



MBJ FOOD SERVICES

CATERING MENU

CONTINENTAL BREAKFAST

Freshly Baked Miniature Muffins, Croissants, Danish and Bagels (served with butter, cream cheese and preserves). Includes Coffee & Tea, Orange Juice
\$7.75 p.p

BREAKFAST SANDWICHES

Your choice of Bread: Rolls, English Muffins, Bagel, Croissant
Choice of Meat: Bacon (Pork or Turkey), Ham, Turkey, Sausage.
Choice of Cheese: American, Swiss or Cheddar
\$5.50p.p

ADD-ONS

Fruit Salad **\$4.75 p.p**
Oatmeal (Included Toppings: Brown Sugar, Cinnamon and Raisins) **\$3.95 p.p**
Additional Toppings:
Mixed Berries, Fruits or Mixed Nuts **\$2.75 p.p**

OTHER OPTIONS

Mini Vegetable Quiche
\$2.95 p.p
Parfaits: (yogurt, mixed fruits, granola)
\$4.75 p.p

PROTEIN BOX

A hard boiled egg, Cottage Cheese, Fresh Fruit Salad, Assorted Mixed Nuts
\$8.25 p.p

BOXED BREAKFAST

One Full Sized Pastry: (Muffin, Butter Croissant, Bagel with Cream Cheese or Butter, Cheese Danish), A Small Fruit Salad, 6oz Orange Juice Box
\$7.75 p.p
(15 guest minimum)

*Boxed Coffee to Go (Includes Cups, Stirrers, Sugars, Milk)
\$29.50
(Serves 10 people)



All items are for a 10 person minimum unless stated otherwise



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BOXED LUNCH

Assorted Sandwiches: Ham and Cheese, Turkey & Cheese, Tuna Salad, Chicken Salad, Falafel and Hummus or Grilled Vegetables. A bag of Chips Or Whole Fresh Fruit, Cookies, Assorted Canned Sodas or Bottled Water

\$14.95 p.p

Add a Mini Fruit Salad **\$2.75 p.p**

Add a 16 oz Green Salad **\$4.95 p.p**

SALADS

Mixed Greens with Fruits and Cranberries Salad (Apple or Mandarin or Strawberries and Blueberries)

Kale, Quinoa and Chickpea Salad

Greek Salad

Pasta & Vegetable Salad

\$4.95 p.p (16 oz)

\$8.95 p.p (32 oz)

Add Grilled Chicken **\$3.50 p.p**

Salad Boxed Lunch:

Any of the above Salad 32 oz. A bag of Chips Or Whole Fresh Fruit, Cookies, Assorted Canned Sodas or Bottled Water

\$14.95 p.p

EVERY LIL' THING BOX

In 4 Compartment Clear Container

Assorted Mini Sandwiches (Ham and Cheese, Turkey and Cheese, Tuna Salad, Chicken Salad, Grilled Vegetables Wrap)

Assorted Salad (Green Salad with Fruits, Caesar Salad, Greek Salad Pasta Salad, Grain Salad)

Fruit Salad

Assorted Pastry (Mini Cupcakes, Brownies, Blondies or Raspberry or Lemon Bar)

Assorted Sodas & Bottled Water

\$16.95 P.P

DELUXE BOXED LUNCH

Assorted gourmet sandwiches:

Grilled Chicken Pesto with Sundried Tomatoes on Spinach Wrap,

Chicken Cutlet, Mozzarella cheese and Marinara sauce served on Focaccia Square,

Grilled Eggplant with Red Onions and other Vegetables, served on Whole Wheat Pita Bread,

Roasted Turkey Breast with Brie, Honey Dijon Mustard served on Specialty Roll

Fruit Salad or Green Salad, Assorted Cookies, Assorted Canned Sodas or Bottled Water

\$18.95 p.p

(20 people minimum with two sandwich choice option per 20 people)

BUILD YOUR BOWL

In a 32 oz Bowl

Choice of One Grains: Brown Rice, Wild Rice, Quinoa, Cous Cous,

Choice of One Greens: Lettuce, Kale, Spinach, Purple Cabbage, Broccoli, Bean Sprout, Cucumber

Choice of one Protein: Grilled Chicken, Chickpea, Tofu, Boiled Egg, Red/Black Beans

Choice of dressing: Tahini Sauce, vinaigrette, Creamy Avocado Dressing, Olive Oil and Vinegar

Choice of One Topping: Sesame seed, Chia, Assorted Nuts, Olives, Cherry Tomatoes, Feta Cheese, Pecan, Dried Fruit

\$16.50 p.p



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CATERING MENU

SNACK PACKAGES

HEALTHY SNACK: Whole Fresh Fruit, Granola Bar, Lemon or Cucumber Infused Water in the Dispenser **\$4.50 p.p**

SIMPLE SNACK: Assortment Baked Cookies. Includes Coffee & Tea Service **\$5.75 p.p**

TASTY SNACK: Assorted Baked Cookies, Arrangement of Seasonal Sliced Fruit. Includes Coffee and Tea Service, Assorted Sodas and Bottled Water **\$10.75 p.p**

BEVERAGES

Coffee **\$2.95 p.p**

Starbuck's Coffee **\$3.50 p.p**

Teavana Assorted Tea **\$2.50 p.p**

Healthy Greens Smoothie (Kale, banana, green apple, almond milk) **\$6.25 p.p**

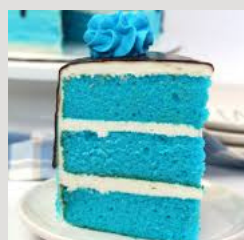
Banana-Berry Smoothie (banana, strawberry, blueberry, vanilla yogurt) **\$5.95 p.p**

Orange, Apple or Cranberry Juice in Dispenser **\$1.95 p.p**

Assorted Sodas: **\$1.75**

Bottled Water: **\$1.75**

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DESSERTS

Assortment of Fresh baked Brownies or Blondies **\$3.99 p.p**

Assortment of Fresh Baked Cookies (Chocolate Chip, Oatmeal and Sugar) **\$ 2.15 p.p**

Assortment of Pound Cakes **\$3.75 p.p**

Sliced Seasonal Fresh Fruit Platter **\$5.50 p.p**

Cupcakes, individually packaged **\$4.75 p.p**

Miniature Cupcakes **\$3.99 p.p**

Assorted Petite Fours **\$5.25**

French Macarons **\$ 4.25 p.p**

Cake Shots **\$5.25 p.p**

Cakes: - 10 inch Round **\$60.00** Feeds 10-12 people -

1/4 Sheet Cake **\$85.00** Feeds 20-25 people

-1/2 Sheet cakes **\$120.00** Feeds 40-50 people

-1 Sheet Cake **\$220.00** Feeds 80-100 people

Add an edible image to any of the above cakes; **\$35.00** Please contact your catering manager for cake filling.