

WOLF & BEAR'S



Hello,

Wolf and Bear's is happy to provide catering for small parties and office events (generally up to around 30 people).

We will normally only accept up to 20 wraps per order. Feel free to add on other item such as our family size salads and hummus,

Food is to be picked up by customer at one of our carts.

Pickup is usually required before 11:30 am.

We ask that orders be placed and paid for at least 72 hours in advance.

All wraps can be served as salads(GF).

If food is not going to be served directly after pick up, we recommend going with our family sized Salads, Dips and Sides as we feel they will stay fresher for longer.

We add 15% gratuity for our staff to all catering orders.

If you have any questions, feel free to contact us at EatWolfAndBears@gmail.com

Thank you!

PITA WRAPS

FALAFEL – hummus, grilled onions, roasted red peppers, grilled eggplant, parsley & falafel (V)(GF upon request) **\$8.5**

OUT TO LUNCH – labneh (traditional strained yogurt cheese), gorgonzola, grilled onions, roasted red peppers, falafel, freshly cracked pepper & olive oil (GF upon request) **\$9**

OLEA – Wolf's kalamata tapenade, labneh, grilled eggplant, roasted red peppers, grilled red onions, gorgonzola crumbles, caramelized walnuts, cracked pepper & olive oil (V and/or GF upon request) **\$9**

SABICH (Iraqi-Jewish breakfast) – hummus, amba (mango pickle), potato, hard boiled egg, grilled eggplant, diced onion, cucumber & pickles, cracked pepper & olive oil (V and/or GF upon request) **\$9**

all pita wraps served with mixed greens, parsley, house tahini sauce, & come with a side of pickles

SALADS, SOUP & SIDES (Large size)

GORG – gorgonzola crumbles, caramelized walnuts, currants, red peppers, red onion, shredded beet & carrot with house balsamic vinaigrette on mixed greens(GF) **\$48 Serves 5-8**

GOMASIO – homemade gomasio (toasted sesame, sea salt and nori), red peppers, red onions, shredded beet & carrot, currants with house tahini sauce on mixed greens(V,GF) **\$48 Serves 5-8**

CASTELVETRANO - italian olives, slivered almonds, manchego & radicchio with tarragon honey lemon dressing on mixed greens **\$48 Serves 5-8**

LENTIL SOUP (Winter only) - a hearty vegetable lentil soup with hints of Moroccan spice. Garnished with olive oil, lemon, parsley & labneh(GF, Vegan optional) **\$35 Serves 5**

HUMMUS BOWL- our delicious Hummus(V,GF) **\$40 Serves 8-12**

LABNEH BOWL- our delicious Labneh(GF) **\$40 Serves 8-12**

TABBOULEH SALAD- Quinoa tabbouleh salad **\$30 Serves 5-8**

SK'HOOG HOT SAUCE- 6 oz jar of our famous green sauce(V,GF) **\$8 Serves 5-7**

PITA PLATTER-(V) **\$15 Serves 10**

PICKLE BOWL- assorted pickles **\$7 Serves 5**

DESSERT

BUNNY BALLS- nutty, datey goodness with a hint of cacao and tahini(V,GF) **\$18 Serves 6**

DRINKS

FRESH LEMONADE 16 oz of our house lemonade infused with mint **\$3.5**

ICED BLACK TEA 16 oz of our house iced tea infused with mint **\$3.5**

TEA-N-ADE 16 oz mix of our lemonade and tea infused with mint **\$3.5**

LION HEART KOMBUCHA 12oz **\$4.5**

Add-on options (per serving):

Harissa, Amba, Eggplant, Cucumbers,
Roasted Red Peppers, Grilled Onions,
Mushrooms, Potatoes & Jalapenos **75c**

Tapenade, Feta, Gorg, Labneh,
caramelized Walnuts, Falafel **\$1**

Hard boiled Egg, Pita **\$1.5**



Falafel Pita



Out to Lunch Pita



Olea Pita



Sabich Pita



Gorg Salad



Gomasio Salad



Castelvetro Salad



Tabbouleh Salad



Lentil Soup(winter only)



Hummus Bowl



LABNEH BOWL



SK'OOG HOT SAUCE



PITA PLATTER



PICKLE BOWL



Bunny Balls



Drinks