

Catering Menu

real food. every day.

Breakfast

Chia Pudding

Gluten-free, vegan

Tropical mango, chocolate-peanut butter or strawberry with sweet cashew cream

Yogurt Parfait

Gluten-free

Caramelized banana, caramel goji or lemon-dragon fruit

Wraps and Sandwiches

Hummus Pinwheels

Vegan

Choice of roasted garlic or lentil hummus

Seasonal roasted vegetables, seasonal greens, whole wheat wrap

Tuna Wrap

Lemon-tarragon white albacore tuna salad, tomatoes, mixed greens, whole wheat wrap or lettuce cup

Curried Chicken Salad Wrap

Tomatoes, mixed greens, whole wheat wrap or lettuce cup

Egg Salad Roll

Tomatoes, mixed greens, gluten-free roll or lettuce cup

Tofu Scramble Wrap

Tomatoes, mixed greens, whole wheat wrap or lettuce cup

Entrees

Balanced Bowls

Seasonal greens, nuts/seeds, seasonal veggies meat or non-meat protein, grains

Cleanse Salad

Choice of balsamic dressing or honey-garlic vinaigrette

Field greens with a variety of raw vegetables

Boxed Bites

breathe Power Breakfast

Choose one muffin and one 8oz. Cold-Pressed Juice

breathe Restorative Lunch

Choose one wrap, one cookie and one breathe water

breathe Warrior Lunch

Choose one wrap, one side (mediterranean quinoa salad, chickpea salad, lentil protein power bowl, tofu scramble or asian broccoli salad) one cookie and one breathe water

Add 1 fee if ordering chicken salad wrap for the Boxed Bites.

Sides

Mediterranean Quinoa Salad

Quinoa, sun-dried tomatoes, grape tomatoes, artichoke hearts, kalamata olives, lemon

Chickpea Salad

Feta cheese, kalamata olives, lemon, herbs

Lentil Protein Power Bowl

Stewed tomatoes & red bell peppers, lemon-tahini dressing

Egg Salad

Local eggs, green olives, capers, mustard, dill

Tofu Scramble

Carrots, baby spinach, red bell peppers, leeks, tamari, ginger, garlic

Asian Broccoli Salad

Red cabbage, carrots, ginger, toasted sesame

Tuna Salad

White albacore tuna, lemon, tarragon, capers, dill relish, vegenaïse

Curried Chicken Salad

Celery, red onions, apples, toasted pumpkin seeds, vegenaïse

Muffins

Chocolate Chip Muffin

Gluten-free

Dark chocolate chunks, semi-sweet chocolate chips, gluten-free flour blend, brown sugar, hemp milk, coconut oil, applesauce, eggs

Blueberry Muffin

Gluten-free

Blueberries, gluten-free flour blend, hemp milk, coconut oil, applesauce, eggs

Cranberry Muffin

Gluten-free

Cranberries, gluten-free flour blend, brown sugar, hemp milk, coconut oil, applesauce, eggs

Savory Ricotta & Herb Muffin

Gluten-free

Ricotta cheese, gluten-free flour blend, coconut oil, sea salt, italian herb blend, cayenne pepper, black pepper, eggs

Brownie

Brownie

Gluten-free

Cocoa powder, semi-sweet chocolate, cane sugar, butter, gluten-free flour blend, eggs, vanilla, sea salt

Prices subject to change * We make every effort to ensure our gluten-free items are prepared with care, however, we are not a gluten-free kitchen.

Call us: (585) 248-9070 ext. 1 Email: kitchen@breatheyoga.com

Visit: 19 South Main Street in Pittsford * 34 Celebration Drive in Rochester



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Bars

Quinoa Breakfast Bar

Gluten-free, dairy-free, anti-inflammatory

Oats, gluten-free flour blend, honey, agave nectar, coconut oil, walnuts, raisins, vanilla

Energy Bar

Gluten-free, dairy-free

Oats, puffed brown rice cereal, peanuts, apricots, dried cranberries, goji berries, honey, peanut butter

Birdseed Bar

Gluten-free, dairy-free, anti-inflammatory

Puffed brown rice cereal, oats, pumpkin seeds, sunflower seeds, chia seeds, flaxseed, sesame seeds, honey, peanut butter

Buddha Bar

Gluten-free, vegan, dairy-free, anti-inflammatory

Toasted oats, apricots, dates, cashew butter, toasted almonds, dried cherries, toasted coconut, chia seeds

Cookies

Chocolate Oat Cookie

Gluten-free

Oats, gluten-free flour blend, cane sugar, brown sugar, dark chocolate semi-sweet chocolate, walnuts, butter, eggs, sea salt

Peanut Butter Cookie

Gluten-free, vegan, dairy-free

Peanut butter, oat flour, brown sugar, hemp milk, vanilla, sea salt

Chocolate Cardamom Cookie

Gluten-free

Gluten-free flour blend, almond meal, dark chocolate, cane sugar, eggs, vanilla, sea salt, cardamom

Snacks

Crispy Brown Rice Snacks

Gluten-free, dairy-free, anti-inflammatory

Puffed brown rice cereal, walnuts, peanuts, semisweet chocolate chips, peanut butter, honey, vanilla, cinnamon

Herbed Spiced Nuts

Gluten-free, vegan, dairy-free, anti-inflammatory

Cashews, peanuts, walnuts, almonds, coconut oil, thyme, sea salt, cayenne pepper

Power Bites

Gluten-free, vegan, dairy-free, anti-inflammatory

Chocolate, peanut butter, oats, flax, chia seeds

Cold-Pressed Juices

8oz. * 16oz. * 32oz.

Alkalizer

Alkalizing, hydrating, metabolizing

Raw apple cider vinegar, ginger, lemon, distilled water

Blue Green Boost

Anti-inflammatory, detoxifying, blood building

Apple, lemon, spirulina, chlorophyll, distilled water

Metabolic Fire

Detox support, metabolic booster, promotes heart health

Lemon, maple syrup, cayenne, distilled water

Daily Detox

Heavy metal detoxifying, anti-inflammatory, regulating

Cucumber, celery, apple, lemon, cilantro, ginger

Greens with a Twist

Detoxifying, immune boosting, energizing

Cucumber, kale, celery, parsley, romaine, lemon, apple

Honorable Grasshopper

Alkalizing, oxygenating, detoxifying

Apple, pineapple, wheat grass juice

Lean and Green

Anti-inflammatory, iron booster

Apple, celery, kale, parsley, lemon

Chill Out

Insomnia aid, joint support, anti-inflammatory

Chamomile, lavender, apple, tart cherry, distilled water

Spice of Life

Immune boosting, anti-inflammatory, blood building

Carrot, beet, apple, lemon, ginger

Lemon Up

Antioxidant, vision support, skin re-vitalizer

Carrot, apple, lemon

Forever Young

Oxygenating, anti-inflammatory, bone and brain building

Pineapple, apple, turmeric root, distilled water

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