



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 bar-ritos and wraps (up to 3 varieties) cut in half & served with 12 bags of chips

BAR-RITOS ^G

Spinach & Pesto
Black Bean ^V
Classic Buffalo ^V
Mexicali (+\$12)
Chicago Med (+\$12)

WRAPS ^G

Southwest ^V
Superfood Vegan ^V
Green Goddess
Caesar (+\$12)
Salmon Caesar (+\$24)
Harvest (+\$12)
Cobb (+\$12)

Gluten free wrap available +\$2/ea

LARGE GROUP PACKAGES

BOWLS & BAR-RITO PACKAGE \$14.99/pp

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

SALADS & WRAPS 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 \$14.99

Choice of wrap or bar-rito, chips & fresh fruit

SALAD LUNCH \$14.99

Choice of salad, chips & fresh fruit

GLUTEN-FREE LUNCH \$16.99

Choice of wrap or bar-rito in a gluten free tortilla, chips & fresh fruit

BAR-RITOS ^G

Spinach & Pesto
Black Bean ^V
Classic Buffalo ^V
Mexicali (+\$1)
Chicago Med (+\$1)

SALADS + WRAPS ^G

Southwest ^V
Superfood Vegan ^V
Green Goddess
Caesar (+\$1)
Salmon Caesar (+\$2)
Harvest (+\$1)
Cobb (+\$1)

GROUP BOWLS

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

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 ^V \$79

Chicken, black beans, salsa & cheddar

CLASSIC BUFFALO ^V \$79

Chicken, blue cheese, celery, carrots & Buffalo sauce

GROUP SALADS

Tossed with fresh greens & piled high with flavor

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, diced avocado & ranch dressing

HARVEST \$89

Chicken, tender greens, arugula, quinoa, diced apple, pickled red onion, winter vegetables, goat cheese, green onion, almonds & balsamic vinaigrette

SOUTHWEST ^V \$79

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

SUPERFOOD VEGAN ^V \$79

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

GREEN GODDESS ^V \$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 ^V \$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

^G CONTAINS GLUTEN

^V VEGAN/CAN BE MADE VEGAN

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

BREAKFAST BOX

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

BREAKFAST BAR-RITO BOX \$139 | Serves 12

Choose an assortment of (12) scramble bar-ritos wrapped in a low-carb tortilla, grilled & cut in half: Morning Goddess, Bacon, Egg & Cheese, Morning Mexicali, Sunrise Spinach & Pesto

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.

CLASSIC BREAKFAST

Includes your choice of entree, a piece of fruit, & a mini RX bar

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 & spicy tomatillo lime sauce

MORNING GODDESS \$12.99

Arugula, roasted mushrooms, goat cheese, Green Goddess dressing, eggs scrambled with organic ghee

OATMEAL

Includes your choice of oatmeal, a piece of fruit & a mini RX bar

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 \$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^v

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

TOPPINGS^v

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
All individual orders must be placed online or at a PBK location
Find us online for more info

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