



**Please email inquiries and orders to [catering@humbowleats.com](mailto:catering@humbowleats.com)**

Any questions can be emailed to the same email. We respond promptly.

Humbowleats.com

2975 College Ave, Berkeley

1016 Court St, San Rafael

**Sample buffet menu for 30 people.**

**Bases:**

Brown Rice & Quinoa - 20 servings

Jasmine White Rice - 10 servings

**Veggie Sets:**

#1: Brassica veggie set - Broccoli, Cauliflower, Garlic - 15 servings

#2: Thai Curry veggie set - roasted sweet potatoes, garlic mushrooms, zucchini, sauteed greens - 15 servings

**Protein:**

Chicken - 20 servings

Hodo Foods organic tofu - 10 servings

**Sauces (all are vegan):**

Cilantro Ginger Vinaigrette - 32oz portion

Basil Cashew Pesto - 32oz portion

Coconut Curry Sauce - 32oz portion

## **Buffet Options:**

### **Bases:**

Brown Rice & Quinoa

Jasmine White Rice

Yukon Gold Potatoes

Greens Mix (usually baby kale and baby spinach)

### **Veggie Sets:**

#1: Brassica veggie set - Broccoli, Cauliflower, Garlic

#2: Thai Curry veggie set - roasted sweet potatoes, garlic mushrooms, zucchini, sauteed greens

#3: Togarashi - broccoli, mushrooms, zucchini, sauteed greens, togarashi spice

#4: Sesame Jasmine - broccoli, red bell pepper, mushrooms, jalapeno, Napa cabbage, scallions, sesame seeds

#5: Hash - Yukon Gold potatoes, cauliflower, sauteed onion, mushroom, zucchini, herbs de provence

#6: Seasonabowl (changes seasonally)

#7: Collaboration Bowl (changes frequently)

### **Protein:**

Chicken Breast

Hodo Foods organic tofu

Legumes Mix (garbanzo beans, black beans, French lentils)

Shrimp available, but not usually recommended for buffet

### **Sauces (all are vegan):**

Cilantro Ginger Vinaigrette

Basil Cashew Pesto

Coconut Curry Sauce

Pasilla Pepper Sauce

Tamari Citrus Vinaigrette

Tahini Ginger Sauce (seasonal, may change)