



WITH A FULLY LISENCE, PUBLIC HEALTH INSPECTED PREPARATION FACILITY, AND A RED SEAL CHEF WITH 28 YEARS OF EXPERIENCE AT THE HELM, MIND FULL OF FOOD IS BRINGING A FRESH NEW VERSATILITY TO MIRAMICHI.

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 "small food" as the centrepiece of your event. We can put together a variety of hors d'oeuvres and finger foods to suit any occasion, from the most casual to very formal and refined. Traditional favourites or canapes and delicate two-bite creations that elevate the photo-sharing scale much further. Offering hot and cold foods and a nice mix of foods, we can safely match the taste and needs of your guests and your event. 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. If you want, we can work up an alternate list based on your desire for the perfect menu. This list will change as well, seasonally, and to keep it fresh.

Prices are by six pieces, or by the platter, or otherwise stated.



HORS D'OEUVRES, FINGER FOOD

Cold Platters and Dips

Veg & Fruit Platter with Dip (16"x16" platter)	\$28
Cheese, cold cuts, bread, crackers ((16"x16" platter))	\$45
Toasty Garlic Ciabatta Bread with cheese (24 pcs)	\$12
Roasted vegetable dip with pita (1 Litre dip)	\$20
Traditional Salsa or salsa verde with tortillas and sour cream	\$15
Hummous and pita	\$14
Warm Spinach, Cheese and Roasted Garlic Dip with Ciabatta	\$16
Seafood Dip- Lobster, crab, or smoked fish, warm and creamy	Seasonal

Hot Finger Food Platters

Fried Brothers Pepperoni, mild, with mustard sauce to dip	\$24
Honey Garlic Meatballs (2 Dozen) (local ground beef-Reg Falconer)	\$24
Bruschetta on ciabatta with Parmesan cheese; 12 per	\$12
Pulled pork or chicken, self serve, smokey, Biscuits or buns, melted cheese-per L	\$15
Hearty Texas Style Beef and Three Bean Chili, Per L	\$15

Meat Canapes

Curried Chicken or Beef on flatbread with Chutney	\$12
Roast BBQ chicken and sharp cheddar on corn bread	\$10
Thai red curry or peanut chicken satays with pepper jelly	\$12
Chicken with dried fruit and berry confit, on pita rounds	\$12
Jerk Roasted Chicken, Bajan BBQ Sauce, Coconut Biscuit	\$10
Chef Cured Pork Loin, Sundried Tomato and Onion Jam	\$14
Tandoori Pork coins with chutney	\$10
Italian stuffed pork loin on grilled polenta	\$12
Shaved beef roast, horseradish mustard, rye toast	\$12
Korean Beef Bulgogi Dumplings	\$12

Seafood and Vegetarian Canapes

Lobster Cream Cheese on toasted baguette	\$14
Mini fish tacos with crisp greens, tomatillo salsa, cilantro (haddock)	\$10
MSC Shrimp, Red Curry or Cajun, on Corn Bread	\$12
Smoked Salmon, Dill, Cream Cheese, Capers	\$12
Smoked Salmon Cr. Cheese stuffed cucumber Mini	\$12
veg burgers-beans, mushrooms, brown rice Wild	\$10
Wild Mushroom pate on baguette	\$10
Cream Cheese Stuffed Cherry tomatoes and English Cucumbers	\$10
Mini Roasted Vegetable Tarts with Smoked Cheddar	\$12
Hummous Tarts with tahini yogurt	\$12
Twice Stuffed Wee Potatoes-Chives, Sour Cream, Roasted Peppers (or bacon)	\$10
Spanikopitas (Filo with spinach, roasted onion and garlic, feta cheese)	\$12
Potato Knishes- baked pastry stuffed with mashed potatoes, sharp cheddar, (add bacon, \$2)	\$9

The list of possible menu selections 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!

Sweets

A sweets buffet can be a great option, with squares, tarts, and pastries. Individual cheesecakes, brownies, puddings, tarts, cupcakes, lets talk about options.