



WITH A FULLY LISENCE, PUBLIC HEALTH INSPECTED PREPARATION FACILITY, AND A RED SEAL CHEF WITH 26 YEARS OF EXPERIENCE AT THE HELM, MIND FULL OF FOOD IS BRINGING A FRESH NEW VERSATILITY TO MIRAMICHI.

<https://www.facebook.com/mindfulloffoodculinaryservices>
www.mindfulloffood.ca 506-210-2728

**A note on ingredients - we use local suppliers predominately, and sustainable seafood use is a priority.

We have an extensive contact list of Miramichi regional, NB and Maritime producers, and try to support them as much as we can.

This list is the place to start for selecting a main course as the centrepiece of your event. These are proven winners. If you have a more specific vision, we can work up a menu based on your desire for the perfect event. This list will change as well, seasonally, or as new items prove successful.

Entrees-Local Classics

Roast Turkey, Classic preparation	\$15.75
Roast Beef, with Chef's Gravy	\$17.49
Prime Rib, with Jus and Classic presentation	\$24.75
Slow Roasted Garlic & Herb Chicken	\$16.49
Stuffed Chicken Breast	\$15.25
Classic Roasted Ham, smokey, spiced and sweet glazed	\$14.75
Roasted Salmon, Maple butter basted	\$16.25
Haddock Filet, Baked, Lemon and Herb	\$14.75

Entrees- Fresh and Refined

Turkey Breast, garlic&herbs, berry, fruit and nut stuffing	\$16.49
Mediterranean Chicken Breast, with feta, grapes, herbs.	\$17.49
Pork Roast, Italian Stuffed, White Wine-Tomato-Basil Jus	\$15.25
Beef Tenderloin, Dublin Lawyer Sauce (Lobster and Whiskey Cream)	\$38.99
Haddock Roulades, seafood stuffed, honey-lemon- tarragon Cream	\$18.25
Lobster Dinner, steamed, cracked, with butter and lemon	\$Seasonal

Entrees- Bolder

Smoked Beef Roast, Texas Style	\$20
Beef Tenderloin, 5 Peppercorn, Onion, & Garlic Cream	\$37.99
Moroccan Roasted Turkey Breast or Duck Breast	\$18.25
Smoked Chicken Breast (Boneless, Skin-on)	\$16.99
Roasted Salmon, Blackened, Creole Sauce	\$16.49
Rainbow Trout Roulades, Spicy Roast Pepper , Corn, and Polenta stuffed	\$17.49

The list of possible entrees and accompaniments is too long for this page. Think about what you want, we'll get to work on a menu that will be truly yours, one to remember.

ASK US ABOUT SPECIALTY MENUS

- *Locavore/100 Mile*Cultural menus
- *Vegetarian/Vegan menus
- *Multi-Course menus, up to 10 courses
- *Themed Menus-Holidays *Slow Food
- *Historical, BBQ *Diet Menus
- *Salute to Famous Chefs,
- *Salute to Famous Restaurants
- *The Titanic, use your imagination!

HORS D'OEUVRES, FINGER FOOD

We can put together a variety of "smallfoods" to suit any occasion, from the most casual to very formal and refined. Platters of vegetables, fruit, cheese, bread, cold cuts, etc., all well presented. Canapes and delicate two-bite creations that elevate the photo-sharing scale much further. A mix of hot and cold foods if presenting a bit at a time is desirable. Or just a nice mix of foods that safely match the taste of your guests. This is a nice way to start your event, or it could be the all you want, keeping people mingling while they eat at their own pace. We have a **separate menu** listing some options, suggestions, and pricing.



SIDE DISHES

Side, included with entree

- Seasoned Roasted New Potatoes
- Mashed Potato, with butter or olive oil
- Root Vegetable Mash
- Potato Salad, traditional, with/without egg
- Potato Salad, olive oil, roasted garlic, herbs
- Basmati Rice
- Brown Basmati Rice Pilaf
- Oat Groat Risotto, Maritime Oats!
- Green Salad, 5 veg's various dressing

There is a Premium Side Surcharge on the following:

Caesar Salad, Chef's dressing	\$2
Greek Salad, hearty, fresh herb dressing	\$3
Fine Greens, with Fresh Fruit & Berries	\$3
Premium 5 vegetable and mushroom saute	\$3.49
Roasted vegetables and garlic with dressing	\$2

The Final

Finishing off the meal with something sweet, it should be more than just sugar you remember. We make it memorable to see, smell, and taste. We can provide plenty of good options, large and small.

A sweets buffet can be a great option, or more rustic like tart and pie, or a baked pudding. Special cakes for special events, or perhaps a frozen treat.

Below are but a few examples

Wedding cakes are not our specialty, but we'd be glad to refer you those who are great at it!

	<u>Servings</u>	
Three layer frosted cake, various styles, flavours	12	\$36
Tart or Pie, popular styles	8	\$12
Custards-creme brulee, creme caramel, creme catalan,...	each	\$6
A selection of petite cupcakes, muffins, tarts	12	\$18
Toffee pudding, with sauce, served warm	6	\$36
Trifle, many variations	each	\$6
Stuffed dessert crepes, various fruit, berry fillings, sauces, toppings	each	\$6
Add ice cream or fresh whipped cream	each	\$2
Cheese plate, breads, crackers, condiments; price varies with cheeses		\$10 and up

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