

BOXES

Grain Bowl Box (Serves 4-6) - \$27.95

Organic grains and organic vegetables sautéed with parmesan cheese in an oil of your choice.

CHOOSE YOUR GRAIN

Organic Brown Rice

Organic Quinoa

Organic Brown Rice/Quinoa Blend

Go All Veggies No Grain + \$4.50

CHOOSE YOUR VEGGIE MIX

Organic Superchop

Organic Broccoli and Carrots

Organic Peppers and Onions

CHOOSE YOUR OIL

Organic Coconut Oil

Organic Olive Oil

Grass Fed Butter

BAR

All the Beans Burrito Bowl Bar (Serves 10-12) - \$105.95

Build your own bean burrito bowl with organic avocado spread, pico de gallo, 3 bean salad, organic brown rice, and quesadilla triangles made with white cheddar cheese and a non-gmo flour tortilla. Comes with a 5oz bottle of Franks Red Hot Sauce. Ask about adding one or more of our protein options!

SHARABLES AND DESSERTS

serves 4 unless otherwise noted

Hummus - \$5.95

Black Bean Hummus - \$5.95

Corn and Bean Salsa - \$8.95

Spicy Mango Salsa - \$8.95

Pico De Gallo - \$9.95

Organic Cold Quinoa Salad - \$5.95

3 Bean Salad - \$5.95

Homemade Cookie Box

Half Dozen - \$2.75

Dozen - \$5.25

Twenty - \$8.50

DRINKS

1/2 Gallon Organic Lemonade - \$8.95

1/2 Gallon Organic Iced Green Tea - \$3.95

Boxed Waters - \$2.00/ea

BROWN BOX LUNCH

Starting at \$7.50

Entrée - \$6.00 +

(Salad, Wrap or Sandwich)**

Side - \$1.00 +

Bagged Pita Chips, Bagged Organic Tortilla Chips, Organic Apple, Fruit and Nut Mix,

Organic Cold Quinoa Salad (+0.50), Organic Fruit Cup (+1.25)

Dessert - \$0.50 +

Homemade Whole Wheat Chocolate Chip Cookie, Banana, Organic Chocolate Honey Pattie (+0.25),

Organic Chocolate Chia Pudding Cup (+.50)

Free delivery available for orders over \$100* within Myrtle Beach City Limits

**tax not included*

ALLERGY NOTICE

Please be advised that food prepared in our kitchen may contain:

Peanuts, Tree Nuts, Sesame Seeds, Sesame Oil, Soy, Wheat, Fish, Dairy, and Eggs.

If in doubt, please ask a staff member for more information.

***Microgreens are an unwashed vegetable. If you are pregnant, breast feeding, or have a compromised immune system, it is recommended that you do not consume them.*

Kindbelly
CATERING

www.kindbelly.com

(843) 712-1731



316 79th Ave North Myrtle Beach, SC 29572

M-F 7:00am - 4:30pm **SAT** 10:00am - 2:00pm **SUN** Closed

To ensure that we can best serve you, please place all catering orders at least 24hrs ahead of time.
Visit our website for printable/downloadable menus and easy order guides.

BREAKFAST

BOXES

Individual Protein Additions and Substitutions

Uncured Bacon - \$2.50

Pulled Chicken - \$2.75

Organic Salt and Pepper Tofu - \$2.00

Substitute a Tofu Scramble for Eggs - \$0.50/egg

Breaky Burrito Box (Serves 5) - \$25.95

5 Breakfast Burritos

organic eggs, organic potatoes, organic peppers, organic onions, and white cheddar cheese wrapped and grilled in a non-gmo flour tortilla. Comes with a 5oz bottle of Franks Red Hot sauce.
Add Organic Sliced Avocado \$0.75/ea. Add Pico De Gallo \$0.75/ea

5 Fruit Cups + \$11.25

Mixed organic berries and sliced organic banana

Fruit Salad Box (Serves 10-12) - \$28.95

Pineapple, melon, organic grapes, seasonal organic berries, and sliced organic banana

BARS

Breaky Burrito Bowl Bar (Serves 10-12) - \$115.95

Build your own breakfast burrito bowl with organic scrambled eggs, organic potato hash, organic avocado spread, pico de gallo, organic quinoa and bean salad and quesadilla triangles made with white cheddar cheese and a non-gmo flour tortillas. Comes with a 5oz bottle of Franks Red Hot Sauce. Ask about adding one or more of our protein options!

Berries, Bees, Cream N' Oats Bar (serves 10-12) - \$112.95

Build your own greek yogurt or organic steel cut oats with organic flax and chia seeds breakfast bowl. Top your hot or cold breakfast with organic honey, fresh seasonal organic berries, mixed nuts, and granola.

DRINKS

Organic Coffee (Serves 6-8) - \$14.95

Regular or decaf shade grown Costa Rican coffee. Comes with cream, sugar, and stevia.

Assorted Organic Hot Tea (Serves 6-8) - \$14.95

Choose from Numi's organic, breakfast blend, rooibos chia, earl gray, and green tea. Comes with 8 tea bags, cream, sugar, and stevia

64oz Organic Orange Juice - \$9.95

LUNCH

BOXES

Individual Protein Additions and Substitutions

Organic Chick Peas - \$0.75

Organic Salt and Pepper Tofu - \$2.00

Uncured Bacon - \$2.50

Pulled Chicken - \$2.75

Chicken Salad - \$3.50

pulled chicken and organic grapes dressed with greek yogurt, dill, organic garlic, sea salt and white pepper

Tuna Salad - \$4.75

sustainably caught albacore tuna dressed with non-gmo sunflower oil, malt vinegar, organic lemon juice, organic honey, dijon mustard, sea salt and white pepper then mixed with diced organic celery and onions.

Wild Caught Salmon - \$8.00

Substitute Organic Paleo Wraps for bread or a flour tortilla - \$2.50

Assorted Wrap Box (Serves 4) - \$27.95

4 Assorted Vegetable Wraps

Good Goddess - organic superchop tossed in housemade goddess dressing and wrapped in a non-gmo flour tortilla with hummus, organic cucumbers, organic tomatoes, organic carrots, organic avocado. Served with a side of housemade goddess dressing.

Caesar In a Blanket - organic superchop tossed in housemade Caesar dressing and wrapped in a non-gmo flour tortilla with organic tomatoes and parmesan cheese. Served with a side of housemade Caesar dressing

Buffalo Soldier - organic superchop and blue cheese crumbles tossed in hot sauce and wrapped in a non-gmo flour tortilla with organic celery, organic cucumber, organic carrots, organic avocado, buffalo hot sauce. Served with a side of housemade ranch dressing

Island Stylin' - organic superchop tossed in housemade jerk vinaigrette dressing and wrapped in a non-gmo flour tortilla with black bean hummus, organic tomatoes, organic carrots, mango salsa. Served with a side of housemade raspberry vinaigrette dressing.

4 Sides + \$4.00

Bagged Pita Chips, Bagged Organic Tortilla Chips, Organic Apple, Fruit and Nut Mix, Organic Cold Quinoa Salad (+2.00), Organic Fruit Cup (+5.00)

4 Homemade Desserts + \$2.00

Whole Wheat Chocolate Chip Cookie or Chocolate Chia Pudding Cup (+2.00)

Assorted Cold Sandwich Box (Serves 4) – \$31.95

4 Assorted Sandwiches

Chicken Salad Sandwich - our house chicken salad piled on top of organic kale and romaine lettuce mix with organic tomatoes, organic cucumber, and organic microgreens**. Served between two slices of organic multi-grain bread.

Tuna Salad Sandwich - our house tuna salad piled on top of organic kale and romaine lettuce mix, with organic tomatoes, organic cucumber, and organic microgreens**. Served between two slices of organic multi-grain bread.

Vegg Salad Sandwich - our organic tofu scramble, mixed with chopped baby organic dill pickles, organic onions and spices, served on top of organic kale and romaine lettuce mix, organic microgreens**, and organic sliced avocado. Served between two slices of organic multi-grain bread.

Mamas Simple Chicken S sammie - cold pulled chicken with mayo, organic sliced avocado, organic microgreens**, sea salt and black pepper served between two slices of organic multi-grain bread

4 Sides + \$4.00

Bagged Pita Chips, Bagged Organic Tortilla Chips, Organic Apple, Fruit and Nut Mix, Organic Cold Quinoa Salad (+2.00), Organic Fruit Cup (+5.00)

4 Homemade Desserts + \$2.00

Whole Wheat Chocolate Chip Cookie or Chocolate Chia Pudding Cup (+2.00)

BOXES

Assorted Hot Sandwich Box (Serves 4) – \$31.95

4 Assorted Sandwiches

Mamas Simple Chicken - hot pulled chicken with mayo, organic sliced avocado, organic microgreens**, sea salt and black pepper served between two slices of toasted organic multi-grain bread.

BBBBQ S sammie - hot pulled chicken, slathered in our housemade blackberry bbq sauce, topped with superchop slaw and served between two slices of toasted organic multi-grain bread.

4 Sides + \$4.00

Bagged Pita Chips, Bagged Organic Tortilla Chips, Organic Apple, Fruit and Nut Mix, Organic Cold Quinoa Salad (+2.00), Organic Fruit Cup (+5.00)

4 Homemade Desserts + \$2.00

Whole Wheat Chocolate Chip Cookie or Chocolate Chia Pudding Cup (+2.00)

All the Beans Burrito Box (Serves 5) - \$24.95

5 Bean Burritos

organic brown rice, 3 bean salad, organic red peppers, organic onions, cheddar cheese wrapped and grilled in a non-gmo flour tortilla. Comes with a 5oz bottle of Franks Red Hot sauce.

Add Organic Sliced Avocado - \$0.75/person Add Pico de Gallo - \$0.75/person

5 Sides + \$5.00

Bagged Pita Chips, Bagged Organic Tortilla Chips, Organic Apple, Fruit and Nut Mix, Organic Cold Quinoa Salad (+2.00), Organic Fruit Cup (+6.25)

5 Homemade Desserts + \$2.50

Whole Wheat Chocolate Chip Cookie or Chocolate Chia Pudding Cup (+2.50)

Salad Box (Serves 3)

Signature Salads - \$17.95

Naked Caesar - organic kale and romaine lettuce mix with organic grape tomatoes, organic microgreens** and parmesan cheese. Served with a side of housemade Caesar dressing.

Home on the Ranch - organic kale and romaine lettuce mix with organic avocado, organic cucumber, organic carrots, organic broccoli, organic celery, white cheddar cheese, and organic microgreens** Served with a side of housemade ranch dressing.

City Salad - organic kale, chopped and tossed in housemade soy vinaigrette dressing with shredded organic carrots, organic cucumber, organic sliced avocado, organic microgreens** and toasted organic sesame seeds.

Premium Salads - \$ 20.95

Naked Goddess - organic kale and romaine lettuce mix with organic grape tomatoes, organic cucumber, shredded organic carrots, organic onion, organic garbanzo beans, and organic microgreens** Served with a side of housemade goddess dressing.

How You Like Them Apples - organic arugula with diced organic apples, organic pine nuts, parmesan cheese and organic microgreens** Served with a side of housemade lemon vinaigrette dressing.

Berry Goats Gruff - organic spinach with organic beets, organic strawberries, goat cheese, candied walnuts, and organic microgreens** Served with a side of housemade raspberry vinaigrette dressing.

Chip N' Dip Box (Serves 4) – \$13.95

16oz of hummus, black bean hummus, corn and bean salsa (+3.00), or spicy mango salsa (+3.00) with your choice of either organic pita chips, organic tortilla chips, or organic vegetable sticks.

***Microgreens are an unwashed vegetable. If you are pregnant, breast feeding, or have a compromised immune system, it is recommended that you do not consume them.*