



CATERING THE MINDFUL WAY

Do you want simplicity in making healthy choices? Mindful delivers. Satisfying portions with fewer calories and great taste...that's Mindful.

Mindful...where making healthy choices becomes second nature. Mindful believes in complete meals, entrees, sides, bowls of soup, and snacks, that are nutritious, taste great, and keep you satisfied. Our chefs and dietitians worked together to create Mindful choices that are lower in calories, low in saturated fat, trans-fat free, lower in cholesterol, lower in sodium, and high in fiber.

When you see the Mindful logo on our menus, you can be assured you are making a healthier choice. All items will be prepared according to recipe including portion size, to keep mindful qualities.

If you have special dietary restrictions, such as gluten free, nut free, etc., please let us know and we will do our best to accommodate them.



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BREAKFAST

Healthy Start

A seasonal fresh fruit tray, whole wheat bagels with light cream cheese, margarine, jellies, low-fat blueberry muffins, and low-fat/nonfat yogurt. Includes assorted 100% fruit juices, coffee/decaf, tea and ice water
\$10.75/guest

Add hot oatmeal or cold cereal & 1% or nonfat milk
\$2.75/guest

Breakfast Buffet

Fresh Fruit Salad 


Scrambled Egg Substitute 

Oven Roasted Potatoes 

Crisp Turkey Bacon or Turkey Sausage Patties

Assorted Low-fat Muffins

Low-fat Carrot Raisin Bars 

Texas French Toast 

OR

Griddle Fresh Whole Wheat Pancakes 

Choose one:

- **Cinnamon Pear** - Buttermilk pancakes enhanced with whole wheat flour, pears and cinnamon
- **Banana Walnut** - Buttermilk pancakes enhanced with whole wheat flour, banana and walnuts
- **Blueberry** - Buttermilk pancakes enhanced with whole wheat flour and blueberries

Assorted 100% fruit juices, coffee/decaf, tea and ice water
\$11.75/guest

Homestyle Frittatas

Zucchini and Mushroom \$3.50/guest

Veggie \$3.50/guest

Veggie and Cheese Frittata Sandwich \$3.75/guest

Low-Fat or Nonfat Yogurt Parfait

Yogurt, seasonal fresh fruit and cereal/granola individual parfaits
\$2.35/guest

Bakery Items

Assorted Bagels served with Light Cream Cheese
\$16.00/dozen

Glazed Apple Spice Coffee Cake
\$9.99/each

Seasonal Whole Fruit

\$1.10/each

Seasonal Fresh Fruit Platter

\$3.85/guest



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SALADS, SANDWICHES, & SOUPS

Salads include: whole wheat dinner roll with margarine, carrot raisin bar, bottled water

Roasted Root Vegetable Salad

Roasted root vegetables, grape tomatoes, toasted pumpkin seeds and baby spinach with stone ground honey mustard dressing
\$6.75/guest

Masala Chicken and Grape Salad

Masala grilled chicken, red grapes, chickpeas, fresh mint and curry pita chips on mixed greens with creamy mango dressing
\$9.55/guest

Salmon Berry Blast Salad

Salmon, strawberries and feta over spring greens with a citrus-tomato dressing
\$12.75/guest

Grilled Portobello Caesar Salad

Crisp romaine, parmesan cheese, baked French bread croutons with roasted Portobello and reduced fat Caesar dressing
\$9.65/guest

Sandwiches include: side salad, baked chips or pretzels, carrot raisin bar or fresh fruit, bottled water

Dijon Curry Chicken Salad on Pita

Chicken salad with apples, grapes, celery, almond, Dijon, curry, mayonnaise and spring mix in a pita
\$9.55/guest

Tabbouleh Hummus Pita Wrap

Pita wrap filled with hummus, tabbouleh, roasted red peppers, red onion, and a creamy cucumber yogurt sauce
\$9.75/guest

Grape and Walnut Tuna Baguette

Grape and walnut tuna salad with spring lettuces and tomato on a crusty baguette
\$9.65/guest

All soups served with crackers

\$ 2.89/guest

Garden Vegetable Soup

Tomato Basil Soup

Chicken Noodle Soup

Minestrone Soup

Vegetarian Chili

\$ 3.00/guest



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SERVED LUNCHEONS AND DINNERS

Entrees

All entrees served with house salad, 2 homemade salad dressings, whole wheat dinner rolls with margarine, starch, vegetable, dessert, beverage

Fish

Citrus and Herb Salmon

Salmon fillet with citrus and herb crust
\$18.75/guest

Mango Crusted Tilapia

Crusted fillet served with pineapple relish
\$14.95/guest

Chicken

Ginger Chicken Breast

Chicken breast grilled with citrus fresh ginger
Marinade \$15.25/guest

Peruvian Lime Chicken Breast

Chicken breast seasoned with Peruvian rub and lime
juice \$15.75/guest

Chicken Breast Speidini

Baked chicken tossed in garlic herb crust over whole
wheat penne and marinara sauce \$15.25/guest

Beef

Beef Ragu over Farfalle

Braised beef with Italian herbs and red wine
\$14.75/guest

Pork

Hawaiian Roasted Pork Tenderloin

Pork loin roasted with pineapple kiwi salsa
\$15.75/guest

Turkey

Tuscan Style Turkey Breast

Slow roasted turkey breast marinated in Sauterne
wine and lemon juice \$15.75/guest

Vegetarian

Orecchiette with Broccoli and Chick Peas

Pasta orecchiette with broccoli and chick peas
\$12.75/guest

Braised Vegetables and Quinoa

Hearty root vegetables, slowly braised and served
over tender quinoa \$15.00/guest

Vegetable Paella

Vegetables served with white rice \$12.75/guest

Starch (choose one):

Whole wheat penne, rice noodles, oven roasted
potatoes, mashed sweet potatoes, baked sweet
potatoes, baked potatoes, baked fries, roasted bliss
potatoes, basmati rice with shallots & garlic, white
rice, barley rice pilaf, brown rice, wild rice, or quinoa

Vegetable (choose one):

Sautéed spinach in olive oil with garlic, fresh broccoli
florets, whole green beans, sliced carrots, Italian
roasted vegetables, steamed cauliflower, collard
greens, roasted Brussels sprouts, or roasted
zucchini with red/green/yellow peppers



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Desserts

Assorted Fresh Berries 

Apple Crisp 

Citrus Angel Food Cake with Lemon Glaze 

Quinoa Chocolate Chip Cookies 



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BREAKS & SNACKS

Seasonal Sliced Fruit Tray 

\$3.85/guest

Seasonal Whole Fruit 

\$1.10/each

Fruit Skewers 

Fresh seasonal fruit on individual serving skewers

\$12.95/dozen

Crudité Tray with Hummus & Salsa Dips 

\$3.00/guest

Hummus with Crisp Pita Triangles 

\$2.70/guest

Trail Mix Bar 

Build your own trail mix from Cheerios, almonds, peanuts, craisins, raisins, and M&M's

\$4.15/guest

Assorted Granola Bars 

\$1.35/each

Low-Fat Carrot Raisin Bars

\$14.75/dozen

Chewy Chocolate Rice Krispy Bars 

\$8.45/dozen

Baked Potato Chips or Pretzels 

\$1.75/guest

Low-Fat or Nonfat Yogurt Parfaits 

Yogurt, seasonal fresh fruit and cereal/granola individual parfaits

\$2.35/guest

Smoothies \$3.85/guest

Carrot Apple Smoothie 

Banana Avocado Smoothie 

BEVERAGES

Coffee/Decaf \$15.00/gallon

Tea \$12.95/gallon

Fresh Brewed Iced Tea \$8.80/gallon

Served with lemon and sweeteners

Assorted Seltzers \$1.85/each

Chilled Assorted 100% Fruit Juices \$1.95/each

Infused Ice Water Selections \$ 5.00/gallon

Mixed Berry

Cucumber Melon

Cucumber Mint

Watermelon Mint Water

Lemon Ginger

Orange Thyme

Bottled Water \$1.65/each



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