



Diet & Nutrition

The quality of what you eat matters to Taste!

Taste Menus are FRESHLY PREPARED from Scratch!

- We use only the FINEST INGREDIENTS!
- We use HEALTHY California Non-GMO Extra Virgin Olive Oil
- We use Fresh local produce (organic when available)
- We use fresh meat and poultry free from hormones

Special Diets or Cultural Considerations

- Taste presently features a Gluten Free Menu to meet the need of individuals who are gluten intolerant. View the menu here: <http://www.tastecatering.us/tastepdfs/GlutenFree.pdf>
- Taste offers a variety of Menu Styles. Call us to inquire.

Coming Soon!

Nutrition Information on Taste recipes!