

# MANDY'S

## CATERING OPTIONS

Prices do not include taxes

### SIGNATURE SALAD PARTY BOWLS

Serves 4-6 people for a meal salad, 10-15 as a side salad

#### ASIAN SALAD / \$41.99

served with our asian sesame vinaigrette  
romaine lettuce, mixed greens,  
avocado, crunchy noodles, mandarin  
oranges, cherry tomatoes, shredded  
carrots, toasted sesame seeds

#### CAESAR SALAD / \$54.99

served with our homemade caesar  
romaine lettuce, mozzarella,  
shaved parmesan, baked pita  
chips, bacon, capers

#### THE 'FAVE' / \$53.99

served with our honey mustard vinaigrette  
romaine lettuce, arugula, shredded  
carrots, corn, broccoli, baked pita  
chips, parmesan, sunflower  
seeds, avocado

#### WOLFE BOWL / \$54.99

served with our tamari dressing  
mixed greens, arugula, brown rice,  
kale, cherry tomatoes, toasted walnuts,  
avocado, shaved parmesan, shredded  
carrots, toasted sesame seeds

#### HABIBI / \$52.99

served with our turmeric tahini dressing  
romaine lettuce, mixed greens, lentils,  
chickpeas, roasted sweet potato,  
mint, parsley, cherry tomatoes,  
cucumbers, red onion, feta, quinoa

#### MEXICAN SALAD / \$49.99

served with our cilantro-cumin vinaigrette  
romaine lettuce, mixed greens, corn,  
black beans, tortilla chips, mozzarella,  
cherry tomatoes, shredded carrots,  
avocado, fresh cilantro leaves

#### SMOKED MEAT SALAD / \$53.99

served with our "slaw" dressing  
romaine lettuce, montreal's best  
smoked meat, cape cod chips,  
diced dill pickles

#### SALMON SENSATION / \$79.99

served with our lemon dill vinaigrette  
mixed greens, romaine lettuce, baby  
spinach, quinoa, avocado, roasted  
asparagus, dill, dried cranberries, pine  
nuts, roasted salmon

#### ROMA / \$53.99

served with our sun-dried tomato & basil vinaigrette  
romaine lettuce, mixed greens,  
bocconcini, broccoli, cherry tomatoes,  
kalamata olives, baked pita chips, fresh  
basil leaves, red onion, dried figs

#### RAEGAN-DANIELLE EXTRAORDINAIRE / \$48.99

served with our classic balsamic vinaigrette  
romaine lettuce, mixed greens,  
shaved parmesan, baked pita chips,  
strawberries, cucumber, shredded  
carrots, avocado

#### TOKYO SALAD / \$45.99

served with our tamari dressing  
romaine lettuce, mixed greens, carrots,  
broccoli, cucumber, toasted sesame  
seeds, avocado, purple cabbage,  
tamari & sesame tofu

#### LUMBERJACK SALAD / \$67.99

served with our homemade caesar  
romaine lettuce, bacon, turkey, chicken,  
cherry tomatoes, avocado, mozzarella,  
mushrooms, green onions, baked pita chips

#### COBB SALAD / \$56.99

served with our green goddess dressing  
romaine lettuce, mixed greens, cherry  
tomatoes, avocado, organic hard boiled  
egg, green onions, hearts of palm,  
baked pita, bacon, mushrooms

#### MISO MÉLANGE / \$64.99

served with our miso ginger vinaigrette  
mixed greens, romaine lettuce,  
avocado, diced red pepper, carrots,  
green onions, apple, peanuts,  
edamame, mock 'chicken'

#### DECEMBER SALAD / \$41.99

served with our asian sesame vinaigrette  
romaine lettuce, mixed greens,  
shaved parmesan, shredded carrots,  
pear, avocado, baked pita chips

#### ENDLESS SUMMER / \$59.99

served with our tamari & miso ginger dressing  
mixed greens, kale, romaine lettuce,  
quinoa, avocado, tempura onions,  
pumpkin seeds, carrots, tempeh, red  
peppers, fresh cilantro, fresh basil

#### WALDORF / \$41.99

served with our classic balsamic vinaigrette  
romaine lettuce, mixed greens, dried  
cranberries, toasted walnuts, apple,  
pear, blue cheese

#### OCTOBER SALAD / \$52.99

served with our classic balsamic vinaigrette  
romaine lettuce, mixed greens,  
toasted pecans, goat cheese,  
pear, dried cranberries, shredded  
carrots, cherry tomatoes

#### WILD SAGE / \$55.99

served with our basil & sage vinaigrette  
mixed greens, crispy tempura onions,  
pears, roasted sweet potato, toasted  
pecans, dried figs, pumpkin seeds,  
goat cheese

#### SUPERFOOD SALAD / \$56.99

served with our house dressing  
baby spinach, kale, arugula, quinoa,  
apples, avocado, pomegranate seeds,  
broccoli, cherry tomatoes, roasted  
sweet potato, fresh mint and italian  
flat leaf parsley

### SALAD BAR

Create your own personalized Mandy's Salad Bar!  
We supply the lettuce, ingredients, and dressings.  
For pricing please contact [catering@mandys.ca](mailto:catering@mandys.ca)

#### INCLUDED INGREDIENTS:



2 GREENS



2 GRAINS/CRUNCHY



2 PROTEINS



5 FRUIT/VEGGIE



1 CHEESE

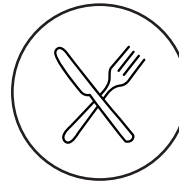


2 DRESSINGS

Any extras requested will incur additional charges.

Excluded ingredients: mango, salmon, smoked meat, and asparagus

### MANDY'S MENU



Order from our regular menu  
for individual salads.

Visit our website, [mandys.ca](http://mandys.ca),  
for the complete menu.

#### DELIVERY FEES

We require a \$200 minimum order (before tax) for delivery.  
All other orders must be picked up at our Old Port location

#### DELIVERY FEES (DISTANCE FROM OUR OLD PORT LOCATION)

0-5 km = \$10    5-10 km = \$20    10-15 km = \$30  
15-20 km = \$40    20-25 km = \$50    25 km+ = additional charges apply

Orders over \$500 = free delivery 0-15 km; 15 km+, additional charges apply