



Bellingham • 255 Hartford Avenue • 508-966-3331

ORDERING INFORMATION

3 WAYS TO ORDER:

1. Contact us at 508-966-3331
2. Stop by our
Prepared Foods Department
3. E-mail us at:
na.blh.catering@wholefoods.com

We kindly ask for 48 hours notice when placing an order. All items are subject to seasonal availability and may not be offered at all of our locations.

Delivery

- Free delivery for all orders of \$100 within a three mile radius
- Orders under \$75 are in-store pick-up only
- A delivery fee may be applicable to orders delivered beyond three miles
- 30 minute delivery time is required on all orders

Payment

- Orders with fewer than 24 hours' notice may be subject to a short-order fee.
- Credit card information is required on all special orders and orders with fewer than 24 hours' notice.
- Orders may be charged prior to pick-up or delivery for your convenience.
- All catering orders that are cancelled with 24 hours' notice, or less, may be subject to a partial payment fee.

Let us help you!

You don't have to do it all by yourself. Here at Whole Foods Market Bellingham, we have a staff of trained professionals that can assist you with all of your entertaining needs.

Good to Know

We generally suggest 1 pound of food per person with 1/3 – 1/2 pound protein for the main dish and the remainder distributed evenly between the side dishes.

Keep It Simple! Build your meal around the main course. While it is nice to have interesting food, it may not be best to mix too many complex dishes. You don't want too many conflicting flavors. If you're not sure, just ask. Our catering specialists can assist you with planning your menu.

Something for Everyone

Remember to keep your guests in mind when planning your menu. While it is difficult to meet everyone's individual needs, it is easy to provide a simple dish for those on restricted diets.

Don't forget the flowers



Flowers always add that finishing touch that brings the table to life. Our expert floral staff is happy to help you make the perfect selection. For that extra touch of ambience, add some of our pillar or taper candles.

Entertaining Platters

International Cheese

THE CROWD PLEASER

A collection of European and domestic cheeses including Brie, blue cheese, goat cheese, Havarti, and boursin served with seasonal fruits and crackers.

Small \$49 Medium \$69 Large \$99

GOURMET BRIE TRIO

Three wheels of brie; each topped with fig, apricot, and red pepper jelly spreads — accompanied by crostini and freshly baked baguettes.

Serves 10-12 \$49

TRUE BLUE

Three varieties of blue cheese served with honey and crostini.

Serves 10-12 \$55

NEW ENGLAND ARTISAN CHEESE BOARD

The finest selection of New England cheeses from small producers elegantly displayed with crackers and crostini.

Serves up to 10 \$69

EUROPEAN MASTERS' CHEESE BOARD

The best that Europe has to offer, a diverse continental cheese selection served with fresh fruit, crackers, and crostini

Serves up to 10 \$69



SEAFOOD

Shrimp

SHRIMP BY THE POUND

Market Price

SHRIMP PLATTER

Plump, peeled cooked shrimp served with our zesty cocktail sauce (31-40ct.)

2lb. platter \$29

4lb. platter \$59

JUMBO SHRIMP PLATTER

Plump, peeled cooked shrimp served with our zest cocktail sauce (13-15ct.)

2lb. platter \$59

4lb. platter \$99



Mix and Match Appetizers *

ORDER BY THE DOZEN AND SAVE!

\$10 1 dozen \$19 2 dozen \$28 3 dozen \$37 4 dozen



- Crab and Gorgonzola Arancini
- Shrimp Egg Rolls
- Lobster Egg Rolls
- Crab Rangoon
- Escargot
- Mini Stuffed Clams Chorizo
- Mini Stuffed Clams Casino
- Scallop and Shrimp cakes with Ginger and Lime
- Coconut Shrimp

** Contact store for any seasonal appetizer specialties that might be available.
The above items can only be mixed and matched with appetizers available in
our sustainable seafood department*

MEDITERRANEAN

TRADITIONAL ANTIPASTI TRAY

Provolone Cheese, Prosciutto di Parma, soppressata, pepperoni, olives, artichoke hearts, and dolmas.

Served with crusty hearth breads.

Serves 8-10 \$65 Serves 15-20 \$85

VEGETABLE ANTIPASTI TRAY

Delicately grilled seasonal vegetables with provolone cheese and marinated fresh mozzarella. Accompanied by crusty hearth breads.

Serves 8-10 \$39 Serves 15-20 \$69

MEDITERRANEAN MEZE PLATTER

A medley of flavored hummus, tabbouleh, dolmas, olives, feta, and falafel that is served with toasted pita triangles.

Serves up to 10 \$29 Serves up to 20 \$49

INTERNATIONAL OLIVE TRAY

Our finest seasonal selection of green and ripe olives.

Serves 12-16 \$29



Prepared Foods

SPRING ROLL PLATTER

Assorted pork, vegetable, and chicken spring rolls served with our Sweet Chili Sauce.

Serves 10 – 12 \$26

Serves 18 – 20 \$52

CHICKEN WING PLATTER

Crisp and juicy wings in your choice of finishing sauce: Salt and Pepper, Buffalo, Barbecue, Teriyaki, and Garlic Parmesan.

20 pieces \$12.99 40 pieces \$26 100 pieces \$52

STUFFED MUSHROOMS

Button mushrooms stuffed with Spinach and Artichoke.

\$18 per dozen

DEVEILED EGGS

Decoratively piped and garnished. *(Seasonal availability).*

Sold by the 2 dozen \$9.99

MEATBALLS

Traditional Italian style large meatballs served in marinara sauce and topped with cheese.

Serves 10 \$65

Serves 20 \$125

Ask about our great seasonal appetizer offerings. The more you buy, the more you save!

Lighter Fare Starters

CRUDITÉ PLATTER

A vibrant selection of seasonal vegetables from our award-winning produce department served with a choice of dip: roasted veggie ranch, Italian gorgonzola, or parmesan peppercorn.

Small \$24 Medium \$39 Large \$49

CUT FRUIT PLATTER

Peak season fresh fruit appropriately garnished.

Small \$29 Medium \$49 Large \$59

FRESH FRUIT SALAD BOWL

Ripe, fresh cut fruit and berries, locally grown when available.

Individual (min. 10) \$2.99 ea. Medium \$19 Large \$35



A vibrant selection of crisp vegetables with your choice of blue cheese, ranch, or balsamic dressing.

Romaine Lettuce, garlic butter croutons, grated parmesan cheese, and a delicious Caesar dressing served on the side.

Field greens topped with fresh mozzarella, grape tomatoes, red onion, and fresh basil. Served with balsamic dressing on the side.

Fresh baby spinach with cucumber, tomatoes, crumbled feta cheese, hardboiled eggs, carrots, and bacon bits.

Baby greens, dried cranberries, red onion, candied walnuts, and goat cheese with balsamic vinaigrette.

Ask our Catering Team about any seasonal salad selections that may be available.

SOUPS & DIPS



Soups

The Ultimate comfort food to-go!

Take home fresh, hot soup or have it delivered to a friend. We have our famous Mom's Chicken Soup, Mom's Chicken and Rice, Roast Tomato Basil, Local Braised Beef Chili, and Turkey Chili available year round. When you call, ask for a list of our fabulous seasonal varieties!

Individual (24 oz.)	\$6.99 ea.
Extreme Value (60 oz.)	\$11.99 ea.
Case Price (8 pounds)	\$45 ea.

Dips

All dips come with your choice of pita chips, tortilla chips, or crusty bread.

SPINACH ARTICHOKE DIP

Ready-to-Bake. A traditional hot-dip with artichoke hearts.

Serves 6 – 8 \$26

BUFFALO BLEU CHEESE DIP

Pulled Chicken with our spicy buffalo sauce, and bleu cheese.

\$26

SEVEN LAYER MEXICAN DIP

Just like it sounds.... Seven delectable layers of the finest quality ingredients.

\$26

Delicious Dinners

CHICKEN PARMESAN

Hand-breaded chicken breast in a seasoned marinara sauce topped with mozzarella cheese.

Serves 12 \$60

CRUNCHY MUSTARD CHICKEN

Crispy mustard panko crusted chicken breast lightly drizzled with honey mustard sauce.

Serves 12 \$60

SIMPLE GRILLED CHICKEN BREAST

No frills. Plain grilled chicken breast ready to serve as is or top with your favorite sauce.

Serves 12 \$60

SLICED TURKEY BREAST PLATTER

Our in-house roast turkey breast is sliced perfectly for a hearty sandwich or a light entrée. Available in plain and herb.

Serves 12 \$75

EXTREME VALUE FRIED CHICKEN

Juicy, tender, and fried to perfection.

Serves 12 \$75



ROAST BEEF PLATTER

Made in-house and cooked to a beautiful medium-rare. Available in garlic crusted or Italian herb. Sliced thin and ready to be a great sandwich. Served with our horseradish cream sauce.

Serves 12 \$85

Grass Fed Beef \$95

GRILLED SIRLOIN

Flash grilled to seal in the juices, then roasted medium-rare. Impressively displayed with caramelized onions and roasted red pepper strips. Portioned perfectly for a sandwich or a light entrée. Served with our horseradish cream sauce. (Available in Simple, Steakhouse, or Ginger Teriyaki).

Serves 12 \$95

DELICIOUS DINNERS (*cont.*)

EGGPLANT PARMESAN

Breaded eggplant with a zesty marinara sauce and fresh parmesan cheese.

Serves 9 \$40

Serves 18 \$75

CHICKEN BROCCOLI ALFREDO

Boneless chicken breast, fresh broccoli and pasta in our creamy Alfredo sauce.

Serves 9 \$40

Serves 18 \$75

TRADITIONAL CHEESE LASAGNA

Made with robust marinara sauce, pasta, creamy ricotta, mozzarella, and imported parmesan cheese with fresh Italian herbs.

Serves 9 \$40

Serves 18 \$75

SPINACH MUSHROOM LASAGNA

A classic layered lasagna with fresh spinach and mushrooms.

Serves 9 \$40

Serves 18 \$75

LASAGNA BOLOGNESE

A customer favorite, made with our in-house ground beef.

Serves 9 \$45

Serves 18 \$80

CHEESE MANICOTTI

Our cheese manicotti is stuffed with ricotta and mozzarella and topped with marinara sauce and a little extra cheese.

Serves 9 \$40

Serves 18 \$75

SAUSAGE PEPPERS AND ONIONS

Our Italian sausage is handmade by our skilled butchers. It is grilled and tossed with sautéed peppers and onions. Served with marinara sauce on the side.

Serves 9 \$45

Serves 18 \$75

A Taste of Mexico

QUESADILLA TRIO

YOUR CHOICE OF:

- Grilled Chicken, Peppers, Onions, and Cheese
- Bean and Cheese
- Assorted Vegetables and Cheese
- Tofu, Vegetables and Cheese

8 quesadillas \$45

16 quesadillas \$85

TORTILLA CHIP BASKET

Hand-cut and fried in-house tortilla chips served with fresh guacamole, salsa, and sour cream.

Serves 10 \$20

Serves 20 \$35

ADOBO ENCHILADAS AND DIRTY RICE

A great vegetarian option!

Serves 10 \$35

Serves 20 \$65

BUILD YOUR OWN TACO PLATTER

Wow your guests with this make-your-own spread. Includes: Pulled Beef Barbacoa, Pulled Pork Carnitas, Pulled Chipotle Adobo Chicken, and Lime Chipotle Tofu. Served with traditional taco sides and hard or soft taco shells.

Serves 10 \$65

Serves 20 \$125

BUILD YOUR OWN FAJITA PLATTER

Let your guests choose how they like their meal. Chicken, Steak, and Shrimp with Fajita Veggies. Served with the traditional fajita fixings and hard or soft taco shells.

Serves 10 \$65

Serves 20 \$125

South Asian Entrees

Rice must be purchased separately unless otherwise stated.

SESAME CHICKEN

Tender pieces of chicken coated in ginger teriyaki sauce and tossed in toasted sesame seeds.

Serves 9 \$45

Serves 18 \$75

GENERAL TSO'S CHICKEN

Crisp chicken bites tossed in a spicy sweet and sour sauce.

Serves 9 \$45

Serves 18 \$75

VEGETABLE LO MEIN

Classic dish of stir fried vegetables and fresh noodles in an authentic sauce.

Serves 9 \$45

Serves 18 \$75

CHICKEN TIKKA MASALA

Freshly roasted chicken tossed in a delicious yogurt based tomato sauce with coriander and other spices. Also available: White Fish Tikka Masala and Vegetable Tikka Masala.

Serves 9 \$50

Serves 18 \$80

CHICKEN KORMA

Chicken tossed in a traditional cream based korma sauce with hints of cumin and coriander. Also available: White Fish Korma and Vegetable Korma.

Serves 9 \$50

Serves 18 \$80

SAAG PANEER

A green leaf based dish with paneer cheese.

Serves 9 \$50

Serves 18 \$80

CURRY VEGETABLES

Squash, zucchini, peppers, and other assorted fresh vegetables tossed in curry and roasted.

Serves 9 \$40

Serves 18 \$80

SIDE DISHES

MACARONI AND CHEESE

As simple as it gets. Traditional American macaroni and cheese.

Serves 9 \$30

Serves 18 \$60

SPECIALTY MACARONI AND CHEESE

Available in a variety of flavors: Buffalo Chicken, Smoked Apple and Bacon, New York Deli Style, etc. Ask about seasonal options that may be available.

Serves 9 \$45

Serves 18 \$75

GARLIC GREEN BEANS

Fresh green beans lightly steamed and tossed in salt, pepper, roast garlic, and oil.

Serves 9 \$30

Serves 18 \$50

CLASSIC MASHED POTATOES

Just like mom used to make.

Serves 9 \$35

Serves 18 \$55

VEGETABLE MEDLEY

Your choice of grilled, steamed, or roasted. Seasoned with salt and pepper and tossed lightly in oil.

Serves 9 \$35

Serves 18 \$55

HERB ROAST POTATO WEDGE

Fresh cut seasoned and roasted to a nice golden brown.

Serves 9 \$35

Serves 18 \$55

SAUTÉED GREENS

Chef's selection of seasonal greens sautéed with oil and seasoned with garlic, salt, pepper, crushed red pepper flakes, and nutmeg.

Serves 9 \$35

Serves 18 \$55

BUFFET

WHOLE FOODS MARKET® BUFFET

Minimum 12 people

Let us take the worry out of your event.

Our Whole Foods Market Buffet comes ready-to-serve with re-heating instructions. No substitutions.

For the Value Price of \$22 per person

Served with your choice of a Mixed Green or a Classic Caesar Salad, Assorted Cookies, and Dinner Rolls.

YOUR CHOICE OF TWO ENTREES:

- Cheese Manicotti
- Fried Chicken
- Grilled Plain Chicken Breast
- Spinach Mushroom Lasagna
- Chicken Peppers and Onions
- Sausage Peppers and Onions
- Chicken Broccoli Alfredo
- Adobo Enchiladas and Dirty Rice

YOUR CHOICE OF THREE SIDES:

- Classic Mashed Potatoes
- Garlic Green Beans
- Roasted Potatoes
- Sautéed Greens
- Plain Macaroni and Cheese
- Cole Slaw
- Potato Salad
- Pasta Salad
- Vegetable Medley

Luncheon Spectacular

Our sandwich artists will arrange a beautiful selection of wraps and sandwiches. They will be accompanied by a Mixed Greens Salad, Fresh Fruit Salad Bowl, Crudit  Platter, Assorted Cookie platter, and bottled water. This Spectacular will feed approximately 20 people.

WRAP AND ROLL SAMPLER

These light wraps are a perfect alternative to traditional sandwiches. They include an assortment of meat and vegetarian varieties.

\$7 per person

CLASSIC SANDWICHES

A diverse selection of classic sandwich offerings that include meat and vegetarian choices.

\$8 per person

GOURMET SANDWICHES

As well as some of our classic sandwiches, this platter features some of seasonal specialty sandwich options. Includes meat and vegetarian selections.

\$9 per person

BAGGED LUNCH

Great for large or small gatherings. Individual bags containing a gourmet sandwich, bag of chips, sparkling or still water, and a monster cookie. (Individual Caesar or Green Salad may be substituted for the gourmet sandwich).

\$13 per person

SIGNATURE DELI TRAY

Ham, turkey, and Roast beef with Swiss, American, and Provolone Cheeses.

Serves 12 \$40

Serves 24 \$55

ITALIAN DELI TRAY

Salami, Sopressata, ham, pepperoni, mozzarella, provolone.

Serves 12 \$45

Serves 24 \$55

LUNCHEON

SPECTACULAR *(cont.)*

EXECUTIVE TRAY

Jambon Royale, In-house roast Turkey breast, Garlic crusted Roast beef, Salami, pepperoni, mozzarella, provolone, and American Cheese.

Serves 12 \$55

Serves 24 \$70

FIXINGS TRIO

Classic sandwich toppers that complement any of our deli trays. Includes sliced tomatoes, red onions, shredded lettuce, mayo and mustard.

Makes 15 – 20 \$25

EXECUTIVE FIXINGS

Includes everything listed under our fixings trio with the addition of olives, pickles, and roasted red peppers.

Makes 15 – 20 sandwiches \$38

ASSORTED SANDWICH ROLLS

Fresh baked and delicious.

Serves 12 \$18

Serves 24 \$30

SUBMARINE SANDWICHES

We offer Italian, Tuna, Ham, Turkey, Chicken Salad, Vegan Chicken Salad, Eggplant Parmesan, and Roast Beef (Ask about any seasonal varieties).

Choice of 3 \$30

Choice of 4 \$38

**Choice of 5
\$45**

PARTY TIME

Your selection of four submarine sandwiches, a dozen chocolate chip cookies, a 12-pack of 365 Everyday Value® soda, and two bags of 365 Ripple Potato Chips. **\$55**

Add a dozen chocolate chip cookies, a 12-pack of 365 Everyday Value® Soda, and two bags of 365 Everyday Value® Ripple Potato Chips to any of our catering offerings for the low price of \$20. This offer only applies when ordered along with catering order. Cannot be added in-store at time of pick-up.

Pizza and Wings

WHOLE FOODS MARKET® SIGNATURE PIZZAS are 18" and made on your choice of Natural White, whole wheat, and Multi-Grain dough. They are coated with our signature pizza sauce, mozzarella cheese, and the finest quality toppings.

Cheese \$12.99

1 topping \$14.99

2 toppings \$16.99

Add \$1 for each additional topping.

SPECIALTY PIZZAS

Margherita, White Pizza, Hawaiian, Mediterranean, Chicken Broccoli Alfredo, Barbecue Chicken, Greek, Mixed Vegetables, Mixed Vegetable Vegan

\$16.99

PIZZA AND WING VALUE COMBO

1 topping pizza and 20 wings \$25

1 topping pizza and 40 wings \$36

1 topping pizza and 100 wings \$65

CHICKEN WING PLATTER

Crisp and juicy wings in your choice of finishing sauce: Salt and Pepper, Buffalo, Barbecue, Teriyaki, and Garlic Parmesan.

20 pieces \$12.99 40 pieces \$26 100 pieces \$55



Just for Kids

KID SIZED SANDWICH PLATTER

Just like the grown-ups have. It may look fancy, but these pint sized finger sandwiches will please almost any kid. The platter comes with an assortment of Peanut Butter and Jelly, Peanut Butter and Marshmallow Cream, Ham and Cheddar, and Turkey and American cheese. There is no lettuce, tomato, or mayo! The platter is decorated with grapes for a fun and healthy sweet treat.

Serves 15-18 children \$30

BONELESS CHICKEN TENDERS

Served with your choice of Ranch, Barbecue Sauce, Buffalo Sauce, Sweet and Sour Sauce, or Honey.

20 pieces \$20

50 pieces \$40

BONELESS CHICKEN BITES

Served with your choice of Ranch, BBQ Sauce, Buffalo Sauce, Sweet and Sour Sauce, or Honey.

30 pieces \$20

75 pieces \$40

BOXED KID'S LUNCH

A kid's finger sandwich of your choice (options above in the kid's sandwich platter), juice box or water, bag of crackers or bag of chips, and a cookie or a fruit cup.

\$5 per person (minimum of 10)

BREAKFAST

GOOD MORNING BREAKFAST BASKET

Fresh Brewed Coffee with all of the fixings, orange juice, and assorted breakfast pastries.

Serves 10 \$50

Serves 25 \$100

BAGEL BREAKFAST

Fresh Brewed Coffee with all of the fixings, orange juice, rustic bagels, cream cheese, butter, jam, and fresh cut fruit salad.

Serves 10 \$65

Serves 25 \$130

QUICHE

Made with fresh eggs and cream in a flaky, buttery crust. Choose from Broccoli and Cheddar, Lorraine, Spinach and Mushroom, Caprese, or one of our seasonal varieties.

Each quiche serves 4 – 6 \$12.99

HEALTHY OPTIONS BREAKFAST

Individual breakfast yogurt parfait, fresh orange juice, warm oatmeal, and fresh cut fruit bowl.

Serves 10 \$50

Serves 25 \$100

INDIVIDUAL YOGURT PARFAIT

Yogurt, granola, and fresh fruit made in-house daily.

\$3.99 per person

Breakfast items can be purchased separately from the store and added to any of the above options. Ask our catering team what seasonal items are available.

BAKERY

Sweets by the Dozen

Ask what delectable seasonal items are available.

EXTREME VALUE PACK

\$15.00



BROWNIE AND BAR PLATTER

An assortment which may include Traditional, Peppermint, Cappuccino, and Fudge Brownies as well as Lemon, Congo, and Granola bars.

Small \$24.99

Medium

\$44.99

Large \$64.99

ITALIAN PASTRY PLATTER

An assortment of Italian pastries including fresh-filled cannoli, cream puffs, éclairs, sfogliatelle, lobster tails, and biscotti.

Small \$29.99

Medium

\$59.99

COOKIE PLATTER

A tasty selection of our own cookies, baked in-house. May include Chocolate Chip, Oatmeal, Snicker Doodle, Jumble, Triple Chocolate, Double Chocolate.

Small \$12.99

Medium

19.99

Large \$26.99

CUPCAKE PLATTERS

1 Dozen Assorted Cutie Cupcakes

\$29.88

1 Dozen Assorted Custom Cupcakes

\$47.88

Having a special occasion?

Our fabulous Bakers can customize your cakes! Cakes are available in quarter, half, and full sheet sizes. Call for details.

Our talented team of Decorators can make a one-of-a-kind wedding or engagement party cake for you. Call to make an appointment for a consultation.

Gifts and Flowers

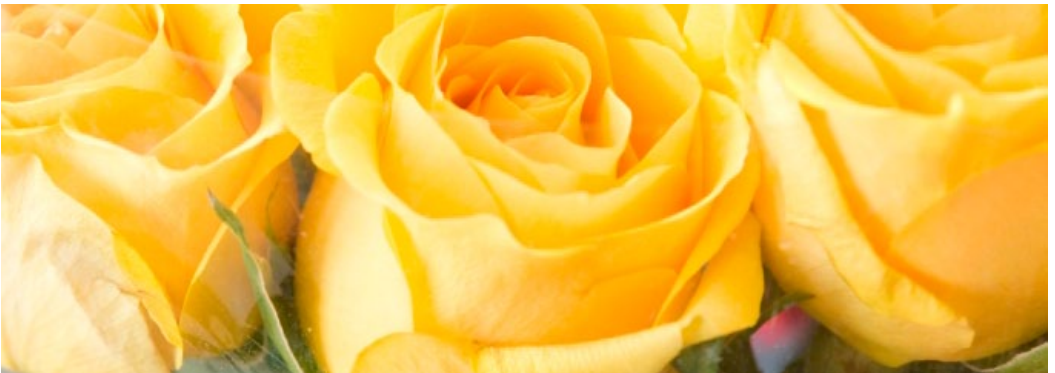
Need a gift and don't know what to give?

We have the perfect solution! Our catering care packages are the perfect way to celebrate a new baby, say thank you, or wish a speedy recovery. We can customize a meal for a whole family or a single individual. It will be packaged for pick-up or delivery. It is that simple.

Our expert floral designers are here to help you put the finishing touch on your catered event. Free consultations are available upon request. Prices vary according to season, sale, and availability.

Don't forget the candles. We offer a great selection of hand-crafted candles to set the ambience for your special event!

Please be certain to mention if you have ordered a floral arrangement when you place your catering order. This will help us to ensure a complete delivery or pick-up!



SUSHI BY GENJI

VERY VEGGIE

Vegan and Vegetarian-friendly sushi.

Small (58 pieces)	White Rice	\$43.49	Brown Rice	\$47.49
Large (100 pieces)	White Rice	\$73.99	Brown Rice	\$79.99

NOTHING RAW

Fully Cooked Sushi.

Small (44 pieces)	White Rice	\$47.99	Brown Rice	\$49.49
Large (78 pieces)	White Rice	\$88.49	Brown Rice	\$94.49

TECHNICOLOR DREAM

An assortment of Colorful Sushi Favorites.

Small (40 pieces)	White Rice	\$60.49	Brown Rice	\$64.99
Large (64 pieces)	White Rice	\$85.49	Brown Rice	\$87.49

SUPA-DUPA DELUXE

Premium Sushi with Signature Sauces and Crunch.

Small (48 pieces)	White Rice	\$60.49	Brown Rice	\$64.99
Large (88 pieces)	White Rice	\$111.99	Brown Rice	\$116.99

NIGIRI AND ROLL CLASSIC

Traditional Sushi.

Small (48 pieces)	White Rice	\$60.49	Brown Rice	\$64.49
Large (88 pieces)	White Rice	\$111.99	Brown Rice	\$119.49



Thank You

**...from the entire team at Whole Foods Market®
in Bellingham, Massachusetts. We appreciate you
choosing us to be a part of your special event.**



GIVE US THE
DATE &
WE'LL FILL THE
PLATES.



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