

Unapologetically Healthy

Personal Chef and Catering Services

From an intimate party for 2, to a cocktail party for 500, choose DROP SQUAD KITCHEN to cater your next special event. Please note that the following price is based on 10-40 guests and doesn't include rentals (tables, chairs, linens, china, glassware, flatware, etc.), labor fee, and service charge.

At DROP SQUAD KITCHEN, all our food is homemade. Our menu is based on fresh, organic, and local produce. We strive to be good to the farmers, the local economy, and the environment. Our flexibility is a big plus. We do our best to take into consideration your special requests and budget.

Prices are for food per person, half and full pans, napkins/cutlery. Food can be picked up at our Riverfront location during store hours, delivered, or set up buffet style. Additional costs for events requiring Buffet Staff or with more than 200 guests. 50% deposit and guaranteed head count due 3 weeks prior to event – balance due on event day. Cash/Check payments are preferred. Make checks payable to DROP SQUAD KITCHEN.

Canceling for any reason within 5 days of event will result in DSK retaining the 50% deposit. 100% payment due for cancellations with less than 5 days notice.

Honors and Abundant Appreciation,
Chef AC
Creator, DSK, Unapologetically Healthy

HOR D'OUVRES**Small Platters feed 10-20 & Large 20-40**

	P/P	Small	Large
Guacamole or humus spread served with a cascade of pita triangles	5	90	160
Raw Earth Braps <i>Bite Size Kale Salad Wraps with New Jerusalem garlic dressing, and sundried tomato</i>	6	110	230
Deity Braps <i>Bite Size Kale Salad Wraps with Green Velvet Avocado dressing with bell peppers</i>	6	110	230
Lacinto Kale Wrap <i>Black Beans w/ Black Rice or Quinoa wrapped in a Lacinto Kale Wrap</i>	7	130	270
Cheeze Steak Quesadillas <i>Portabella Mushroom Strip Steak w/ Bell Pepper and Onion smothered in vegan cheeze</i>	7	130	270
Cucumber Cups <i>Chilled Cucumber Cups stuffed with fresh Quinoa Salad</i>	6	110	230
Stuffed Tomato (can also be served raw) <i>Marinated stuffed with Sautéed Spinach and baked with vegan Havarti cheese</i>	7	130	270
Veggie Roll Nori Roll with Avocado, Asparagus, Black Rice, and Bell Pepper	7	130	270

SANDWICHES**Small Platters feed 10-20& Large 20-40**

Served w/ Gourmet Chips & Grapes (w/seeds)

	P/P	Small	Large
Raw Earth Wraps <i>Kale Salad Wraps with New Jerusalem garlic dressing, and sundried tomato</i>	9	170	340
Deity Wraps <i>Kale Salad Wraps with Green Velvet Avocado dressing with bell peppers</i>	9	170	330
ChickUn Caesar Wrap <i>Romaine Lettuce, Onion and Tomato w/ Chickun house Caesar dressing and vegan parmesan cheese.</i>	10	190	330
Lacinto Kale Wrap <i>Black Beans w/ Black Rice or Quinoa wrapped in a Lacinto Kale Wrap</i>	10	190	370
Cheeze Steak Wrap or Pita <i>Portabella Mushroom Strip Steak w/ Bell Pepper and Onion smothered in vegan cheeze</i>	10	190	370
Veggie Burger <i>Handmade Veggie Burger / house mayo, Lettuce, Tomato, and Pickles</i>	10	190	370
Spicy Black Bean Burger <i>Handmade black beans and spices w/ Lettuce, Tomato, and Pickles</i>	10	190	370

SALADS**Small Bowls feed 10-20 & Large 20-40**

	P/P	Small	Large
K.I.S.S. (Keep it Simple Salad) <i>Romaine Lettuce w/ Bell Peppers, Cherry Tomatoes, and Red Onions</i>	7	130	260
Caesar Salad <i>Our homemade croutons covered in our house vegan Caesar dressing tossed with organic greens, and vegan parmesan cheeze</i>	7	130	270
Raw Earth Salad <i>Kale Salad New Jerusalem garlic dressing, and sundried tomatoes and green onion</i>	8	150	280
Deity Salad <i>Kale Salad with Green Velvet Avocado dressing with bell peppers, red onion, and cherry tomatoes</i>	8	150	280
Apple Walnut Salad <i>Mixed Greens with Cucumbers, Apples, Walnuts, Bell Pepper, and Tomatoes</i>	9	170	340
Amexem Pasta Salad <i>Tri Colored Pasta tossed w/ an Olive Oil Vinaigrette, Fresh Herbs, Seasonal Greens, Bell Pepper, Red Onion, and Tomatoes</i>	9	170	340
Sunlight Salad <i>Quinoa, tossed with Olive oil and Lime, fresh herbs, seasonal greens and vegetables</i>	9	170	340

928 Justison Street, Wilmington, DE 19801 www.Dropsquadkitchen.com unapologeticallyhealthy@gmail.com

SOUPS & STEWS

Small feed 10-20 & Large 20-40

Served with Flat Bread

Split Pea

Dried Peas slow cooked with carrots to perfection and packed with spices

P/P Small Large

4 70 130

Hearty Vegetable

Kale, Green Beans, Corn, Onion, Lima Beans, and Potato in a tomato base

5 90 180

Raw Earth Stew

Butter Nut Squash, Corn, Kale, Yellow Onion, Potato or Plantain slow cooked to a savory and creamy ital stew of a consistency

6 150 280

Chickpea Garden

Chickpeas with bell peppers, onions , tomato, lemon and fresh spinach

5 150 280

Simple Lentil

Basic Lentils cooked down with herbs and spices

4 70 130

Curry Chickpeas or Lentils and Lemon

Yellow Lentils and onions slow cooked with curry

5 90 180

ENTREES**Small Pans feed 10-20 & Large 20-40**

	P/P	Small	Large
Spaghetti & Meek Sauce (served w/ a K.I.S.S. & Flat Bread) <i>Classic Spaghetti Pasta with our house veggie meat and homemade sauce</i>	10	150	300
Love Lasagna (served w/ a K.I.S.S. Salad & Flat Bread) <i>4 Layer Lasagna with our house veggie meat, vegan cheese, and homemade sauce</i>	12	180	360
Veggie Pepper Steak <i>Portabella Mushroom Strip Steak served w/ Quinoa or Black Rice</i>	10	150	300
Vegetable Curry <i>Steamed Seasonal Vegetable Curry (served w/ Black rice and cabbage. (extra: add Non GMO tofu)</i>	10	150	300
Portabella Roundhouse Steak <i>Portabella Mushroom Steak marinated in herbs and spices and broiled until tender (served with a K.I.S.S. and one side)</i>	8	150	280
BBQ Rib Tips <i>Mushroom Strip Steak glazed in our homemade BBQ Sauce (served with a K.I.S.S. and one side)</i>	9	170	340

Veggie Meat

Pint 12 Quart 20 Half Pan
100 Full Pan 190

SIDES

Small Pans feed 10- 20 & Large 20-40

	Small	Large
Candied Squash or Yams <i>Classic squash or yams baked with pure maple sugar and raw agave nectar</i>	50	75
Necessary Greens <i>A mix of organic kale and collard greens cooked with fresh herbs and spices</i>	40	55
Steamed Cabbage <i>Thinly sliced Cabbage steamed with light spice</i>	30	45
Macaroni and Cheeze <i>Macaroni Noodles and 3 Vegan Style Cheezes baked to perfect comfort</i>	50	75
Stuffing <i>Sprouted Bread Crumbs, Celery, and Onions, baked with lots of herbs and spices</i>	40	55
Red Potatoes w/ Garlic and Dill <i>Organic Red Skinned Potatoes nearly mashed with lots of garlic, olive oil, and fresh dill</i>	40	55