

BOXED LUNCHES & PLATTERS

(request veg)

Phat Kat Box or Platter \$13 / 10

*Choice blend of our signature sandwiches and wraps.
Choice of side and homemade dessert or 2 sides. *Whole
or Half Sandwich Available*

Eat the Rapper Box or Platter \$13 / 10

*Medley of our most popular wraps – Ninja Bomb, Turkey
Wrap, Chicken Caesar and Morphine. 1 side plus dessert
or 2 sides *Whole or Half Wraps*

Simple Brown Boxed Lunch \$11 / 9

*Assortment of classic deli sandwiches – Turkey and Tuna
and Ham with assorted chips and choice of dessert or
fruit. *Whole or Half Sandwiches*

Goddess Salad Platter \$13

*Bevy of skinny salads – Fat Free Tuna, Chinese Chicken
and Honey Nut Chicken, served with mini rolls and bread,
Caesar Salad and fresh fruit.*

Stupid Simple Platter \$14

*Sliced ham, turkey and chicken, sliced cheese, lettuce,
tomato, red onion, mayo pack, mustard pack, assorted
breads; includes potato salad, Caesar salad and dessert*

Fresh Fruit Platter \$30 serves 8-10 / \$50 (16-20) /
\$70 (24-30)

Hummus Envy Platter – soft & hard pita, two
types of hummus, pico, pesto, olives, balsamic
reduction, goat cheese \$30 serves 10-15
people, \$45 serves 15-25 people.

GRILLED CHEESE SANDWICHES WITH
TOMATO BASIL SOUP \$10



2739 Old Elm Hill Pike,
Nashville, TN 37214
www.ellendales.com



2730 Lebanon Pike, #B
Nashville, TN 37214
www.phatbites.com



3055 Lebanon Pike, #105
Nashville, TN 37214

Phat Bites Little Sister Restaurant Located in the Change Health Care Building

For individual or small catering,
please use our app!



POWERED BY: ChowNow



PHAT ELLENS CATERING

(Phat Bites & Ellendale's)

SALAD SIDES \$3

Choices for cold lunches

*Cranberry Barley Salad *Hummus & pita (multiple
flavors daily) *Loaded Potato Salad *Tomato-
Mozzarella Salad * Sesame Noodles *Pesto Pasta
Salad *Broccoli Cheddar Salad * Couscous *Greek
Artichoke * black bean & corn
*Spicy Dijon Slaw * Caesar salad * chopped salad
*Long Life Salad \$1 extra
(Featured on Diners, Drive-In's & Dives)

DESSERTS \$2.25 each

1/2 size * Brownie * Yum Yum Bar * regular or
chocolate rice krispie treats, cookies & more!

SCOOBY SNACKS

Homemade potato chips with ranch \$1.75 pp.
Homemade pimento cheese, pico & pita \$2 pp
Grilled veggies & raw \$3 pp.
Grilled veggies, cheese & crackers \$4 pp.
Lentil guacamole, pico, pimento cheese w/ tortilla
chips, pita & veggie sticks \$4pp
Spicy dried kale with nutritional yeast & coconut oil
popcorn. \$3pp.

PREMIUM SNACKS

Chilled shrimp cocktail 3 big ones w/ cocktail sauce,
remoulade, lemon & crackers. \$8 pp.
Salmon cakes w/cucumber sauce & hollandaise \$5

Minimum order of 20 people per package
Drop off delivery available (Minimum 20)
15% service fee for delivery & set up & leave.
Full buffet with chafers set drop and pick up
or full service for additional fees.
Try to give us 48 Hour Notice for delivery

Please advise us of gluten issues or other food allergies

Catering Manager Direct: 615.738.7646

Email: phatbitescatering@gmail.com

On the Web: www.ellendales.com

Emily Nix, Catering Sales Manger

HOT LUNCH

ADD \$3 FOR DINNER PORTIONS OR FOR EXTRA ENTREE

Chef's Choice Luncheon / \$14

*Chef Julie's Specials of the Day – includes meat, vegetable, starch, and dessert. *Choice of Beef, Pork, or Chicken *Vegetarian & Vegan Options Available*

Chimichurri Chimichurri / \$13

Grilled sliced chicken or steak with Argentinian herb sauce with pan seared sweet potatoes, Idaho potato squares & house salad.

Devil's Workshop / \$13

Jack Daniels BBQ with rolls and Macaroni and Cheese, slaw & jalapeno cheddar corn bread.

"Nashville Hot" Fried or Baked Chicken Tenders / \$13

Available in Honey Hot, Crybaby Mild, or volcano. Served On grilled focaccia with mac and cheese & slaw. (ranch & bleu cheese dips)

Dank Pot Pie / \$13

The kind you dream about with lots of chicken, peas, celery, carrots and topped with buttery biscuits served with chopped salad.

Lasagna Meat or Veggie

Served with grilled garlic focaccia & Caesar salad. Full pan (24 plump pieces) \$144 / half pan (12 pieces) \$72 ADD SIDES!!!

Ellendale's Cajun Chicken Pasta / \$13

Penne Pasta tossed with diced chicken, bell peppers, mushrooms & red onion in a Cajun Alfredo sauce. Served with chopped salad & grilled focaccia.

Quinoa Heaven / \$14 + \$2 chicken or salmon
sautéed in coconut oil w/sunflower seeds, mushrooms, pprs, peas & spinach w/chopped salad & pita w/hummus.

Salmon Cakes / \$13

Topped with hollandaise - served with veggie medley & parsley skillet potatoes, hummus & pita.

Slammin Salmon \$15

Lemon parsley poached salmon with Ellendales rice, veggie medly & focaccia.

Mas Fajitas Por Favor \$13

Grilled chicken & steak with peppers and onions, tortillas, sour cream, lentil guacamole, lettuce & pico, served with Spanish rice & black beans.

HOT SIDES

**lemon butter broccoli *grilled veggies *almond green beans * baked Italian tomatoes * almond green beans *honey ginger carrots * macaroni & cheese * fruit * jalapeno corn bread * grilled focaccia * fried potato wedges * poutine *chopped salad *Caesar salad * chili lime corn *grilled asparagus & mushrooms * spicy sweet potato hash*

BREAKFAST

FULL BREAKFAST MENU AVAILABLE UPON REQUEST

Quiche - Half Pan \$48 (12 slices) or Full (24 slices) \$90

Made any way you like with your choice of fillings

Sunshine and Motorcycles \$13

Benedict w/ grilled tomato, ham and scrambled eggs with hollandaise, bacon and turkey sausage, fresh fruit, assorted pastries & bread with butter and jelly.

The European \$10

Assorted cheeses, fruit, ham and turkey, crackers, bread, jelly boiled egg & pastry.

Slider On Over \$9

2 pp. ham, egg & chz sliders, skillet potatoes & fruit

Farmers choice \$10

Steak & cheezy scrambled eggs with biscuits & gravy.

Add Ons:

*Assorted flavored Bagels with two signature cream cheeses \$3 *Meat Medley (bacon & sausage) 3 *2 Biscuits with Gravy 3 *scrambled Eggs w/ cheddar \$2.50 *pastry 2 *cookies \$1.50*

**Croissants, muffins, bread & jelly 4 *Granola, yogurt & fruit cup 4 *boiled egg w/ dip \$1.25 *fruit 3 *muffins 3*

PARTY PLATTERS

Heavy App Party – Nashville hot chicken, steak skewers, VIP pinwheels, hummus envy, gouda artichoke fondue w/ bread & crackers, grilled veggies & fruit. \$18 pp.

A Little Something – curry chicken endive leaves, homemade potato chips, fruit & cheese, sundried tomato bruschetta. \$12 pp.

Fancy Shmancy – shrimp and cream cheese spring rolls, lobster sushi rolls, prociutto stuffed mushrooms, rice paper Thai chicken rolls, guacamole, pico, chili con queso & tortilla chips. \$21 pp.

End Zone – sloppy bites, fried ravioli w/ marinara, hot honey chicken tenders, loaded red potatoes, wedge salad skewer, homemade chips & dip \$17 pp.

Cartwheel – Cucumbers w/ salmon mouse, sundried tomato deviled eggs, Chinese chicken wontons, mushroom bruchetta, grilled jalapeno & potatoes w/ pimento cheese dip. \$13 pp.

Somersault – Bbq bacon shrimp, poached salmon w/ caper cream cheese & crostini, pesto tortellini skewers, grilled veggies & fruit, pecan bleu grapes, hummus envy \$23 pp.

Phat Grazing – coconut popcorn, bleu cheese fondue w/ apples & bread, meat balls w/ marinara, thai chicken skewers, salmon cakes w/ Dijon sauce, stuffed mushrooms \$20 pp.

Stallone – fried ravioli, sundried tomato bruchetta, meatballs w/ alfredo, grilled Caesar, grilled veggies & fruit \$15 pp.

BEVERAGES

Gallon of Fruit Tea \$14 - Gallon of Sweet or Unsweet Tea \$10 - Hot Water & Tea \$2 pp. - Bongo Java Coffee \$3 pp. ½ Gallon of Fresh OJ \$12, Fresh Squeezed Lemonade \$20 - Assorted Canned sodas \$1.25 Bottled Water \$1.25 - full bar & craft cocktails MRKT. Full Service Cocktail Bar & Service *Cups & Ice are Included