

URBAN BEET FOOD CO

THE URBAN BEET PRESENTS... **BEETSMART** FOR BUSINESS

CATERED LUNCHES THAT ENERGIZE AND SATISFY!

- Are you and your co-workers tired after lunch?
- Are your lunch meetings followed by the "Urge To Nap"?

**RESEARCH SHOWS THAT EMPLOYEES ARE
LESS PRODUCTIVE AFTER LUNCH**

Why?

- Highly energized and productive employees need healthy, low fat food (to stabilize blood sugars and replenish energy for the afternoon ahead)
- White bread, rice, pasta, potatoes, sugary foods trigger an insulin reaction releasing serotonin in your body, making you feel tired
- High fat foods take energy to digest, blood goes to the intestines and less oxygen goes to the brain
- Coffee is a temporary stimulant, in 12 minutes you are left more exhausted than before drinking it

What Can You Do?

Provide healthy, energizing Beetsmart Lunches. Beetsmart has been computer analyzed to provide just the right balance of nutrients and calories so no more afternoon napping...

Beetsmart choices are high in fibre and low glycemic. You work hard to be healthy and take care of yourself, Treat yourself to a Beetsmart lunch today!



URBAN FOOD CO BEET

BEETSMART LUNCH OPTIONS

BUFFET STYLE ENERGY SALADS

- Beet Quinoa
- Grilled Vegetables
- Bulgar Lentil
- Farro Black Bean
- Tri-bean
- Mixed Greens

POWER PROTEINS

- Fish Cakes
- Turkey Burgers
- Grilled Salmon
- Crustless Quiche

SATISFYING SOUPS FROM SCRATCH

- Vegetarian Soup
- Seasonal Soups
- Beet Borsht
(served with whole grain buns)

MAIN COURSES

1 Dish Meals served with Vegetables / Grain

- Chicken Basque
- Beef Stew
- Roasted Veggie Lasagne
- Chicken Curry
- Vegetable or Meat Chili

"FRESH TO GO" SANDWICHES / WRAPS

Whole grain bread or sprouted wheat wraps filled with a variety of fresh vegetables, lean meat, hummus.

POWER BREAKFAST OPTIONS

RESEARCH TELLS US THAT BREAKFAST EATERS TEND TO EAT LESS DURING THE DAY AND ENJOY A MORE PRODUCTIVE DAY.

- House made granola and yogurt fruit parfait
 - Seasonal fruit platters / yogurt dip
 - Fresh Fruit smoothies
- High fibre/low fat muffins, seed power bars
 - Quinoa porridge/maple yogurt/ berries
- Breakfast wraps - Fresh, free range eggs, lean back bacon, gourmet cheeses on whole grain wraps or bagels (variety)
 - Gourmet Coffee, Tea and Juice

WE DELIVER



Our catered Beetsmart meals are perfect for meetings or any employee gathering. Why not host a staff appreciation event featuring our delicious high energy options? Call us in advance with your order and we will Deliver!

Try Beetsmart and experience the feeling of fresh healthy food at your next meeting!