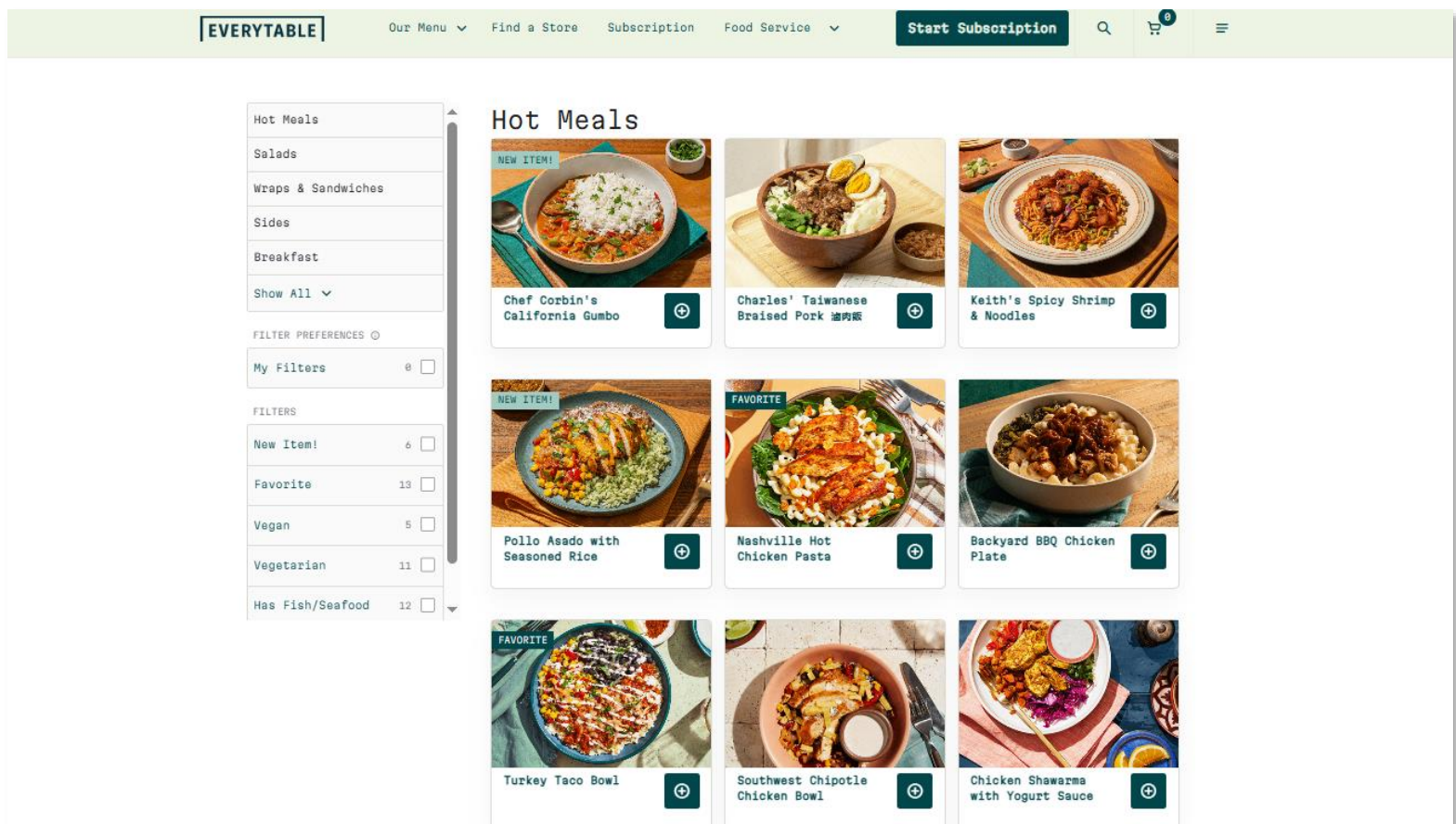
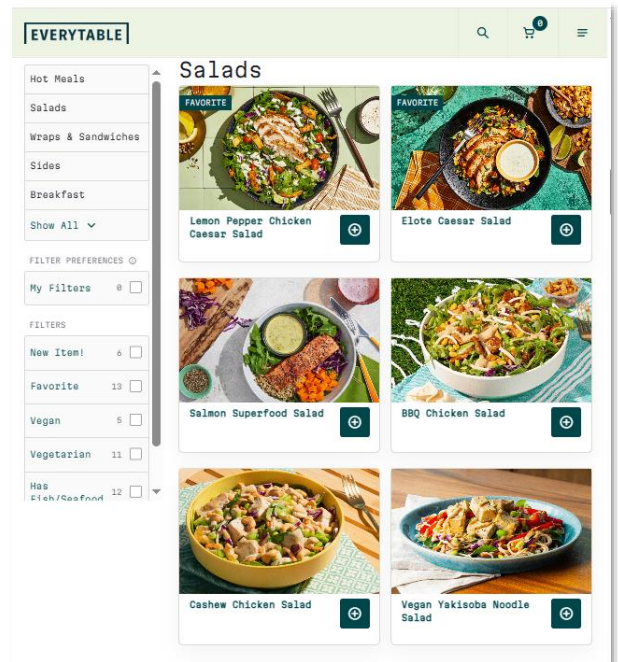
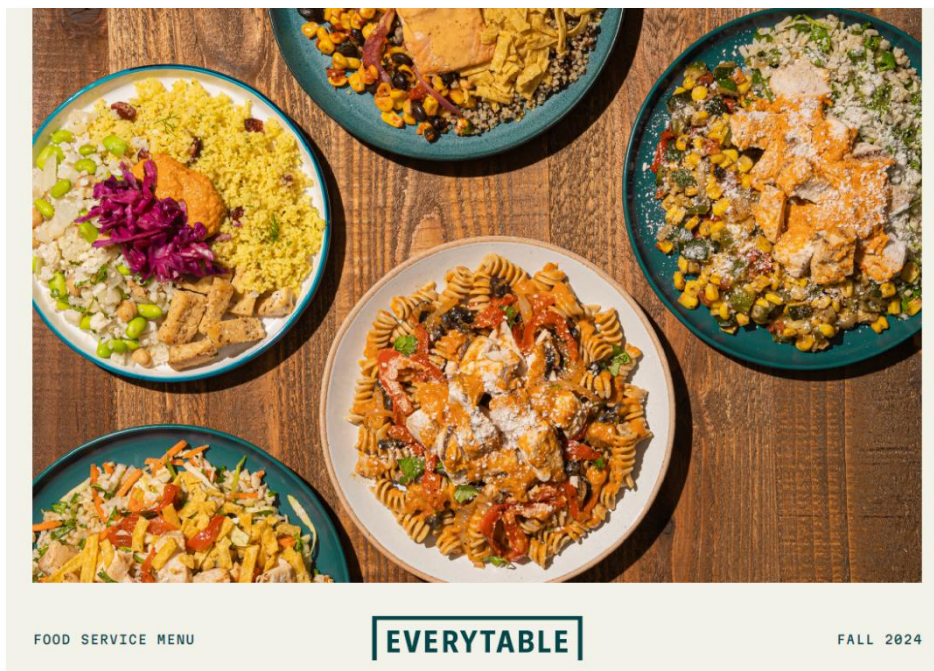


Menus and Offerings



OUR MENUS

Below and in the following pages, we have included our menus available to all of our amenity stores. You can also review full menu on our website at: <https://www.everytable.com/Menu>



EVERYTABLE MEALS

Everytable offers a large and diverse menu designed to fit a wide range of tastes, dietary preferences, and cultural backgrounds. From hearty comfort meals to lighter, health-forward options, our menu is carefully crafted to ensure there's something for everyone. With new items introduced regularly—including seasonal dishes and local chef collaborations—we're always evolving to meet our customers'



EVERYTABLE



Hot Plates
Salads
Wraps
Sandwiches
Breakfast
Juices
Snacks



All of our food is made from scratch each morning at our central kitchen using fresh, whole ingredients. We believe in buying from local farms, and launch new meals inspired by the seasons and available harvest.

HOT PLATES

CHIMICHURRI CHICKEN WITH COWBOY CAVIAR

600 cal, 22g protein

Roasted chicken tossed in a bold chimichurri sauce, served over a hearty blend of quinoa and rice. Paired with cowboy caviar—a vibrant mix of Black Eyed Peas, black beans, chopped peppers, red onions, corn, dash of jalapeno marinated in a tangy vinaigrette—and finished with a side of roasted sweet potatoes.



NEW

G PERICO'S BIRRIA MAC & CHEESE

950 cal, 47g protein

Birria style braised beef, mac & cheese, hot honey sweet potatoes, black beans

PESTO CHICKEN CAVATAPPI

950 cal, 53g protein

Chicken breast with pesto aioli, marinara, cavatappi, roasted peppers & onions, mozzarella, spinach

NASHVILLE HOT CHICKEN PASTA

540 cal, 33g protein

Hot Honey glazed chicken, spicy crunchies, goat cheese, peach cider dressing

CAULIFLOWER ROMESCO

540 cal, 20g protein

Whole wheat couscous, roasted cauliflower, chickpeas, edamame, Spanish romesco

THAI RED CURRY WITH VEGGIES

500 cal, 10g protein

Slow-roasted carrots, chickpeas, fresh broccoli, and brown rice covered in our scratch-cooked Thai curry sauce

GINGER ORANGE TOFU BUDDHA BOWL

420 cal, 16g protein

Roasted seasoned tofu, broccoli, brown rice, pickled cabbage, shredded carrots, ginger orange vinaigrette

CHICKEN SHAWARMA WITH YOGURT SAUCE

720 cal, 36g protein

Shawarma spiced chicken, roasted chickpeas & carrots, pickled red cabbage, brown rice, herbed yogurt sauce

TURKEY TACO BOWL

710 cal, 25g protein

Seasoned ground turkey, roasted corn salsa, white cheddar, black beans, chipotle lime sauce, fresh cilantro

SOUTHWEST CHIPOTLE CHICKEN BOWL

670 cal, 16g protein

Southwest chicken, roasted corn salad, black beans, brown rice, cotija cheese, tortilla strips, chipotle lime sauce

POLLO ASADO WITH SEASONED RICE

670 cal, 34g protein

Achiote roasted chicken, seasoned rice, refried beans, calabacitas, salsa roja

CHEF CORBIN'S CALIFORNIA GUMBO

640 cal, 34g protein

Seasoned chicken thigh, andouille sausage, cajun trinity, dark roux, white rice

KEITH'S SPICY SHRIMP & NOODLES

590 cal, 46g protein

Spicy blackened shrimp, stir fry veggie blend, lo mein style sauce, yakisoba noodles

YUCATAN SALMON

800 cal, 31g protein

Roasted salmon, quinoa, roasted corn Salsa, Black Beans, plantain, achiote citrus vinaigrette

SOUTHERN SHRIMP AND GRITS

580 cal, 37g protein

Our soulful, seasoned shrimp with cheesy grits and sautéed spinach is unforgettable

LEMON MAPLE SALMON BOWL

740 cal, 31g protein

Roasted Atlantic salmon, brown rice, broccoli, carrots, edamame, lemon maple sumac vinaigrette

HOMEGIRL SALMON BOWL

540 calories, 31g protein

Seasoned salmon, cauliflower rice, chili-lemon chickpeas, spicy pickled onions, Homeboy avocado salsa verde

CHILI CRISP NOODLES WITH SESAME CHICKEN

780 cal, 44g protein

Sesame teriyaki chicken, yakisoba noodles, red and green cabbage, fresh carrots, chili crisp sauce

TRAP KITCHEN CURRY CHICKEN

550 cal, 22g protein

Jamaican style curry chicken, roasted carrots and potatoes, brown rice, baby spinach, curry gravy

BACKYARD BBQ CHICKEN PLATE

620 cal, 41g protein

BBQ chicken, mac & cheese, sautéed kale and bacon

SCALLION BEEF WITH JASMINE RICE

500 cal, 23g protein

This comforting and hearty bowl features flavorful ground beef sautéed with ginger and scallions, with broccoli and jasmine rice.

CRAFT BACON CHEESEBURGER MAC

680 cal, 37g protein

Cheeseburger crumble, cavatappi pasta, bacon, cheese sauce, tomato & dill pickle relish

Heat and eat

*Please note that our menu rotates seasonally. Everytable also carries an assortment of snacks and beverages, ask us for more information.

Our meals are prepared in a central kitchen which handles various common allergens including wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish. Due to our centralized kitchen, any of the "Big 8" allergens may be in the product due to cross-contact, therefore, we cannot guarantee that a meal is allergen-free.

BREAKFAST

CHORIZO SUNRISE SCRAMBLE

620 cal, 37g protein

Turkey chorizo, Vital Farms eggs, potato hash, black beans, avocado salsa verde

BLUEBERRY MAPLE YOGURT PARFAIT

580 cal, 24g protein

Grade A Greek Yogurt layered on a sweet blueberry jam base, topped with a crunchy mix of pepitas, sunflower seeds, and quinoa

MAÑANEROS BOWL

340 cal, 13g protein

Scrambled eggs, roasted sweet potatoes, black beans, queso fresco, tortilla strips, salsa roja

MORNING GLORY OVERNIGHT OATS

630 cal, 16g protein

Old fashioned rolled oats, diced apples, shredded carrots, raisins, walnuts

SAUSAGE, EGG, & CHEESE SANDWICH

410 cal, 21g protein

Whole wheat English muffin, chicken sausage patty, egg, provolone cheese, chipotle mayo

MONICA'S BREAKFAST BURRITO

610 cal, 31g protein

Scrambled eggs, salsa roja, black beans, cheddar cheese, brown rice

BACON, EGG & CHIMICHURRI SANDWICH

410 cal, 13g protein

Chimichurri aioli, scrambled Eggs, Sharp Cheddar, Unoured Bacon

SALADS

HOT HONEY CHICKEN CRUNCH SALAD

470 cal, 31g protein

Roasted chicken with sweet and spicy hot honey, served over a bed of arugula with a crisp carrot cabbage slaw, sweet corn, and crumbled goat cheese. Finished with our signature spiced crunchy flakes and peach cider vinaigrette dressing.

ELOTE CAESAR SALAD

500 cal, 32g protein

Mixed greens, chicken, roasted corn, chili pita crisps, Cotija-lime Caesar dressing, Cotija cheese, cilantro

SALMON SUPERFOOD SALAD

620 cal, 27g protein

Roasted salmon, sweet potatoes, arugula, red cabbage, quinoa, cilantro-lime dressing

TURKEY COBB SALAD

730 cal, 34g protein

Turkey, bacon, cheddar, apple, celery, egg, romaine, lemon dill ranch

BBQ CHICKEN SALAD

570 cal, 35g protein

Tangy bbq chicken, fresh greens, BBQ ranch dressing

LEMON PEPPER CHICKEN CAESAR SALAD

620 cal, 35g protein

Lemon pepper chicken, mixed greens, spiced pita crisps, parmesan & black pepper dressing

VEGAN YAKISOBA NOODLE SALAD

540 cal, 27g protein

Roasted seasoned tofu, whole grain Yakisoba noodles, edamame soybeans, fresh mixed greens, spicy sesame almond dressing

SANDWICHES & WRAPS

TURKEY CHIPOTLE BURRITO

870 cal, 32g protein

Seasoned taco-style turkey, brown rice, sharp white cheddar, pickled onions, smoky chipotle lime sauce

CHIMICHURRI CHICKEN ON CIABATTA

680 cal, 34g protein

Shaved chicken, chimichurri aioli, pickled onions, arugula, feta, whole wheat ciabatta

CHEESY BEAN BURRITO

640 cal, 22g protein

Black beans, brown rice, cheddar cheese, roasted corn, chili lime crema

GARLIC HERB SALMON WRAP

750 cal, 34g protein

Roasted Atlantic salmon, shredded potatoes, pickled red onions, arugula, garlic herb mayo, whole wheat lavash

CRANBERRY CHICKEN SALAD SANDWICH

790 cal, 47g protein

Savory chicken and tart cranberries mixed with curry mayo then layered with fresh baby arugula and crisp shredded carrots

PESTO CHICKEN ON CIABATTA

920 cal, 41g protein

Shaved chicken, pesto aioli, provolone cheese, balsamic peppers and onions, garlic herb mayo, whole wheat ciabatta

HERB ROASTED TURKEY AND PROVOLONE ON SPROUTED MULTIGRAIN

700 cal, 40g protein

Arugula, pickled onions, honey mustard spread



Heat and eat

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SHAREABLES | Serves 4 portions

HOT HONEY CHICKEN

Per serving
240 cal, 23g protein

Roasted chicken with sweet and spicy hot honey sauce.



CILANTRO RICE

Per serving
210 cal, 3g protein

Fluffy white rice tossed with fresh cilantro and a squeeze of lime for a bright, herby finish.

CALABACITAS

Per serving
130 cal, 3g protein

Tender sautéed veggies – a vibrant mix of zucchini, corn, red peppers, and tomatoes–finished with a bold salsa roja.

SEASONED BLACK BEANS

Per serving
140 cal, 7g protein

Creamy black beans layered with melted cheddar, onions, and finished with a dash of fresh cilantro.

MAC & CHEESE

Per serving
260 cal, 12g protein

Cavatappi pasta folded into a smooth, creamy blend of cheeses and light seasoning finished with a dash of chives, scratch-cooked for the ultimate comfort dish.

HOT HONEY SWEET POTATOES

Per serving
180 cal, 2g protein

Tender sweet potatoes with a kick – glazed in hot honey for that sweet-meets-spicy finish.

POLLO ASADO

Per serving
230 cal, 24g protein

Savory achiote-roasted chicken, seasoned and fire-roasted to perfection. A flavorful addition to salad or hot meal.

BIRRIA BEEF

Per serving
310 cal, 24g protein

Tender, slow-braised beef simmered in a bold blend of spices and a rich, savory sauce – an elevated protein with deep, layered flavor.

SIDES | Serves 1 portion

LEMON PEPPER CHICKEN

140 cal, 26g protein

Classic roast chicken topped with parsley – enjoy on its own or add to your favorite salad, grain bowl or stir fry.

ROASTED SALMON

220 cal, 19g protein

Juicy filets of salmon roasted with salt & pepper – enjoy as a main dish or top of a salad or grain bowl.

DESSERTS AND SNACKS

PEACH COBBLER

390 cal, 3g protein

Juicy peaches, warm spices under a golden brown crumble topping. A scratch-cooked dessert that feels like home.



VEGAN LEMON BLUEBERRY COOKIE

340 cal, 4g protein

A citrusy, berry-filled treat that's both wholesome and satisfying.

CHOCOLATE CHIP CASHEW COOKIE

380 cal, 6g protein

Rich bittersweet and milk chocolate chips, creamy cashews, and a hint of coffee extract.

TAHINI BROWNIE

430 cal, 8g protein

A blend of sugarcane juice, creamy tahini, chocolate, and unsweetened cocoa powder.

FRESH CUT WATERMELON

80 cal, 2g protein

Cool, crisp watermelon cubes.

FRESH CUT PINEAPPLE

70 cal, 1g protein

Tender and juicy cubes of pineapple.

GRAPES

130 cal, 1g protein

A fruit cup featuring red grapes.

CHOCOLATE COVERED ALMONDS

140 cal, 3g protein

Roasted almonds covered in milk chocolate.

Heat and eat

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MINIMUM ORDER

Because Everytable will be operating directly within the Ronald M. George State Office Building, we are uniquely positioned to fulfill catering requests **without the need for a minimum order requirement**. Our on-site presence allows us to prepare, package, and deliver meals quickly and efficiently, whether for a single individual or a large group, eliminating the logistical challenges and delivery costs typically associated with off-site vendors. This flexibility ensures departments and offices can order exactly what they need, when they need it, without worrying about meeting minimum quantities—maximizing convenience, reducing waste, and providing a tailored service that aligns perfectly with the building's daily operations.



NO MINIMUM ORDER REQUIREMENT



3305 E. Vernon Avenue, Vernon CA 90058
(213) 444 - 5524 | everytable.com

SPECIAL DIETS & DIETARY RESTRICTIONS

Inclusive, Customizable Meal Orders for Every Need

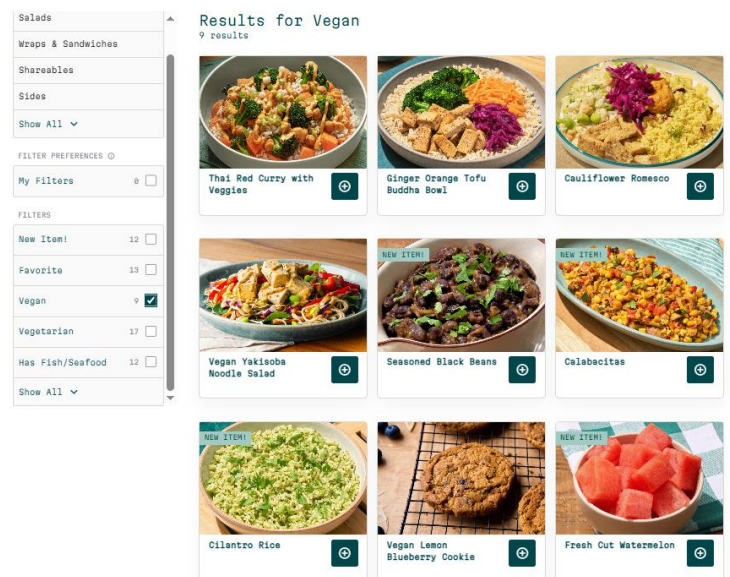
At Everytable, we believe that food is a fundamental right—and that nutritious, high-quality meals should be accessible to everyone, regardless of income, background, or dietary need. Our model is built around equity, health, and flexibility. Whether we're preparing meals for individual households, corporate offices, school districts, healthcare organizations, or special events, we are committed to offering meal solutions that are inclusive, customizable, and nutritionally sound.

We understand that today's consumers and clients have increasingly diverse and often complex dietary needs. From cultural preferences to medically necessary restrictions, our team is well-equipped to address these needs with care and precision. Our culinary team collaborates closely with registered dietitians and food service professionals to ensure each meal not only meets flavor and presentation standards, but also adheres to nutritional guidelines and dietary accommodations.

Diverse and Flexible Menu Options

Everytable's rotating menu is designed to be inclusive and nutritionally balanced, offering something for everyone. Our offerings include but are not limited to meals that are:

- Vegan and Vegetarian
- Made without Gluten
- Dairy-Free
- Low-Sodium and Low-Sugar
- High-Protein or Balanced-Macronutrient
- Nut-Free and Allergy-Friendly (upon request)



Special Diet and Nutrition Labeling

Each dish is labeled with full nutritional information and ingredient transparency, making it easy for individuals and clients to select meals that align with specific dietary goals or restrictions. Whether you're seeking meals for a diabetic diet, heart-healthy options, or culturally relevant recipes, our kitchen is ready to deliver.

Nutrition Facts Servings: 1, Serv. size: 10.4oz (295g), Amount per serving **Calories 630**, **Total Fat** 23g (39% DV), **Sat. Fat** 2g (10% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 280mg (12% DV), **Total Carb.** 95g (36% DV), **Fiber** 12g (43%), **Total Sugars** 48g (100% DV), **Protein** 16g (19% DV), **Calcium** 25% DV, **Iron** (20% DV), **Potass.** (15% DV).

INGREDIENTS: Enriched Milk (Fat Free Milk, Fully Refined Soybean Oil, Soy Lecithin, Glycerol, Sodium Phosphate, Carotenes, Vitamin A Palmitate and Vitamin D3), Oats, Raisins, Whole Oats, Apple, Dates, Water, Enriched Sugarfree Juice, English Walnuts, Raisins, Candies, Carrots, Chia Seeds, Cinnamon, Madagascar Bourbon Vanilla Extract, Water, Cane Alcohol, Cane Sugar, Vanilla Bean Extractives, Kosher Salt, Ginger Root Powder, Ground Nutmeg, SUGARFREE Milk, Soy, Tree Nuts. **INSTRUCTIONS:** Enjoy cold or gently warmed in the microwave. Distributed by Everytable - 3305 E. Vernon Ave, Vernon, CA 90058.

PERFECTLY PERFECTLY PERFECTLY

Morning Glory
Overnight Oats

EVERYTABLE

Morning Glory
Overnight Oats

Old fashioned rolled oats, diced apples, shredded carrots, raisins, walnuts
Contains: Milk, Soy, Tree Nuts.

630 Cal | 95g Carbs | 16g Protein

NET WT. 10.4oz (295g)

#THISFOODFIGHTS
Our mission is to transform the food system to make fresh, nutritious food accessible to everyone, everywhere.



FC-0058

Customization and Individualization

One of Everytable's core strengths is our ability to customize meal orders down to the individual level. We don't operate under traditional catering limitations that require quantity minimums per dish. For events or group meal programs, a client can order 100 of one dish and just 1 of something specific to accommodate a guest with dietary restrictions—and that's completely standard for us.

This level of customization allows our clients to offer truly inclusive meal experiences without compromise. Our individual meal packaging ensures dietary separation and accurate labeling, giving peace of mind to both event organizers and meal recipients. We also offer customization based on religious dietary restrictions (such as halal or kosher-style options) and culturally specific dishes when requested in advance.

Expert-Guided Nutrition

All of our meals are developed with the guidance of registered dietitians and certified nutritionists to ensure nutritional accuracy and alignment with national dietary standards. This is particularly important when we work with healthcare organizations, school systems, and senior-serving institutions, where nutritional compliance is critical. We're experienced in crafting menus that support:

- Weight management
- Chronic disease prevention
- Youth development and school nutrition
- Senior nutrition guidelines
- Prenatal and postnatal care

Scalability and Operational Flexibility

Whether your program serves 50 or 5,000 individuals, we have the infrastructure to deliver. Our central kitchens, proprietary logistics network, and scalable meal production systems allow us to meet high-volume demand with the same level of customization and care we give to individual orders. We currently serve communities across Southern California and beyond, through a network of storefronts, subscription plans, institutional meal programs, and event catering. We can accommodate recurring meal programs, one-time events, or long-term partnerships with ease.

