

We make you look good

So, you just became the official lunch planner for your company. Congratulations! We know it can be a big job, so we help you make it look easy. At Sprig + Plate, we provide a large variety of corporate food offerings for events such as:

- Executive meetings
- Employee trainings
- Team lunches
- Office celebrations



We got you

Cold boxed lunches with apples and chips just don't cut it anymore. We offer homemade sandwiches, salads, fruit, veggies, charcuterie, and sweet options. Don't need a full meal for everyone? A grazing board is a perfect solution! We're adaptable and ready to serve your needs.

How it works

Visit our Grazing Board page to order your next team lunch. Orders are available within seven days of ordering. Meals and charcuterie boards are available in various sizes to meet your needs. If you need a faster turn-around time than seven days, send us an email! We can also help you via email if you need help determining what will work best for your event.

Location and delivery

Our storefront is located at 3915 E. 96th Street, Indianapolis, IN 46240. We deliver to the north side of Indianapolis, and select suburbs for a flat fee. Want to know if we deliver to your business? Send us an email to hello@sprigandplate.com!

Cost

We offer several price options to meet your needs. Snack and lunch boxes start at \$10-\$15 per person. Charcuterie boards range from \$120 to \$350, depending on contents and quantity. If you need something special or out of the ordinary, email us at hello@sprigandplate.com for a customized quote!



Ready to be everyone's favorite coworker? Order now!

Scan QR code or go to sprigandplate.com/grazingboards for all the details about process, pricing, pickup and delivery.

sprigandplate.com

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What we offer

Each weekly menu consists of five options — three entrees, a soup, and a salad. Choose between a variety of proteins, and a rotation of soups and salads. All soups are fully cooked and ready to reheat. All salad ingredients are bagged separately to adapt ingredients to your own preference. Most menu items are *gluten-free and dairy-free*, and many items can be tailored to other dietary restrictions. Have a special dietary request? Just ask!

How it works

Each Tuesday, we send out an email with a menu of five meal options for the following week. There is no minimum order and no obligation to order weekly. ***We make it so easy - place orders when you want food and skip the weeks you don't.*** It's that simple. Complete the order form in the weekly email, and we'll get started prepping your meals.

Large variety

Meals are available in small, medium, large and extra-large sizes to feed all families. Meals are ready for pickup or delivery on Mondays. Everything is ready to pop in the oven, reheat, or easily prepare in a skillet. To be added to our weekly email list, simply fill out our New Client Form.

Add ons

Need a little more protein or a sweet? We offer weekly add-on option of protein balls, chicken salad, and cookies from Loaded Dough.

Location and delivery

Our storefront is located at 3915 E. 96th Street, Indianapolis, IN 46240. We deliver to the north side of Indianapolis, and select suburbs for a flat fee. Want to know if we deliver to your house? Send us an email!

Pickup times are Monday 10-4 p.m., and delivery is typically between 10 a.m. and 3 p.m.

Cost

Meal prices depend on ingredients and sizing. Small meals start at \$40 (feeds two), medium meals start at \$55 (feeds four), large meals start at \$70 (feeds six), and extra-large meals start at \$85 (feeds eight). Soup and chicken salad are sold by the quart. Invoices are sent weekly on Fridays and can be paid via credit card.

Meal Preparation

Our meal prep instructions are posted weekly at: <https://www.sprigandplate.com/instructions>



Ready to start enjoying dinner every night again? Sign up now!

Scan QR code or go to [sprigandplate.com/meals](https://www.sprigandplate.com/meals) for all the details about process, pricing, pickup and delivery.

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SPEND LESS THAN 30 MINUTES IN THE KITCHEN

Start Enjoying Dinner Again!



Life gets a little crazy sometimes. We get it. It's hard to come up with a dinner plan for every single night. Are you using these dinner shortcuts?

- Ordering out 2x or more per week
- Hitting the drive-thru 2x or more per week
- Eating cereal for dinner because you're exhausted
- Eating cheese and crackers for dinner because your kids left for college and you don't remember how to cook for two



No judgment here. At Sprig + Plate, we're here to help!



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SPRIG+PLATE



*Custom Charcuterie
& Meal Prep Kitchen*



Browse or Place an Order:
www.sprigandplate.com



Meal Prep Services

Gluten-free and Dairy-free Options

- Five healthy, whole food choices such as entrees, soups and salads each week
- Place orders when you want food and skip the weeks you don't
- Meal cost varies from \$40-85 depending on quantity
- Pick up weekly on Mondays at our store front on the north side of Indianapolis
- Limited delivery to north side for a flat fee



Custom Charcuterie

- Classic charcuterie boards with the perfect mix of meat, cheese, fruit, veggies, dips and olives
- Custom-made grazing boards with fresh veggies, sandwiches, fruit and desserts
- Beautiful handmade wooden boards, disposable trays, boxes and cups
- Boards available for purchase or loan



Corporate Orders

- Homemade sandwiches, salads, pasta, cheese, fruit, veggies and more
- Brunch and lunch boards available in many sizes
- Corporate catering offerings for executive meetings, employee trainings, team lunches and office celebrations
- Single serve cups available

Connect with us!

hello@sprigandplate.com • sprigandplate.com

Instagram: @sprigandplate

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