



FRESH + ORGANIC + CUSTOM



ONI Express

Sophisticated Cuisine for the Health Conscious!

Optimal Nutrition Inc. has been producing custom organic meals for professional and amateur athletes as well as discerning business men and women, individuals and families since 2006. Considered Southern California's leading custom organic meal delivery service, our goal is to provide some of the most healthful yet delicious foods on the planet.

Our whole food philosophy dictates that we use only the finest, freshest ingredients and produce--the majority locally grown. Most are a blend of organic and all natural. No artificial or chemical additives, preservatives, fillers, hormones or antibiotics are utilized.

Further, meal compositions are well balanced. Lean proteins from chicken, turkey and fish are incorporated. Pasta and grains are in their whole form and high in fiber. Sugars are natural and low-glycemic, e.g., agave nectar and fruit concentrates. Fats are not trans nor saturated--from oils such as olive and flax and from foods such as nuts and seeds. And, dishes often are made entirely from scratch.

Due to popular demand, we now have the following catering offerings. In so doing, we are thrilled to provide the same measure of good health and great taste. Ultimately, we believe careful attention to good nutrition--whether for your personal health or event--is essential when it comes to optimal wellness, vitality and aliveness--*which is why we call ourselves Optimal Nutrition.*

Enjoy!

Breakfast

Assorted Organic Yogurts

(\$2.00 each)

Flavors Include:

Vanilla, blueberry, strawberry, raspberry and plain.

Homemade Granola with Nuts and Dried Fruit

\$30 per bowl (serves 10)

Crunchy rolled oats with dried fruit, pecans, walnuts, and heart healthy flax seeds

Bagel Platter

(\$7 per person)

Sprouted wheat, sesame, and poppy seed onion bagels served with Neufchatel spreads flavored with sundered tomato, five herb, and roasted garlic.

Fresh Fruit Platter

(\$4 per person)

Seasonal Fresh Melon, Berries and Crisp Spearmint

All Inclusive Continental

(\$15 per person)

Bagel Platter with Choice of Spread, Seasonal Fruit and Freshly Squeezed Orange Juice

Salmon Lox with Lemon Wedge

(\$10 per person)

Fresh wild salmon shaved thin and smoked, served with red onion threads, juicy caper berries, lemon wedge, chive cream cheese and lemon herb pita chards.

Lunch

Complete Boxed Lunch

(\$19.40 each)

Includes a fresh and healthy sandwich, baby field greens salad with nuts, freshly chopped veggies and our signature blue cheese balsamic vinaigrette, served beside our 91 bar, a freshly baked organic treat (incl. eating utensils).

Sandwich Menu:

(\$8.95 each)

Turkey BLT Sandwich

Oven Crisped Turkey Bacon Served between Layers of Fresh Romaine Lettuce, Roma Tomato & a Spiced Soy Spread

Roasted Garlic Portobello Sandwich *Vegan

Flame Grilled Portobello Served Between Layers of Fresh Romaine Lettuce, Roma Tomato & a Roasted Garlic Soy Spread

Turkey and Brie Chipotle

Deli carved Turkey Breast, Creamy Cave Aged Brie, Fresh Spinach, and a Spicy Apricot Jam between Flax Seed Bread

Caprese Chicken

Tangy Balsamic grille Chicken Breast, Crisp Basil, Razor Cut Roma Tomato and Fresh Buffalo Mozzarella

Turkey Veggie Wrap

Sliced Deli Turkey, Shredded Romaine, Spicy Brown Mustard, Dill Havarti, Wrapped in a Spinach Tortilla

Pesto Hummus Wrap *Vegetarian

Grilled Seasonal Vegetables, Fresh Spinach, Pesto Hummus, Feta Cheese, Wrapped in a Sun Dried Tomato Tortilla



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Lunch Cont.

Salad Menu:

(\$8.20 per person)

Dressings: Blue Cheese Balsamic, Apple Cider Spiced Vinaigrette, Creamy Cucumber Dill, Herbed Ranch

Asian Slaw *Vegan

Shredded Chinese cabbage mixed in a light miso dressing, sesame seeds, and red onion

Spinach Salad with Nuts and Dried Cranberries *Vegan

Fresh Green Spinach Leaves topped with Our Signature Candied Nuts and Sun-Soaked Cranberries with your choice of dressings

Wedge Salad *Vegetarian

Crisp Iceberg Lettuce Hand Leafed and Tossed with Blue Cheese, Flax Seed Croutons, Roma Tomato, Green Onions and Mushrooms

Beverages

Organic Juices to Order

(\$1.60 per person)

Available flavors include lemon, orange, grape and tropical.

ONI Water to Order

(\$1.60 per person)

H2Optimal's sophisticated technology turns untreated, spring water into pure and highly energized, hexagonally structured water.

Snacks

(individually bagged)

All Natural Gourmet Popcorn

(\$6.15 per person)

Flavors Include: Spicy Chipotle and Lime, Smoked Gouda, and Sun Dried Tomato and Parmesan.

Sweet Organic Apple Chips

(\$5.25 per person)

Flavors Include: Fresh Fuji Apple, Tangy Granny Smith Apple, and Cinnamon Apple

Soy Nuts

(\$3.90 per person)

Flavors Include: Hickory Smoked, Zesty Barbecue and Roasted Unsalted



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Note:

Minimum Order: Serving for 15 (with a min. of 5 per flavor of any single item)
Sales Tax, Delivery and Serving/Eating Utensils Extra
Lead Time: 2 Weeks