

# KHAANA - Healthy Catering Sample Menu

Our philosophy: nutrient-dense, seasonal ingredients, cooked fresh. All items are available as vegan, vegetarian, or high-protein options.

## Bowls

- Green Glow Bowl: quinoa, roasted broccoli, chickpeas, avocado, lemon-tahini
- Farm Power Bowl: farro, grilled chicken or tofu, kale, sweet potato, miso-ginger
- Citrus Crunch Bowl: brown rice, roasted cauliflower, pickled carrots, citrus dressing

## Sides

- Herbed Lentils
- Charred Sesame Broccolini
- Roasted Sweet Potatoes
- Spiced Chickpeas
- Lemon-Dill Hummus with Pita Chips

## Desserts

- Coconut Bliss Bites
- Cacao Avocado Mousse
- Lemon Chia Bars

## Beverages

- Cucumber Mint Infused Water
- Ginger-Lemon Sparkling Tonic
- Cold Brew Coffee