

QTY	\$	SUB	QTY	\$	SUBTL	QTY	\$	SUBTL	QTY	\$	SUBTL
<b>P.4 BREAKFAST</b>			<b>PARFAIT INDIVIDUAL</b>			<b>BREAKFAST SANDWICH TRAY</b>			<b>P.10 SALADS</b>		
Mini Muffin & Scones - 18pc	\$40		large 16oz	\$8		PER SANDWICH, MINIMUM 6	\$6		<b>ADD-ONS: PER SERVING BELOW **</b>		
Croissants Plain & Almond - 10pc	\$40		sub coconut yogurt per serving	\$2		• <b>choose bread</b>			free range grilled chicken	\$4	
Assorted Baked Goods - 28pc	\$60		sub cashew yogurt per serving	\$2		croissant			4pcs grilled wild shrimp	\$6	
GF Baked Goods 18pc	\$60		SEASONAL FRUIT add MP	MP		multi grain slice			pasture raised steak	\$6	
organic butter per 1/2 lb	\$4.50		APPLE add per serving	\$1		focaccia			preservative free salmon	\$6	
organic jam per 1/2 lb	\$3		BANANA add per serving	\$1		• <b>choose meat</b>			Organic Tofu	\$6	
						turkey			<b>see menu for dressing selection:</b>		
<b>BAGEL TRAYS</b>			<b>FRESH FRUIT SALAD</b>						xtra dressing 12oz bottle	\$6	
8 reg size bagels	\$16		SERVES 6-8	\$45		ham			xtra dressing 16oz bottle	\$8	
15 reg.size bagels	\$30		(market price during off season)			bacon					
24 reg.size bagels	\$48					• <b>choose cheese</b>					
12 mini bagels	\$15		<b>P.6 EGGS BUFFET STYLE</b>			swiss			<b>HOUSE SALAD</b>		
24 mini bagels	\$30		<b>SCRAMBLED EGGS</b>			cheddar			small	\$40	
			half tray	\$25		brie			large	\$70	
<b>BAGEL DROP OFF</b>			full tray	\$45		<b>P.7 BEVERAGES, JUICE</b>			dressing ( )		
1 dz once a week minimum	CALL		<b>TOMATO SPINACH SCRAMBLE</b>			<b>Fress Pressed MOOD JUICE</b>			xtra dressing*( )12/16oz	\$6   8	
			half tray	\$45		• Carrot Juice 1 qt	\$22		add protein** ( ) per serv	\$4   6	
<b>SPREADS (1 LB SERVES 12)</b>			full tray	\$85		• Beet Apple Juice 1qt	\$22				
plain cc per 1/2 lb	\$3.50		<b>MEDITERRANEAN SCRAMBLE</b>			• Green Juice 1qt	\$22		<b>MEDITERRANEAN SALAD</b>		
vegetable cc per 1/2 lb	\$5		half tray	\$55		<b>FRESH JUICE per half gallon</b>			small	\$50	
chives cc per 1/2 lb	\$5		full tray	\$105		serves 8-10 guests			large	\$80	
walnut raisin cc per 1/2 lb	\$6		<b>SPANGLISH SCRAMBLE</b>			• OJ	\$15		dressing ( )		
honey rosemary cc per 1/2 lb	\$6		half tray	\$60		• Pineapple	\$15		xtra dressing*( )12/16oz	\$6   8	
jalepeno cc per 1/2 lb	\$5		full tray	\$115		• Grapefruit	\$15		add protein** ( ) per serv	\$4   6	
organic butter per 1/2 lb	\$4.50		<b>BREAKFAST SIDES</b>			<b>ORGANIC LEMONADE half gallon</b>					
organic jam per 1/2 lb	\$3		• <b>Chicken Sausage</b>			• Lemon Aid	\$10		<b>BALSAMIC BLUE SALAD</b>		
maple cinnamon butter per 1/2 lb	\$6		per serving, min.5 servings			• Lemon Kale Aid	\$12		small	\$40	
vegan cc per 1/2 lb	\$7		• <b>Bacon (2 slices/serving)</b>			• Lemon Ginger Aid	\$12		large	\$75	
vegan butter	\$4.50		per serving, min.5 servings			<b>BOTTLED ORANGE JUICE</b>			dressing ( )		
organic ketchup 12 oz	\$5		• <b>Turkey Bacon (2 slices/serving)</b>			Natalie's per 16 oz	\$4		xtra dressing*( )12/16oz	\$6   8	
<b>GRANOLA CEREAL</b>			per serving, min.5 servings			Tropicana per 10 oz	\$2		add protein** ( ) per serv	\$4   6	
SERVES 6	\$30		• <b>Sauteed Mixed Veggies</b>			<b>MOOD BREWED TEAS half gallon</b>					
circle one below:			(kale, cherry tomatoes, carrots)			• Green	\$10		<b>GARDEN VEGETABLE SALAD</b>		
(1) milk, skim, soy, almond mylk			half tray	\$25		• Black	\$10		small	\$60	
low fat organic vanilla yogurt per svq	\$1		full tray	\$45		• Half and half	\$10		large	\$90	
vegan coconut yogurt per serving	\$2		• <b>Home Fries</b>			<b>ORGANIC COFFEE - THERMOS</b>			dressing ( )		
vegan cashew yogurt per serving	\$2		half tray	\$25		half gallon, serves 8-10 ppl.	\$18		xtra dressing*( )12/16oz	\$6   8	
SEASONAL FRUIT	MP		full tray	\$45		Boylan's soda	\$2		add protein** ( ) per serv	\$4   6	
APPLE add per serving	\$1		• <b>Sweet Potato Hash (no meat)</b>			Seltzer	\$2		<b>WEST COAST SALAD</b>		
BANANA add per serving	\$1		half tray	\$35		Inkos Iced Tea	\$2		small	\$60	
<b>PALEO OATLESS OATMEAL- GRAIN FREE</b>			full tray	\$65		Coke   Diet Coke	\$1		large	\$90	
SERVES 6	\$42		• <b>Corned Beef Hash</b>			Mash	\$2.50		dressing ( )		
(1) milk, skim, soy almond mylk;			half tray	\$50		<b>P.8 SNACKS, DESSERT</b>			xtra dressing*( )12/16oz	\$6   8	
low fat organic vanilla yogurt per svq	\$1		full tray	\$90		Asstd Cookies 40pc	\$55		add protein** ( ) per serv	\$4   6	
coconut yogurt per serving	\$2		NEEDS 3 DAYS NOTICE			Asstd Cookies 20pc	\$30		<b>CAESAR SALAD</b>		
cashew yogurt per serving	\$2		organic butter per 1/2 lb	\$4.50		Asstd Bars 22 pc	\$50		small	\$40	
SEASONAL FRUIT	MP		organic jam per 1/2 lb	\$3		Asstd Desserts 40pc	\$60		large	\$70	
APPLE add per serving	\$1		organic ketchup 12 oz	\$5		Asstd Gluten Free Cookies 30pc	\$65		(standard dressing tossed)		
BANANA add per serving	\$1					Asstd Gluten Free Cookies 15pc	\$35		xtra dressing*( )12/16oz	\$6   8	
						Asst Gluten Free Dessert Tray			add protein** ( ) per serv	\$4   6	
						16 pieces	\$45				
						32 pieces	\$75				
						Dirty Chips indiv bag	1.75				
						choose: sea salt, bbq, jalapeno			<b>*SEE INSERT FOR CREATE YOUR OWN*</b>		
						mavi, funky fusion					

\*ITEMS AND PRICES SUBJECT TO CHANGE\*

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NOTES

PG TTL

QTY	\$	SUBT	QTY	\$	SUBT	QTY	\$	SUBT	QTY	\$	SUBTL
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**P.14 CREATE YOUR OWN**  
**1) CHOOSE SMALL OR MEDIUM**

<b>SMALL (serves 10)</b>	<b>\$150</b>
<ul style="list-style-type: none"> <li>• choose 1 carb</li> <li>• choose 1 protein</li> <li>• choose 1 good fat</li> <li>• choose 2 veggies</li> <li>• choose 2 toppings</li> <li>• choose 1 dressing</li> </ul>	
<b>QTY 2) PROTEINS</b>	
_____ grilled tofu	
_____ xtra serving \$4 per	
_____ teriyaki tofu	
_____ xtra serving \$4 per	
_____ curry tofu	
_____ xtra serving \$4 per	
_____ grilled chicken	
_____ xtra serving \$4 per	
_____ teriyaki chicken	
_____ xtra serving \$5 per	
_____ cajun curry chicken	
_____ xtra serving \$5 per	
_____ grilled shrimp	
_____ xtra serving \$6 per	
_____ cajun shrimp	
_____ xtra serving \$6 per	
_____ salmon	
_____ xtra serving \$6 per	
_____ teriyaki salmon	
_____ xtra serving \$6 per	
_____ steak & peppers	
_____ xtra serving \$4 per	
<b>QTY 3) CARBS half tray</b>	
_____ brown rice	
_____ add half tray \$20	
_____ quinoa	
_____ add half tray \$30	
<b>QTY 4) GOOD FATS</b>	
_____ avocado	
_____ xtra serving \$1.50 per	
_____ walnuts	
_____ xtra serving \$1.50 per	
_____ peanuts	
_____ xtra serving \$1.50 per	
_____ fresh mozzarella	
_____ xtra serving \$2 per	
_____ shredded cheddar	
_____ xtra serving \$1.50 per	
_____ feta	
_____ xtra serving \$2 per	

<b>MEDIUM (serves 20)</b>	<b>\$290</b>
<ul style="list-style-type: none"> <li>• choose 2 carbs</li> <li>• choose 2 protein</li> <li>• choose 1 good fat</li> <li>• choose 4 veggies</li> <li>• choose 4 topping</li> <li>• choose 2 dressings</li> </ul>	
<b>QTY 5) VEGGIES</b>	
_____ sautéed kale, carrots, tomatoes	
_____ add half tray \$35	
_____ roasted asparagus	
_____ add half tray \$45	
_____ roasted carrots	
_____ add half tray \$35	
_____ roasted broccoli	
_____ add half tray \$35	
_____ mixed mushrooms	
_____ add half tray \$35	
_____ roasted cauliflower	
_____ add half tray \$35	
_____ roasted brussels sprouts	
_____ add half tray \$45	
_____ roasted sweet potatoes	
_____ add half tray \$35	
_____ mashed sweet potatoes	
_____ add half tray \$40	
<b>QTY 6) TOPPINGS</b>	<b>SUBTL</b>
_____ black bean salsa	
_____ add extra 16oz \$6	
_____ pico de gallo	
_____ add extra 16oz \$6	
_____ hot peppers	
_____ add extra 16oz \$6	
_____ pickled onions	
_____ add extra 16oz \$4	
_____ bacon bits	
_____ add extra 16oz \$6	
_____ corn kernels	
_____ add extra 16oz \$6	
_____ chopped hard boiled egg	
_____ xtra serving \$1.50 ea	
_____ hummus	
_____ add extra 16oz \$12	
_____ guacamole	
_____ add extra 16oz \$12	
_____ mood slaw	
_____ add extra 16oz \$8	
_____ croutons? ( yes or no )	

<b>QTY 7) DRESSINGS</b>	
_____ sesame ginger	
_____ add extra: \$6/12oz \$8/16oz	
_____ red pesto	
_____ add extra: \$6/12oz \$8/16oz	
_____ chimichurri	
_____ add extra: \$6/12oz \$8/16oz	
_____ avochimi	
_____ add extra: \$6/12oz \$8/16oz	
_____ tahini	
_____ add extra: \$6/12oz \$8/16oz	
_____ sherry vinaigrette	
_____ add extra: \$6/12oz \$8/16oz	
_____ vegan cashew	
_____ add extra: \$6/12oz \$8/16oz	
_____ apple cider vinegar	
_____ add extra: \$6/12oz \$8/16oz	
_____ sriracha (bottled)	
_____ add extra: \$6/12oz \$8/16oz	
_____ oil and vinegar	
_____ add extra: \$6/12oz \$8/16oz	
_____ olive oil	
_____ add extra: \$6/12oz \$8/16oz	
_____ fresh lemon juice	

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