

CatapultTM

CATERING GUIDE



Photo by Our Noire Kitchen
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ABOUT THE KITCHEN

The Catapult Kitchen exists for founders to build restaurants, bakeries, and consumer packaged goods brands in a commercial kitchen with sales avenues, expert guidance, and funding.

Catapult provides commercial kitchen space where new businesses can obtain key licensing, use state-of-the-art equipment, and begin to serve their first customers.

The background of the page features a collage of food images. At the top, there's a plate of three folded tacos or burritos filled with meat and cheese, topped with a fresh salsa of diced green onions and cilantro. Below this, on the left, is a partial view of a plate with a colorful salad. On the right, another plate shows a taco with a creamy green sauce and various toppings. At the bottom, a large plate is filled with a hearty salad or taco mix, including chunks of chicken, corn, onions, and a generous sprinkling of white cheese.

ABOUT THE GUIDE

Kitchen members are invited to add their offerings to this guide to share with members of the community. Whether you rent a conference room at Catapult or need a caterer for your wedding, take a look through this guide to find an option that works for you.

Look out for the icons below. They give you a quick idea of what type of food that member offers: breakfast, beverages, dessert, or lunch/dinner.

Thank you for supporting local in Lakeland!



Breakfast



Beverages



Dessert



Lunch/Dinner



BAKING BREWER

Baked goods infused with craft beer. Have your cake and drink it too!

OFFERINGS

Boxed Lunch (with fruit salad or chips and a chocolate chip cookie)

- Besto Pesto (\$16): Pesto, tomato, fresh mozzarella, roasted red pepper with balsamic glaze on focaccia
- Pretty Good BLT (\$15): Candied bacon, lettuce and tomato with a garlic aioli
- Bougie Nostalgia (\$16): Turkey, Apple and Cheddar with arugula, whole grain mustard, mayo and potato chips

Desserts (\$4 each)

- Cupcakes, Brownies, Blondies and Cookies (variety of flavors)

bakingbrewer@gmail.com | (863) 670-1551 | bakingbrewer.com





BANG BANG BAKEHOUSE

Fresh-baked premium rum cake inspired by craft cocktails and nostalgic snacks.

OFFERINGS

Rum Cake Cups (\$5.50/\$3.50/\$2 per cup)

- Large 8oz: Full size dessert that can be used as a take home gift. Custom labels available by request. Minimum order: 12 cups.
- Medium 4oz: The perfect single serve dessert - looks great on a dessert table! Minimum order: 24 cups.
- Mini 2oz: Bite-sized cakes ideal for passed desserts or attach them to your cocktail/coffee as a garnish! Minimum order: 30 cups.

Flavors

- Original (the O.G.), Cortadito (Espresso Martini), Hottie (Mexican Hot Chocolate), Guava + Queso, Old School (Old Fashioned Cocktail), Boozy B-Day (Funfetti)

info@bangbangbakehouse.com | (305) 803-1136 | bangbangbakehouse.com





DOMINICK'S KITCHEN

Specializing in Italian foods, roasted meats, and custom catering.

OFFERINGS

Appetizers & Hors D'oeuvre (\$1-\$4/pc.)

- Cocktail Meatballs, Spinach Artichoke Tarts, Caprese Skewers

Italian Buffet (\$15/person)

- Cheesy Gooey Baked Ziti served with Hand Rolled Italian Style Meatballs (All Beef) and Slow Simmered Marinara Sauce with Caesar Salad & Italian Bread

Customizable Catering (variable pricing)

- Have an idea of what you want to do? Lets talk! If you can think it, we can make it.

catering@dominicksfood.com | (813) 279-8919 | dominicksfood.com





EL GALLO TEJANO

Authentic Mexican refreshments, snacks, and elotes!

OFFERINGS

Corn on the Cob (\$8 - \$11)

- Try the original with mayo, cheese, butter, chile, and lime or add a coating of Ruffles Queso, Blue Takis, Hot Cheetos, or Doritos Dinamite.

Mexican Nachos (\$6 - \$15)

- Get the Mexican chips with nacho cheese and jalapeños or add the original corn cut off the cob for more flavor and texture.

Agua Naturales (\$5 - \$7)

- Flavors change with the seasons. Examples include lime, watermelon, mango, cucumber, and pineapple.

elgallotejano965@yahoo.com | (956) 735-7390





LTIS

International desserts + innovative experiences.

OFFERINGS

Rose Blondies (\$5.75 each)

White Chocolate Matcha Tart (\$6.75 each)

Cookies (\$2.75 - \$3.75 each)

- Chocolate orange cookie and saffron shortbread

taryn.jones@ltisweets.com | (863) 313-0179 | ltisweets.com





MERAKI BAKEHOUSE

Scratch made, freshly baked croissants and pastries.

OFFERINGS

Classics (\$4-\$5.75/pc.)

- Croissants: Traditional, chocolate, almond, apple pie, Nutella stuffed
- Strawberry almond bostock (croissant toast)

Savory Breakfast (\$5.50-\$6.25/pc.)

- Croissants: Ham & cheese, jalapeno popper, everything bagel with herbed cream cheese, goat cheese/garlic/tomato
- Personal size croissant quiche
- Spinach, artichoke, and feta pockets (GF)

Nostalgic Flare (\$4-\$5.50/pc.)

- Gluten Free: Wild berry or brown sugar & cinnamon pop tarts, chocolate pecan cookies, and pistachio orange muffins w/ orange blossom drizzle
- Brown butter chocolate chip cookies, banana chocolate chip pecan muffins with coffee drizzle, and blueberry crumble muffins

merakibakehousefl@gmail.com | merakibakehouse.com





NOXX KITCHEN

Great tasting healthy meals and snacks that exceed expectations.

OFFERINGS

Wings (\$10-\$15/ person)

- Mango habanero, jerk, hibiscus, lemon pepper, or rum glazed

Jamaican Patties (\$5-\$7/ person)

- Mild beef, Spicy Beef, Jerk Chicken, Curry Goat, Curry Chicken, Oxtail, and Vegetable

Jerk Chicken (\$10-\$15/person)

- Side options include rice & peas and salad

info@noxxkitchen.com | (800) 699-4917 | noxxkitchen.com





OUR NOIRE KITCHEN

A rotating menu where creativity and passion meet bold flavors.

OFFERINGS

Pop-Up Menu (\$12/person)

- Individual lunches that include tacos, hot or cold sandwiches, brunch items and more that you may have tried and loved at a public event! Anything from pork belly melts to jerk chicken Mac bowls, fish and grits and more!

Catering Buffets (\$20/person)

- Jerk Chicken, Pork, or Shrimp, Red Snapper Filets, Brisket, Pulled Pork, Smoked Wings in a variety of flavors, Six Cheese Mac, Rice and Peas, Polenta, Seasonal Veggies and more.

Private Dining Experiences (\$45/person)

- Tomato basil snapper filets with risotto, jerk colossal shrimp, coffee-rubbed steak with chimichurri sauce and more. We also offer multiple courses with hors d'oeuvres and dessert options.

hello@ournoirekitchen.com | (863) 225-8055 | ournoirekitchen.com





PINOY CRAVINGS

Filipino fusion fare, from street foods to pastries.

OFFERINGS

Appetizers & Street Food (\$2-\$6/person)

- Crispy Lumpia, Chicken Sexy Skewed, Chicken Sliders

Pinoy Combo Meal (\$15/person)

- Rice Combo (2 Skewers, 2 Lumpia and Rice)
- Pancit Combo (1 Skewer, 2 lumpia and Pancit)

Kamayan Feast (\$55/person)

- Filipino celebratory feast served communal-style of eating on top of banana (customized per request)

pinoycravingsfl@gmail.com | (863) 738-6090 | pinoycravings.net





PLATES ON DECK

An elevated approach to soul food where home cooking meets fine dining.

OFFERINGS

NYC Deli Breakfast (\$15/person)

- Choice of protein, eggs, fruit & yogurt parfait, and a beverage

Signature Soul Brunch (\$23/person)

- Peach cobbler french toast, strawberry shortcake waffles, cracked pepper bacon, maple glazed sausage, fried wings, scrambled eggs, and soul fries

Seafood Lovers Lunch (\$28/person)

- Jumbo Cajun crab cakes, City Island fried shrimp, shrimp & salmon diablo, signature shrimp & crab seafood boil

info@myplatesondeck.com | (321) 245-9277 | myplatesondeck.com





POP A BAO

Freshly prepared Chinese bao and soup dumplings.

OFFERINGS

Steamed Soup Dumplings

- Savory options include chicken or shrimp & pork. Dessert option is red bean paste, which is also vegan.
- 24 pieces for \$35

Steamed Bao Buns

- Flavors include Honey BBQ Roast Pork, Teriyaki Chicken, and Kungpao Spicy Chicken.
- 12 pieces for \$40

info@popabao.com | (786) 420-9773 | popabao.com





RESILIENT MEALS

Resilient specializes in meals using locally sourced ingredients without seed oils.

OFFERINGS

Appetizers (\$6 each)

- Empanadas, Beef Sliders, and Mini Quesadillas

Burrito Bowls (\$12.50 each)

- Cilantro lime rice, black beans, choice of beef or steak

Dessert (\$6 each)

- Organic Brownie a la Mode, Almond Flour Cookies (GF), Warm Banana Bread

rslnutrition@gmail.com | (863) 513-9246 | resilientmealsfl.com





SPURZILE'S GOURMET

A gourmet food company providing a variety of flavors to satisfy any savory or sweet tooth any time of the day

OFFERINGS

Gourmet Jumbo Cookies (\$48/ dozen)

- Lemon poppyseed, chocolate peanut butter, raspberry white chocolate, Nutella, oatmeal raisin, snickerdoodle, and butterscotch white chocolate

Mini Cheesecakes (\$60/ dozen)

- Pumpkin, Strawberry, Blueberry, and Mixed Berry

Lite Breakfast (\$18/ person)

- Flaky butter biscuits with a side of Spurzile's butter, one 8oz tub to share, or individual tubs for a variety of flavors. Fresh fruit salad. Hard boiled eggs with choice of Spurzile's seasoning for topping, and a bottle of Juice.

k.spurgetis@spurzile.com | (352) 263-7395 | spurzile.com





THE BAKED BUTCHER

Delicious smoked BBQ with plenty of southern style sides to go with it! And make sure to save room for dessert, we offer delicious sweets for every occasion.

OFFERINGS

Meat by the Pound (Starting at \$16/pound)

- Pulled pork, pulled chicken, BBQ ribs, smoked chicken, and smoked brisket

BBQ Meals (Starting at \$13.99/person)

- Choose between 1-3 meats with 2 sides and your choice of bread. BBQ meals are customizable, contact for more information.

Dessert Platters (\$19.99 each)

- Banana pudding, peach cobbler, and cookie platters. Each platter feeds up to 18 people.

thebakedbutcher@gmail.com | (863) 224-8245 | thebakedbutcherfl.com





THE CULTIVATED PIG

Live fire restaurant elevating the craft of primal live fire cooking.

OFFERINGS

Boxed Lunches (\$14-\$15/person)

- Pulled pork sandwich, baked potato salad, coleslaw, BBQ sauce
- Mac-n-cheese with smoked prime brisket, BBQ sauce, green onions, & Caesar salad
- White rice, smoked sausage & chicken, grilled shrimp, Jambalaya sauce, duck fat collard greens
- V/GF: Grilled veggie sandwich with hummus, olive oil, & smoked beans
- V/GF: Vegan Buddha bowl, quinoa, marinated chickpeas, cherry tomatoes, spinach, purple cabbage, seasoned tofu, mango-avocado salsa
- V/GF: Grilled Veggie Jambalaya Skewers with rice & collard greens

info@thecultivatedpig.com | (863) 588-3154 | thecultivatedpig.com





CONSIDER AN ALUMNI MEMBER

The goal for every kitchen member is to eventually launch into a space of their own. This can be a restaurant, bakery, manufacturing space, or anything in between. The following businesses started their journey at Catapult and achieved their goal of expanding into a brick & mortar location.

BANDIDAS BAKESHOP

Bakery, cafe, and market providing seasonal daytime fare to the Lakeland community. Offerings are ever-changing, evolving with the seasons, and thoughtfully prepared to look and taste handmade.

bandidasbakeshop.com



BORN + BREAD BAKEHOUSE

Bakery specializing in slow dough, both naturally leavened breads and viennoiserie. Born + Bread was the first food-based business to launch from Catapult and continues to be a Lakeland staple today.

bornandbreadbakehouse.com



BLUE DOG CRAFT BBQ

Owner and pit master Max Miller is on a mission to create quality, Texas-style barbecue in Central Florida and foster a community of BBQ enthusiasts in the Lakeland area.

bluedogcraftbarbecue.com



BY THE CHEF PIZZA

At By The Chef Pizza, the mission is to bring fresh, new, and trendy foods to Polk County while maintaining the high standards of trained, professional chefs.

[@bythechefpizza](https://www.instagram.com/bythechefpizza)



CAKE MAKERS STUDIO

Cake Makers Studio provides highly customized edible masterpieces. They specialize in cake sculptures that realistically resemble characters, vehicles, buildings and unforgettable themes.

cakemakersstudio.com



CRUMBLES & CREAM

Founded by a certified German-trained pastry chef, Crumbles and Cream offers traditional European pastries made with unbleached flours, pure butter, fresh milk & eggs, seasonal produce, and just enough sugar.

crumblesandcream.com



ESSENTIAL CATERING SOLUTIONS

With a dedication to crafting transformative experiences that solve culinary and event challenges with finesse and creativity, Essential Catering Solutions is a one stop shop for your next catered event.

essentialcateringsolutions.com



HONEYCOMB BREAD BAKERS

Honeycomb is the ideal gathering place for artisans to participate in the ten thousand year tradition of bread-making. Explore their artisan breads and pastries, brunch menu, and more at the bakery in Winter Haven.

honeycombbread.com



KRAZY KOMBUCHA

Find Krazy Kombucha serving their great tasting, fizzy, probiotic teas at their very own tap room, the Downtown Curbside Market, and on tap at a few of your favorite Lakeland eateries.

krazykombucha.life



THE SALTY COW

Learn more about the world of cheese through The Salty Cow's hand crafted and imported selections. Check out their cheese boxes, spreads, parmesan crisps, and more!

thesaltycowllc.com



VEGETATION CAFE + KITCHEN

A 100% vegan cafe that focuses on primarily fresh, minimally processed food. Visit Vegetation for freshly made and ready to go plant based meals, snacks, and sweets.

vegetationplantfood.com



WAFU TAIYAKI

Wafu is a trendy retreat for Japanese - inspired street food nestled in the bustling East End Market. They offer taiyaki, a fish shaped waffle, with both classic and creative fillings to enchant your palate.

wafutaiyaki.com





CONTACT US

Thank you for supporting small businesses!
Have questions or want to learn more?

(863) 940-9660

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catapultlakeland.com