the-mouth comfort.
- **Healing Properties** - Rich in minerals, omega fats, and adaptogens that ground the nervous system, replenish energy, and support gut and immune health.

Harvest & Glow - Radiance & Vitality Wellness

A fall ritual of roots, seeds, and fruits that nourish from within to restore radiance, vitality, and inner warmth. **Feeds 2-3 ppl**

Signature Focus

Vitality • Renewal • Radiance

- **Vitality** - Fall adaptogens & antioxidants for seasonal balance
- **Radiance** - Nutrient-rich botanicals to support glowing skin
- **Renewal** - Roots and herbs that strengthen hair and nails

Box Includes -

Botanical Tonic

- Golden Harvest Elixir

Savory Snacks

- Root & Rosemary Crisps
- Golden Glow Seed Mix

Sweet Snacks

- Fig & Cacao Bites

Condiments & Oils

- Pear & Ginger Chutney
- Calendula Citrus Olive Oil

Experience

- **Taste** - Roasted seeds, spiced apple, citrus, and honeyed roots evoke the richness of fall.
- **Texture** - Comforting balance of crisp and creamy, crunchy and smooth. Savor slowly and mindfully.
- **Healing Properties** - Rich in antioxidants and adaptogens that support collagen, strengthen hair and nails, and restore inner vitality.

Signature Add-Ons

Scent & Sip Pairing

Aromatherapy with table diffusers or small jars of scents that match each canapé, creating multi-sensory experiences.

You provide the aromatherapy products and we supply the food and the event operations - **Cost + Split proceeds 55/45**

Botanical Cocktails / Mocktails

3 oz drinks featuring adaptogens, herbs, or antioxidants that complement the canapé menu. Example: hibiscus & rose spritz, golden turmeric fizz - **\$5/\$10/pp**

Mindful Eating Cards

Small prompts on each canapé plate, course or basket encouraging guests to savor, breathe, and connect - **\$4/pp**

Edible Art Canvas

Guests receive a small edible palette (herbs, edible flowers, sauces, powders, purees, seeds) to create their own mini plating masterpiece on a plate or tray. Served with our Signature bread for dipping and nibbling. Opportunity to align event with tasting - **\$10/pp | Split proceeds 50/50**

Scent & Sip Pairing

Aromatherapy diffusers or small jars of scents that match each canapé, creating multi-sensory experiences.

You provide the aromatherapy products, we supply the food and the event operations - **\$15/pp | Split proceeds 35/65**

Interactive Tasting Guide

QR code linking to a short video walking guests through mindful tasting, pairing, and sensory meditation - **(only available on wellness boxes) - \$10/ per box**

Dessert Pairing Flight

3 micro-desserts highlighting superfoods or anti-inflammatory ingredients - **\$8/pp**