

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
romaine lettuce, mixed greens, 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.
10.99\$ + tax per person; 10 person minimum.

INCLUDED INGREDIENTS:



2 GREENS



2 GRAINS/CRUNCHY



2 PROTEINS



5 FRUIT/VEGGIE



1 CHEESE

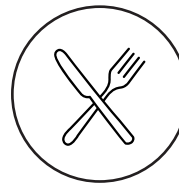


2 DRESSINGS

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,
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