



Catering Menu



The Mindful Mango Café Corporate Catering Menu

The Mindful Mango prides itself on fresh hand-made fare that we truly believe is worth extra time and value! Our delicious desserts are made in-house, except for our gluten-free options. Especially noteworthy – our divine selection of homemade soups where even the broth is made from scratch.

Things To Know Before Placing An Order:

- 🍌 Hours of operation: Monday-Friday 7:30 am-3:30 pm.
- 🍌 Delivered by the Mindful Mango Team or contracted out to a delivery service should our team be unavailable. Your catering needs may also be picked up during regular shop hours. Deliveries and packaging for downtown locations start at \$15.00.
- 🍌 Orders must be for a minimum of 10 people; for orders over 20 people we kindly ask that you give us at least 48 hours notice.
- 🍌 Please allow for 10 minutes on either side of delivery time for outstanding circumstances such as traffic and weather.
- 🍌 We have dietary sensitive options available. However, all our dietary products are prepared in the same kitchen; therefore we cannot guarantee that these items haven't come in contact with certain allergens such as wheat, gluten, dairy, nuts and soy.
- 🍌 Cancellation requires 48 hours notice.

To order please contact Ron Melanson at ron.melanson@nshealth.ca
cell: 902-240-1045

Java Blend Coffee

Pot of Organic Medium, Dark Roast or Decaffeinated Coffee (10 people) \$15.00 ea.

Pot of Orange Pekoe or Gourmet Herbal Teas (8 people) \$12.00 ea.

Breakfast Items

Heart Healthy House Made Muffins: \$2.00 ea. Gluten Free \$2.75

Blueberry Banana, Banana Chocolate Chunk & Morning Glory

Assorted Fresh Fruit Tray \$3.25 per person

Desserts

House Made Cookies \$1.35 ea.

Oatmeal Coconut, Dark Chocolate Chip, Double Ginger

House Made Cakes and Squares \$2.25 ea.

Carrot, Pineapple Square, Dark Chocolate Pumpkin Brownie, Date Square

Gluten Free:

Brownies \$2.75 ea.

Cookies \$2.75 ea.

Assorted Gourmet Sandwiches/Wraps \$6.95 ea.

Minimum order of 3 per variety. All ingredients are fresh, unprocessed and cooked in house.

Gluten Free Sandwiches can be ordered at \$8.75 ea.

Wraps:

Mango Chicken Wrap

with Mango Chutney, Curried Mayo, Fresh Sliced Mango & Lettuce

Pesto Chicken Wrap

with Red Peppers, Caramelized Onions, Gourmet Greens & Pesto Mayo

Greek Chicken Wrap

with Tzatziki, Cucumber, Tomato, Romaine Lettuce & Red Onion

Fresh Vegetable Wrap

with Roasted Red Pepper, Hummus & Greens

Sandwiches:

Roast Chicken Salad

with Orange Cranberry Mayo, Mozzarella & Romaine Lettuce

Smoked Ham

with Dijon Mayo, Cheddar & Romaine Lettuce

Roast Beef

with Roasted Garlic Mayo, Caramelized Onion, Cheddar & Romaine Lettuce

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Continued on next page

Soups and Salads:

House Made Soup of the Day \$3.95 (8 oz.) \$5.50 (12 oz.)

Made with fresh ingredients and house made broths. Choice depends on current stock.

Possibilities include: Chicken with Dill, Egyptian Red Lentil, Pumpkin & Pear Soup, Portuguese Winter Soup with Chorizo Sausage, Thai Butternut Squash & Coconut, Split Pea Soup with Smoked Ham, Roasted Parsnip and Apple, Beef & Barley, Moroccan Gypsy Soup, African Sweet Potato and more.

Side Salads of the Day \$3.50 ea.

Curried Lentil with Fresh Vegetable, Curried Quinoa Salad with Broccoli, Greek Orzo Pasta Salad, Wheat Berry & Chickpea with Feta Cheese, White Bean & Artichoke, Moroccan Chickpea & Carrot.

Green Salad:

Gourmet Greens with Mango Dressing & Feta Side Salad \$4.25 Full Salad \$7.25

Add Chicken \$2.75

Presentation Platters:

Assorted Fresh Fruit Tray \$3.25 per person

Vegetables & Dip (Caramelized Onion or Sundried Tomato Dip) \$2.50 per person

Domestic & Imported Cheese Tray with Crackers & Grapes Small \$50 (for 10) Large \$90 (for 20)

Cold Drinks:

- Orange Juice \$2.75
- Apple Juice \$2.75
- San Pellegrino Aranciata or Limonata \$2.75
- Bottled Water \$2.00
- Soft Drinks \$2.00



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