

MoodFood

ORGANIC CATERING

OUR MENU

LUNCH

Deconstructed Bowls + Side Salads + Soup Selection

Serving Sizes: Small (Serves 8-10) | Medium (Serves 11-15) | Large (Serves 16-20)

Please call us for extra-large orders 21+

Harvest Bowl - Small \$150 - Medium \$225 - Large \$300

Turkey, roasted spicy sweet potato and beets, goat cheese, pepitas, mixed herbs, quiona, honey mustard dressing (GF)

The Tao Bowl - Small \$130 - Medium \$195 - Large \$260

Ginger steamed vegetables, black beans, brown rice, avocado, house-made sauerkraut, toasted sesame oil (spicy or mild) (Vegan, GF)

The Doozie Bowl - Small \$120 - Medium \$180 - Large \$240

Brown rice, black beans, onions, sprouts, greens, hummus, guacamole, balsamic vinegar, goddess dressing (Vegan, GF)

Power Protein Bowl - Small \$140 - Medium \$210 - Large \$280

Egg, chick peas, broccoli, turkey, almonds, hummus, pumpkin seeds, kale, mixed greens, balsamic dressing (GF)

Coconut Curry Bowl - Small \$130 - Medium \$195 - Large \$260

Tofu, steamed cauliflower, broccoli, kale, cilantro, and lime with ginger, turmeric peanut curry sauce served over rice (Vegan, GF)

Macro Bowl - Small \$130 - Medium \$195 - Large \$260

Brown rice, broccoli, tofu, kimchi, nori crisps, cilantro, cucumber, shredded carrots, toasted sesame oil (Vegan, GF)

Sesame Kale Side Salad - Small \$50 - Medium \$75 - Large \$100

Kale, tamari, sesame oil, garlic (Vegan, GF)

Raw Superfood Crunch Side Salad - Small \$60 - Medium \$90 - Large \$120

Kale, cabbage, carrots, beets, pepitas, sunflower seeds, almonds, goji berries, sprouts, goddess dressing (Vegan, GF)

Egyptian Lentil Soup - Small \$60 - Medium \$90 - Large \$120

Lentil, potato, onion, veggie broth, spices, olive oil. 16 ounce servings per person (Vegan, GF)

Ginger Carrot Puree Soup - Small \$60 - Medium \$90 - Large \$120

Carrot, ginger, onion, veggie stock, orange juice, salt. 16 ounce servings per person. (Vegan, GF)

Bone Broth - Small \$65 - Medium \$98 - Large \$130

grass-fed beef bones, thyme, garlic, carrot, celery, onion, astragalus, ginger, turmeric, sea salt. 8 ounce servings per person (GF)

NOSH

Sharable Platters. 1 order (Serves 8-10) | 2 orders (Serves 11-20)

Nosh Platter - 1 order \$69 - 2 orders \$138

*Nuts + seeds, dried + fresh fruit, Bliss protein balls (oat, nut butter, coconut, date, cacao nib, maca root, honey), boiled eggs, mini GF carrot muffin. Fruits and vegetables are seasonal and may vary. Each order is served on 2 platters for sharing. **(GF)***

DESSERTS

Individual desserts

Serving sizes: Small (serves 8-10) | Medium (serves 11-15) | Large (serves 16-20)

Peanut Butter Cookies - Small \$20 - Medium \$30 - Large \$40

(GF, Vegan)

Vanilla Matcha Cookies - Small \$25 - Medium \$37.50 - Large \$50

(GF)

Spiced Mayan Maca Brownies - Small \$35 - Medium \$52.50 - Large \$70

(GF)

COFFEE

*Each container is 96 ounces. 1 container (Serves 10-12) | 2 containers (Serves 15-24).
8 ounce coffee cups are included.*

Medium Roast Coffee - 1 container \$27 - 2 containers \$54

*Organic, fair trade drip coffee. Comes with 8 ounce cups, cream & sugar (on the side).
(GF)*

Bullet Proof Coffee - 1 container \$40 - 2 containers \$80

*Organic light roast drip coffee, organic ghee + coconut oil + cocoa - a healthier, cleaner
and delicious caffeine buzz - rich without the cream. Comes with 8 ounce cups (GF)*

Mushroom Coffee - 1 container \$49 - 2 containers \$98

*Reishi mushroom extract with organic light roast coffee - heightened focus calm energy.
Comes with 8 ounce cups, cream & sugar (on the side). (GF)*

TEA

*Each container is 96 ounces. 1 container (Serves 10-12) | 2 containers (Serves 15-24).
8 ounce cups are included.*

Rosemary + Honey Tea (Hot) - 1 container \$30 - 2 containers \$60

digestif + cholesterol balancing (GF)

Mint Tea (Hot) - 1 container \$30 - 2 containers \$60

Anti-stress + cleansing + digestive aid - Peppermint, spearmint, lemon balm (GF)

Hibiscus + Schisandra Berry Tea (Hot) - 1 container \$30 - 2 containers \$60

liver and adrenal health (GF)

Gingko + Lemongrass Tea (Hot) - 1 container \$30 - 2 containers \$60

mental endurance (GF)

HERBAL INFUSIONS

*Each container is 96 ounces. 1 container (Serves 10-12) | 2 containers (Serves 15-24).
Cups are included.*

Sun Latte - 1 container \$60 - 2 containers \$120

Comforting + Healing - Coconut milk, turmeric root, honey. (GF)

Moon Latte - 1 container \$60 - 2 containers \$120

Chill + anti-anxiety - Coconut milk, kava root, honey, spices. (GF)

Earth Latte - 1 container \$60 - 2 containers \$120

Energizing + mental endurance - Coconut milk, matcha green tea, honey. (GF)

JUICE

Each container is 64 ounces. 1 container (Serves 8) | 2 containers (Serves 16). cups are included.

Radiance Juice - 1 container \$39 - 2 containers \$78

Hydrating + refreshing - Turmeric root, orange, lemon, ginger, sole (72 mineral shot), coconut water (GF)

Alive Green Juice - 1 container \$39 - 2 containers \$78

Cleansing + rebooting - Kale, cucumber, celery, apple, lemon with chlorophyll shot. 64 ounce container (GF)

OTHER BEVERAGES

Cups included

Fire Cider Shots - 1 container \$35 - 2 containers \$70

In-house remedy - fermented citrus, ginger, garlic, onions, horseradish, turmeric, habanero/cayenne peppers in apple cider vinegar. 12 ounce container (Serves 10), shot glasses included. (GF)

Mineral Water - 4 bottles \$12 - 6 bottles \$18 - 8 bottles \$24

Hydration is imperative for mental engagement and focus: keep cool mineral water within arms-reach during meetings. Sharable bottles, cups included.

Mood Food Organic Catering | 2200 Hennepin Ave South, Minneapolis, Minnesota 55405

moodfoodorganiccatering.com | 612-326-0711 | orders@moodfoodorganiccatering.com