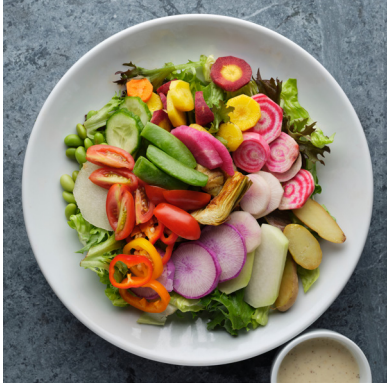
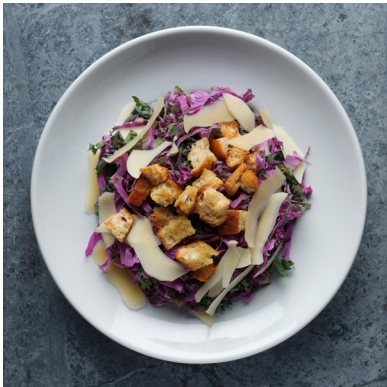
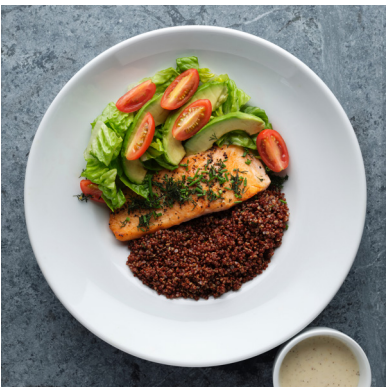


FOODLAB IN THE ALLEY



CATERING MENU

foodlabla.com

OUR CUISINE & PHILOSOPHY

FOODLAB is a family business. Nino, and his mother Esther (pictured here in 1981), started as a catering company in 2007.

Esther owned a restaurant in Salzburg, Austria before moving to Los Angeles in 1993 with her son. While she is mostly self-taught, she did attend Le Cordon Bleu in Paris between modeling in runway shows in Paris and Milan. Her unique and unapologetic approach to flavor and combinations has made FOODLAB a popular Los Angeles destination. Constantly trying to create new dishes, Esther is currently working on a cookbook dedicated to sandwiches.

Nino attended the Hotel School at Cornell University, learning the management side of the restaurant industry. After a few years working on the east coast, Nino decided to move back to Los Angeles and join his mother in opening FOODLAB. Nino's passion for design and marketing has also helped FOODLAB define a strong brand.

Since day one, Foodlab has stayed true to its original mission: LOVE. Love what you do, love what you put in your body, love people...

EAT. Eat well – organic, natural, farm raised, nitrate and hormone free cuisine.

DRINK. high quality, fresh and homemade beverages.

SMILE. Life is short; enjoy! Our staff is known to be the friendliest staff around.

FOODLAB. the name is a reflection of Esther's experiments with flavors.

Additionally, we are proud to announce that our eat-ware, ranging from plates, cutlery, cups, and packaging are environmentally friendly and biodegradable. It is extremely important to us to be a leader in keeping this planet clean and beautiful, and therefore have made every effort in finding items that are not only attractive but also harmless.

FOODLAB (yes, its one word, not two; the plus was meant as a design detail and for 7 years we were referred to as FOOD AND LAB).



OUR MENUS



BREAKFAST

MINIMUM 10 PEOPLE ON ALL ITEMS / DELIVERY & EATWARE FEE APPLIES

THE GREEN ROUTINE

FRESH FRUIT PLATTER | Seasonal selection

FRESH GRAPEFRUIT JUICE

AVOCADO TOAST STATION

Avocado spread, five grain bread, lemon, chili flakes, sprout daikon

SOFT TOFU SCRAMBLE | Tofu, kale, peppers, tomato, GF bread

ORGANIC GREEK YOGURT | Pistachio, mint & Turkish honey

BOWL OF HARD-BOILED EGGS |

Small (Up to 10 people) | 285

Large (Up to 20 people) | 485

THE GRANDE FOODLAB

FRESH FRUIT PLATTER | Seasonal selection

FRESH ORANGE JUICE |

SELECTION OF CROISSANTS

ORGANIC EUROPEAN STYLE YOGURT & HOMEMADE GRANOLA |

STRAWBERRY PRESERVE & BUTTER |

BOWL OF HARD-BOILED EGGS |

Small (Up to 10 people) | 200

Large (Up to 20 people) | 385

SEASONAL FRUIT PLATTER

FRESHEST FRUIT SELECTION AVAILABLE |

Small Platter (10-15 people) | 75

Large Platter (20-25 people) | 135

WAFFLE PLATTER

BELGIAN STYLE SUGAR WAFFLES WITH FRESH BERRIES & REAL MAPLE SYRUP

Small Platter (6 waffles) | 60

Large Platter (9 waffles) | 80

ADD NIMAN RANCH BACON

2 Pieces | 7

SMOKED SALMON PLATTER

SMOKED NORWEGIAN SALMON |

With selection of bagels, cream cheese capers, red onion, sliced roma tomatoes & lemon

Small Platter (Up to 10 people) | 165

Including 10 bagels

Large Platter (Up to 20 people) | 265

Including 20 bagels

BREAKFAST SANDWICH PLATTER

Please choose from the following

SCRAMBLED EGGS SANDWICH |

Bacon, aioli & gruyere

BREAKFAST BURRITO |

AVOCADO TOAST |

Tomato, chili peppers, sprout, olive oil, sea salt, sprout

Small Platter (5 sandwiches) | 85

Large Platter (10 sandwiches) | 150

BELOVED BREAKFAST BURRITO

Veggies only

Free range scrambled eggs, black bean mash, pickled onions, roasted tomato, avocado, and cheddar & salsa.

Per Person | 14.50 (Minimum 10 People)

VIENNESE COFFEE - CARRY BOX

SERVED WITH ALMOND MILK OR HALF-HALF SWEETENERS / STIRRERS / CUP |

10-12 people | 35 Per Box

TEA

FEATURING REVOLUTION TEA'S INCLUDES HOT WATER / CUPS / HONEY / SUGAR / MILK / LEMON

The box includes a selection of English Breakfast, Earl Grey Lavender, Tropical Green, Southern Herbal Mint, Golden Chamomille (Caffeine Free)

10-12 people | 35 Per Box

BREAKFAST

MINIMUM 10 PEOPLE ON ALL ITEMS / DELIVERY & EATWARE FEE APPLIES

SOFT TOFU SCRAMBLE

Tofu with kale, peppers, tomato

Half Pan (Up to 15 people) | 75

Full Pan (Up to 30 people) | 125

SCRAMBLED EGGS W/ CHIVES

Half Pan (Up to 15 people) | 75

Full Pan (Up to 25 people) | 125

SCRAMBLED EGGWHITE

Half Pan (Up to 15 people) | 90

Full Pan (Up to 25 people) | 135

NIMAN RANCH BACON

2 Pieces | 7

BREAKFAST POTATOES

Half Pan (10-15 people) | 75 Full

Pan (15-30 people) | 125



LUNCH

SANDWICHES, SALADS & SIDES

MINIMUM 10 PEOPLE ON ALL ITEMS / DELIVERY & EATWARE FEE APPLIES

SANDWICHES PLATTERS

ALL SANDWICHES ARE CUT IN HALF. SERVED WITH A SIDE OF CORNICHON.

THE CHICKEN GARLIC AIOLI

Tomato, arugula, sweet piquante peppers, avocado on ciabatta

THE CHICKEN BLT

Bacon, tomato, arugula & aioli on ciabatta

THE CURRIED CHICKEN

Lingonberry chutney on multigrain bread

THE FAMOUS WIENERSCHNITZEL

Breaded and pan fried cutlet of chicken w/ lingonberry chutney & aioli on ciabatta

THE TURKEY OR GRILLED CHICKEN LAB

Tomato, avocado, sprouts, pickled onion, black bean mash on ciabatta

THE TURKEY BRIE

Turkey breast, brie, pear, honey & fig compote on multigrain bread

THE TUNA SALAD

Green apple, olive tapenade on multigrain bread

THE FALAFEL (VEGAN)

Hummus, falafel, heirloom tomato and parsley salsa, tahini, pickled red onion & turnips wrapped in flat bread

THE GARDEN (VEGAN)

Hummus, avocado, radish sprout, tomato, cucumber & carrot on ciabatta

GREEN LAB (VEGETARIAN)

Black bean mash, avocado, tomato, pickled onion & carrot, radish queso & sriracha mayo on ciabatta

THE CAPRESE (VEGETARIAN)

Nut free pesto, tomato, mozzarella & Greek olive oil on multigrain

THE INCREDIBLE HULK (VEGETARIAN)

Little gems, avocado, radish sprouts, pea smash, feta cheese, herb dressing on multigrain

5 sandwiches / 10 halves (choose 3 varieties) | 85

10 sandwiches / 20 halves (choose 5 varieties) | 150

SIDE SALADS

SIDE SALADS ARE CORE INGREDIENT SALADS, NO LETTUCE & MAKE A GREAT ADDITION TO SANDWICH PLATTERS. DAILY SELECTION VARIES AND IS SEASONAL. SERVED IN MEDIUM OR LARGE BOWL.

KALE & BRUSSELS SPROUT SALAD

Pecorino Romano, lemon juice, agave Greek olive oil

CAPRESE W/ PINKPEPPERCORNS SALAD

Tomato, mozzarella, basil, Greek olive oil

CUCUMBER SALAD

Red onion, dill, vinegar

ISRAELI COUSCOUS SALAD

Dried fruits, green onion, mint, lemon dressing

WHITE WHEAT BERRY SALAD

Sweet mini pepper, green onion, balsamic dressing

MEDITERRANEAN PASTA SALAD (48 HOURS REQUIRED)

Tomato, olive, basil, olive oil

SPINACH & BASIL PESTO SALAD (48 HOURS REQUIRED)

Small (Up to 12 people) | 48 oz. bowl | 55

Medium (Up to 25 people) | 160 oz. bowl | 90

ORGANIC SALADS

ALTHOUGH WE PAIR OUR DRESSINGS, YOU MAY CHOOSE YOUR OWN VINAIGRETTE : HOUSE (H), LEMON (L), MUSTARD VINAIGRETTE OR OLIVE OIL & BALSAMIC

CHICKEN ARUGULA SALAD 95/115

Edamame, cranberry, candied walnut, Asian marinade

CHICKEN COBB (L) 95/115

Grilled chicken, bacon, avocado, egg, gorgonzola, tomato on spring mix

NICOISE (L) 95/115

Tuna salad, green beans, tomato, egg, potato, black olive with mixed greens

THE VEGAN (H) 75/95

Market greens, cherry tomato grape, edamame, hearts of palm, green bean watermelon radish, rainbow carrot, cucumber, fingerling potato, toasted quinoa and chia

THE SALMON QUINOA SALAD (L) 18 PER FILET

Grilled salmon filet, quinoa, baby gem lettuce, avocado heirloom tomato, snap pea & lemon drizzle with olive oil

SCHNITZEL SALAD (L) 95/115

Famous chicken Schnitzel on greens w/ potato cucumber salad, lemon

KALE CEASAR 85/105

Grilled chicken, organic kale, homemade croutons & parmesan

TURKEY COBB (L) 95/115

Turkey breast, bacon, avocado, egg, gorgonzola, tomato on spring mix

CURRY SALAD (L) 85/105

Curried chicken, lingonberry, carrot, apple & cucumber on arugula

Medium | 160 oz. bowl / up to 12 people

Large | 320 oz. bowl / up to 25 people

ADD GRILLED ORGANIC CHICKEN 48 oz. bowl | 30

ADD SALMON FILET | 18 each

FOODLAB BREAKFAST BOXES

MINIMUM 10 PEOPLE

EACH PERSON HAS HIS OR HER OWN BOX THAT IS SPECIFIED TO HIS OR HER DIETARY NEEDS.
(I.E VEGAN, VEGETARIAN, ALLERGIES, ETC.). PLEASE BE SURE TO MENTION ANY OF THESE NEEDS AT TIME OF ORDERING.

PERFECT FOR LOCATION SHOOTS, THE HOLLYWOOD BOWL, OR A PICNIC WITH LOVED ONES.

GRANDE FOODLAB BOX Each | 26

A SEASONAL FRUIT SALAD
FRESH PRESSED ORANGE JUICE
A CROISSANT (SERVED WITH JAM & BUTTER)
ORGANIC EUROPEAN STYLE YOGURT & HOMEMADE GRANOLA
ONE HARD-BOILED EGG
STRAWBERRY PRESERVE & BUTTER
EATWARE, SALT & PEPPER

ADD COLD BREW BY LA COLOMBE 16OZ 5.50



BREAKFAST BOX Each | 25

A BREAKFAST SANDWICH OF YOUR CHOICE
(AVOCADO TOAST | SCRAMBLED EGG SANDWICH | BREAKFAST BURRITO)
A SEASONAL FRUIT SALAD
FRESH PRESSED ORANGE JUICE
EATWARE, SALT & PEPPER

ADD COLD BREW BY LA COLOMBE 16OZ 5.50



GREEN ROUTINE BOX Each | 27.50

A SEASONAL FRUIT SALAD
FRESH PRESSED GRAPEFRUIT JUICE
AVOCADO TOAST
ORGANIC GREEK YOGURT W. PISTACHIO, MINT & HONEY
ONE HARD-BOILED EGG
EATWARE, SALT & PEPPER

ADD COLD BREW BY LA COLOMBE 16OZ 5.50



FOODLAB BOXES

MINIMUM 10 PEOPLE

EACH PERSON HAS HIS OR HER OWN BOX THAT IS SPECIFIED TO HIS OR HER DIETARY NEEDS.
(I.E VEGAN, VEGETARIAN, ALLERGIES, ETC.). PLEASE BE SURE TO MENTION ANY OF THESE NEEDS AT TIME OF ORDERING.

PERFECT FOR LOCATION SHOOTS, THE HOLLYWOOD BOWL, OR A PICNIC WITH LOVED ONES.

LUNCH BOX Each | 26

- A SANDWICH OF YOUR CHOICE
- A DAILY VEGETARIAN SIDE SALAD CHEF'S CHOICE
- A MINI VEGAN SALAD
- A BOTTLED WATER
- A GLUTEN-FREE CHOCOLATE CHIP COOKIE
- A STICK OF GUM EATWARE, SALT & PEPPER
- ADD FRUIT CUP \$4



PICNIC BOX Each | 37.50

- A CHARCUTERIE / CHEESE PLATTER (SERVED WITH BREAD)
- A CAPRESE PLATTER
- A BOTTLED WATER
- A GLUTEN-FREE CHOCOLATE CHIP COOKIE
- A STICK OF GUM, EATWARE, SALT & PEPPER



DINNER BOX Each | 32.50

- CHOICE OF PASTA SAUCE. SERVED WITH PARMESAN CHEESE (MARINARA, BEEF BOLOGNESE OR PORK RUSTICA SAUCE).
- A CAPRESE PLATTER
- A MINI VEGAN
- A BOTTLED WATER
- A GLUTEN-FREE CHOCOLATE CHIP COOKIE
- A STICK OF GUM, EATWARE, SALT & PEPPER



HEALTHY BOX Each | 37.50

- A MEDITERRANEAN PLATTER
- A SALMON QUINOA BOWL
- A BOTTLED WATER
- A STICK OF GUM, EATWARE, SALT & PEPPER



PLATTERS, DESSERTS & BEVERAGES

PLATTERS

SERVED IN SMALL OR LARGE PLATTER

CHEESE BOARD 135/225
Fine European cheeses served
w/ dried fruits & a bread basket

CHARCUTERIE PLATTER 135/225
Imported European meats
w/ bread & olives

CRUDITE 95/130
Various organic raw veggies
w/ buttermilk ranch & hummus

MEDITERRANEAN PLATTER 200 (LARGE ONLY)
Baba ganoush, grape leaves, olives, peppers
tabouli, hummus, pita chips

GRILLED ASPARAGUS PLATTER 95/165 With
manchego cheese & lemon zest

HEIRLOOM TOMATO PLATTER 85/135 (SEASONAL)
Served with shallots and red wine vinegar

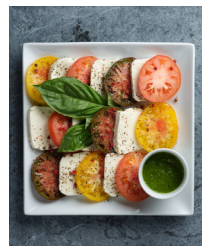
BRESAOLA PLATTER 135 (LARGE ONLY)
Served with arugula, lemon, shaved parmesan
& extra virgin olive oil

FRUIT PLATTER 75/135
Assortment of bite sized seasonal fruits

PITA CHIPS BOWL 45/65
Served with black olive tapenade & hummus

HOUSEMADE ROSEMARY SEA SALT CHIPS 45/65
Served with secret sauce (you will not stop eating these!)

Medium | 10-15 people
Large | 15-30 people



SOUP

HOMEMADE TOMATO SOUP 60 (10-15 PEOPLE)
Served with bread

MINISTRONE SOUP 60 (10-15 PEOPLE)
Served with bread

COLD DRINKS

FOODLAB WATER 2

TOPO CHICO 3.5

COLD BREW LATTE 5.5

SODA (33CL) 2 Coca-Cola | Diet-Coke | Sprite

FRESH PRESSED JUICE

Orange | 30

Grapefruit | 30

FRESH LEMONADE (GALLON)

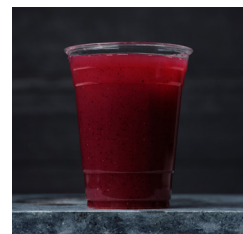
Classic | 30

Mint | 35

Blueberry | 35

HOMEMADE ICED TEA (GALLON) 30

ARNOLD PALMER (GALLON) 35



HOT FOOD

HOT FOOD : MEAT, POULTRY & FISH (FOR 10 PEOPLE)

BISTRO STEAK 265

Green peppercorn sauce

CHICKEN WILD MUSHROOM 190

White wine

CHICKEN PAILLARD 190

Meyer lemon and capers

GRILLED CHICKEN PESTO 190

Roasted vine tomato

CHICKEN STIR-FRY 195

Snow pea, bell pepper, carrot, onion, chestnut

SHRIMP STIR-FRY 245

Snow pea, bell pepper, carrot, onion, chestnut

GRILLED CHICKEN AVOCADO 190

Queso fresco & oven roasted tomato

GRILLED SALMON FILET 210

With green onion & lemon zest

SEARED SOLE 220

With pomegranate seeds & citrus zest

SEARED SOLE 220

With brown butter sauce, olives & tomato

PASTA, VEGETABLES & SIDES

HALF PAN / FULL PAN

PENNE BOLOGNESE 105/175

PENNE RUSTICA 105/175

With bacon & capers

PENNE MARINARA 95/145

PENNE 95/145

With roasted vegetables

MAC & CHEESE 95/145

WILD RICE 75/125

FINGERLING POTATO 75/125

ROASTED ASPARAGUS 75/125

BRUSSELS SPROUT 75/125

BROCCOLINI 75/125

ROOT VEGETABLES 75/125

CAULIFLOWER 75/125

ROASTED BABY CARROTS 75/125

ROASTED VEGETABLES 75/135

SAUTEED SPINACH 65/125

SMASHED POTATO 75/125

GREEN BEANS 75/120



AND MORE...

MINIMUM 50 TOTAL. 25 PER ITEM

CAPRESE SKEWER 4.50

Tomato, mozzarella, fresh basil on a skewer

CHICKEN SKEWER 5.50

Served with peanut sauce

SHRIMP SKEWER 7.50

Olive oil, fresh garlic, salt & pepper



FOODLAB IN THE ALLEY

CONTACT US

FOODLAB
Catering department
foodlabla@gmail.com

Jean-Yves Tel: 323.851.7120 | 323.384.8010

732 N Highland Avenue (entrance in the back alley) Los Angeles, CA 90038