



protein bar & kitchen

## CATERING MENU





## SUPER SAMPLER

**\$209** | Serves 12-15

Keep it simple (& delicious) with our all-in-one group lunch option. Includes one Group Box & choice of Group Salad or Bowl

**GROUP BOX**

**GROUP SALAD**

**GROUP BOWL**

## GROUP BOXES

**\$174** | Serves 10-12

Select an assortment of burritos and wraps (up to 3 varieties) cut in half & served with 12 bags of chips

### BURRITOS<sup>G</sup>

Spinach & Pesto  
Black Bean<sup>V</sup>  
Classic Buffalo<sup>V</sup>  
Mexicali (+\$4)  
Chicago Med (+\$4)

### WRAPS<sup>G</sup>

Southwest<sup>V</sup>  
Superfood Vegan<sup>V</sup>  
Green Goddess  
Cool Ranch Steak (+\$8)  
Salmon Caesar (+\$12)  
Caesar  
Cobb (+\$4)

Gluten free wrap available +\$2/ea

## LARGE GROUP PACKAGES

### BOWLS & BURRITO<sup>G</sup> PACKAGE **\$14.99/pp**

Includes pre-selected assortment of entrees, individually bagged with chips, fruit & a sweet treat (min 55 people)

### SALADS & WRAPS<sup>G</sup> PACKAGE **\$14.99/pp**

Includes pre-selected assortment of entrees, individually bagged with chips, fruit & a sweet treat (min 55 people)

## CLASSIC POWER LUNCHES

Individually packaged lunches from across our menu

### CLASSIC LUNCH<sup>G</sup> **\$14.99**

Choice of wrap or burrito, chips & fresh fruit

### SALAD LUNCH **\$14.99**

Choice of salad, chips & fresh fruit

### GLUTEN-FREE LUNCH **\$16.99**

Choice of wrap or burrito in a gluten free tortilla, chips & fresh fruit

### BURRITOS<sup>G</sup>

Spinach & Pesto  
Black Bean<sup>V</sup>  
Classic Buffalo<sup>V</sup>  
Mexicali (+\$1)  
Chicago Med (+\$1)

### SALADS + WRAPS<sup>G</sup>

Southwest<sup>V</sup>  
Superfood Vegan<sup>V</sup>  
Green Goddess  
Cool Ranch Steak (+\$2)  
Salmon Caesar (+\$3)  
Caesar  
Cobb (+\$1)

## GROUP BOWLS

Powered by our organic quinoa blend or brown rice (+\$10)  
Sub steak (\$15)

### MEXICALI **\$89**

Chicken, PBK Guac, corn, black beans, cheddar, salsa, kale, cilantro, spicy tomatillo lime sauce & chipotle Greek yogurt

### CHICAGO MED **\$89**

Chicken, crispy chickpeas, cucumber, grape tomatoes, pickled red onion, feta, romaine, red cabbage, brown rice, sriracha, preserved lemon tahini dressing & za'atar sprinkle

### SPINACH & PESTO **\$79**

Chicken, nut-free pesto, spinach & parmesan

### BLACK BEAN<sup>V</sup> **\$79**

Chicken, black beans, salsa & cheddar

### CLASSIC BUFFALO<sup>V</sup> **\$79**

Chicken, blue cheese, celery, carrots & Buffalo sauce

## GROUP SALADS

Tossed with fresh greens & piled high with flavor  
Sub steak (\$15)

### SALMON CAESAR **\$99**

Fresh greens with salmon, tomato, parmesan cheese, parmesan crisps & Caesar dressing

### CAESAR **\$89**

Chicken, kale & romaine, parmesan, sliced avocado, tomato, parmesan crisps & Caesar dressing

### CLASSIC COBB **\$89**

Romaine lettuce with chicken, turkey bacon, cucumbers, hard-boiled eggs, tomato, blue cheese, sliced avocado & ranch dressing

### COOL RANCH STEAK **\$89**

Seared steak, hard boiled eggs, romaine, arugula, cucumber, tomatoes, organic quinoa, crispy chickpeas & ranch dressing

### SOUTHWEST<sup>V</sup> **\$79**

Chicken, black beans, organic quinoa, PBK Guac, tomato, corn, carrot, cheddar & cilantro lime vinaigrette

### SUPERFOOD VEGAN<sup>V</sup> **\$79**

Organic tofu, PBK Guac, chickpeas, organic quinoa, pickled onion, carrot, celery, hemp seed & creamy chia dressing

### GREEN GODDESS<sup>V</sup> **\$79**

Chicken, marinated mushrooms, cucumber, goat cheese, turmeric chickpeas, organic rainbow carrots, spinach, tender greens, green onion, crispy quinoa & Green Goddess dressing

### PBK HOUSE SALAD<sup>V</sup> **\$69**

Chicken, fresh greens, carrot, cucumber, tomato, pickled onion & balsamic dressing

## DRINKS + DESSERT

**FRUIT BOWL \$49** Serves 10-12

**DESSERT PLATTER \$39** Serves 12-15

**SIDES \$2.49 - \$4.99** Chips, popcorn, cookies, brownies

**BOTTLED DRINKS \$2.79 and up**

**COFFEE \$24** Serves 10

<sup>G</sup> CONTAINS GLUTEN

<sup>V</sup> VEGAN/CAN BE MADE VEGAN

Most menu items can be made vegan or gluten free upon request.

## BREAKFAST BOX<sup>G</sup>

**BREAKFAST IS SERVED MON - FRI UNTIL 10:30AM**  
**WEEKEND HOURS MAY VARY**

### BREAKFAST BURRITO BOX \$139 | Serves 15

Choose an assortment of twelve scramble burritos wrapped in a tortilla, grilled & cut in half: Steak & Eggs, Morning Goddess, Bacon, Egg & Cheese, Morning Mexicali, Sunrise Spinach & Pesto

## CLASSIC BREAKFAST<sup>G</sup>

*Includes your choice of entree, fruit, & an RXBAR*  
*Gluten Free wrap available for +\$2/ea' at the bottom*

### BACON, EGG & CHEESE \$12.99

Turkey bacon, cheddar

### SUNRISE SPINACH & PESTO \$12.99

Nut-free pesto, spinach & parmesan

### MORNING MEXICALI \$12.99

Black beans, cheddar, kale, salsa, avocado, chipotle Greek yogurt, PBK Guac & spicy tomatillo lime sauce

### MORNING GODDESS \$12.99

Arugula, roasted mushrooms, goat cheese & Green Goddess dressing

### STEAK & EGGS \$14.99

Seared steak, avocado, black beans & salsa

## SHAKE BREAK

*Host an on-site drink blending event for your team*

### THE DETAILS

- Choose up to two drink options
- Shakes are blended to order
- Customize with choice of milk & choice of protein

#### 12oz Drinks

*Minimum order of 30*

#### Set-up, Transport, & Labor

\$200

#### Group Size

30+ Guests

*Includes one hour of service.*  
*Each additional hour of service is \$50/hour.*

## OATMEAL

*Includes your choice of oatmeal, fruit & an RXBAR*

### ALMOST NAKED \$10.99

Organic oatmeal blend with banana & raw organic honey

### OVERNIGHT OATS \$10.99

Chilled oats, Greek Yogurt, maple syrup, chia seed and almond milk, with banana, strawberry, blueberry & hemp seed blend

### PEANUT BUTTER & ACAI OATMEAL<sup>V</sup> \$10.99

Organic oatmeal blend with organic peanut butter, acai puree, banana & hemp seed blend

## BUILD YOUR OWN BAR

**\$79-\$99 | Serves 12 | A D.I.Y. oatmeal, yogurt or acai bowl bar with fan-favorite toppings**

### THE FOUNDATION<sup>V</sup>

Choice of organic steel cut oats & quinoa blend, Greek yogurt, or acai

### TOPPINGS<sup>V</sup>

Seasonal fruit/berries  
Hemp seed blend  
House made granola

Organic peanut butter  
Banana  
Almonds



## ORDER DETAILS

We can be reached by phone at **855.330.7064**, or by email at [catering@theproteinbar.com](mailto:catering@theproteinbar.com)  
All individual orders must be placed online or at a PBK location  
Find us online for more info

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