

Manndible Café Catering Menu

Breakfast

Bagel and Cream Cheese platter (12)	\$22
-Ithaca Bakery assorted bagels with plain cream cheese	
Bagel and Muffin Platter (6 each) cream cheese, butter	\$22
-Manndible made muffins with Ithaca Bakery assorted bagels	
Muffin, Scone and Tea Bread Platter with butter and jam (12)	\$24
-Assorted homemade muffins and scones and banana or pumpkin bread	
Yogurt (Cornell Dairy) with Granola & Banana	\$3.25 pp (10 min)
-Vanilla yogurt, homemade granola with fruit & nuts, banana served as a parfait in a 16 oz cup	
Fruit Bowl (15) melon, grapes, strawberry, pineapple	\$30
-(local fruit used when available) fruit is cut up in a bowl	
Fruit Platter (15) melon, strawberries, pineapple, grapes	\$30
-Fruit is arranged on an 18" platter	
Egg and Spinach Cheese Filo Pie- served warm	\$5 pp (10 min)
-approximately 6 oz serving	
Turkey Sausage- served warm	\$2.50 pp (10 min)
-antibiotic free and humanely raised turkey	
Home Fries (warm)- a variety of potatoes seasoned and sautéed	\$2 pp (10 min)
Smoked Salmon Platter 2# (15-20)	\$60
Smoked Salmon Platter 3# (25-30)	\$90
-served with 3 seed bread, cream cheese and capers	
(all warm items subject to a 10% set up fee)	

Beverages

Gimme Coffee

Bag in a box, (128 oz serves 10-12 oz cups)	\$20
-comes with cups, creamers, sugars, stirrers	
-please specify regular or decaf and if you want a specific kind of Gimme coffee (we rotate what we serve so ask what we have)	
Bag in a box of hot water with tea bags	\$17
-comes with cups, milk, sugars, stirrers	
Pitcher of OJ from concentrate (128 oz)	\$16
-served in a bag in a box	
Fresh squeezed OJ 12 oz serving	\$3.25 pp
Fruit juice Spritzers, Coke, Diet Coke, Nestea Iced Tea	\$1.50 pp
12 oz cans, Iced Tea is 16 oz plastic bottle	
Cornell bottled water (12 oz)	\$1.00 pp
Red Jacket seasonal juice blends 12 oz (local)	\$1.50 pp
Filtered Water 1 gal (bag in box)	\$5.00
Mint Iced Tea 1 gal (bag in box)	\$16
Black Iced Tea 1 gal (bag in box)	\$16
Cornell Cider 1 gal (seasonal) (bag in box)	\$16
Lemonade 1 gal (bag in box)	\$10

Lunch

Sandwich Wrap Platters (wraps have the filling placed in a large flour tortilla and then are rolled up like a burrito)- you choose or you can ask for an assortment of meat and vegetarian options, comes cut in half on a tray with tortilla chips and carrot sticks

Minimum order is 10

\$7.00 pp

1. Organic Chicken Salad with veggies and local lettuce
-we vary the preparation with Herbed Chicken Salad, Greek Chicken Salad with Feta and Pesto Chicken Salad
2. Roast Turkey (we roast a whole turkey that is antibiotic free and humanely raised) with Local Cheddar Cheese, chipotle mayo, veggies and local lettuce
3. Baked Organic Chicken and Avocado with chipotle mayo, red onion, tomato, local lettuce
4. Roast Beef (we use local & organic beef) with horseradish mayo, red onion, veggies and local lettuce
5. Organic Baked Chicken with Cilantro Rice, cheddar cheese, black beans, veggies
6. Tuna Salad (made with chipotle mayo) with cheddar cheese, veggies, greens
7. Tofu and Goat Cheese with sundried tomato, veggies, greens
8. Egg Salad (local eggs) with veggies and greens
9. Avocado and Cheddar with pesto mayo, veggies, greens
10. Seitan (local vegetarian wheat meat) with Tofutti Cream Cheese, sundried tomato, veggies, greens (this is vegan)
11. Hummus, Fresh Salsa, veggies and greens (this is vegan)

Sandwich Platter (we use Ithaca Bakery Kaiser rolls and multi grain rolls)

\$7.00pp

-sandwiches are cut in half and served with tortilla chips and carrot sticks, you can choose what you want or ask for an assortment of meat and vegetarian

1. Roast Turkey (Anti-biotic free, humanely raised) with Cheddar Cheese, chipotle mayo, tomato, local lettuce
2. Sliced Roast Beef (local, organic beef) with mayo, red onion, tomato, local lettuce
3. Organic Chicken Salad with tomato, local lettuce
4. Tuna Salad (made with chipotle mayo) with Cheddar Cheese, tomato, local lettuce
5. Egg Salad (local eggs) with tomato, local lettuce

Bagged Lunch option

-choose a wrap or a sandwich, with either tortilla chips or carrot sticks, a chocolate chip cookie and a spritzer, soda or bottled water for \$8.75pp

Lunch Platters- ie make your own sandwich platter

Meat Lunch Platter-

1. Small Meat Platter (10 servings) \$58
1.5# of chicken salad, 1.5# of turkey, .75# of roast beef or tuna salad, .5# cheddar cheese, 3 oz of mayo, 2 oz of Dijon, 2 oz of creamy dressing (horseradish) and sliced tomatoes, onion, baby carrots and 3 seed bread
2. Large (15 servings) \$79
- 2# of chicken salad, 2# of turkey, 1.5# of roast beef or tuna salad, 1# cheddar, 3 oz mayo, 3 oz Dijon, 3 oz creamy dressing and sliced tomatoes, onion, baby carrots and 3 seed bread

Vegetarian Lunch Platter

1. Small (10 servings) \$50
- 1.5# of hummus, 1.5# of tofu kan (marinated and baked tofu), .75# of egg salad or seitan (vegetarian wheat meat), .5# goat cheese spread, 3 oz of pesto or chipotle mayo, 2 oz of Dijon, 2 oz of creamy dressing (horseradish) and sliced tomatoes, onion, baby carrots and 3 seed bread
2. Large (15 servings) goes on a 16" platter lined with lettuce \$70
-Put 2# of hummus, 2# of tofu kan, 1.5# of egg salad or seitan, 1# goat cheese, 3 oz pesto or chip mayo, 3 oz Dijon, 3 oz creamy dressing and sliced tomatoes, onion, baby carrots and 3 seed bread

Salads

1. Small Green Salad (serves 10) \$20
Local Fresh Lettuce with carrots, cucumbers and tomatoes and orange balsamic vinaigrette (other dressing options are Sundried Tomato, Ginger Soy- only 1 choice)
2. Large Green Salad (serves 20) \$35
Local Fresh Lettuce with carrots, cucumbers and tomatoes and orange balsamic vinaigrette

Add ons to green salad:

- choose 3 of the following: chicken salad, turkey, tuna salad, egg salad, baked tofu, cheddar cheese, feta cheese, cashews or almonds
- Small is +\$32, large is +50 for a 6 oz serving of 3 of those items

3. Bowtie Pasta Salad (small is \$20, large is \$35)
- in sundried tomato dressing, with green pepper, black olives and carrots
4. Couscous Salad (small is \$20, large is \$35)
-couscous is small pasta and has curried mayo, carrots and raisins

Soup – comes with 3 seed bread in an electric warmer

Choose between our current soups of the day (examples are 3 Bean Beef Chili, Thai Coconut, Spicy Beef and Vegetable, Curried Lentil, Vegetarian Lentil Chili, Cheddar Broccoli)

- 8 oz serving (to go along with a wrap or sandwich) \$2.50 pp
12 oz serving (as a stand alone) \$3.50 pp

Burritos-

Served with sour cream and fresh Manndible made salsa and tortilla chips on the side, served warm but not in a chaffing dish (we bring them in an insulated carrier and put on a platter, not subject to service fee)

\$7.50 pp

\$8.25 pp with avocado

Fillings:

NYS Black Bean with chilies

Organic Chicken in Yucatan Sauce

Organic, Local Beef in Enchilada Sauce

Your choices are 1. Black Bean 2. Chicken 3. Chicken and Black Bean 4. Beef

Please specify which of the following you want in your burrito (any/all)

Sauteed vegetable of the day

Cilantro Brown Rice

Cheddar Cheese (local)

Ralph's Hot Sauce (sweet & hot)

Jalapeños

Lettuce

Avocado for .75 extra

Appetizer Platters (serve 15-20)

18" platters served with plates, cocktail napkins and tongs

Tortilla Chips, Guacamole, Manndible Made Salsa \$27.00

Tortilla Chips with Black Bean Dip and Salsa \$27.00

Fruit and Local Cheddar Cheese \$37.00

(grapes, melon, pineapple or strawberry, cheddar cheese, sundried tomato cheese)

-we use local fruit when available

Sweet Potato Fingers (roasted) with Chipotle Mayo dipping sauce \$32.00

3 Seed Bread, Local Cheddar Cheese and Basil Pesto Platter \$32.00

Crisp Veggies, Parmesan Garlic Dip, Homemade Crackers \$30.00

Crisp Veggies, Hummus, Homemade Crackers \$30.00

Mushroom Nut Pate served with 3 Seed Bread \$37.00

Hummus, Greek Olives, Feta Cheese, Pita bread \$38.00

Greek Olive Tomato Bruschetta with Crostini \$32.00

Desserts

Dessert Platter

A variety of homemade brownies, cookies, bars cut up on a tray

Small (serves 12) \$22.00

Large (serves 20) \$28.00

Fruit & Dessert Platter \$35.00

Melon, pineapple, grapes with brownies, cookies and bars cut up on a tray

Cookie Platter \$28.00

A variety of large cookies cut up- chocolate chip, peanut butter, white chocolate macadamia nut, oatmeal raisin, M&M

Entrees

- 10 person minimum,
 - we need a week's notice,
 - served hot in a chaffing dish
 - \$8 pp vegetarian entree
 - \$9 pp for meat entrée
 - Add \$1pp for green salad with orange balsamic vinaigrette and 3 seed bread
 - Subject to a 10% set up fee
1. Macaroni and Cheese with sundried tomatoes
-delicious blend of cheddar cheese, mozzarella baked with sundried tomatoes
 2. Vegan Cheezy Mac
-a macaroni and vegetable casserole with a nutritional yeast cheesy sauce
 3. Vegetable Lasagna
-homemade tomato sauce, roasted veggies and topped with mozzarella cheese
 4. Meat Lasagna
- homemade tomato sauce, local ground beef, roasted veggies and topped with mozzarella cheese
 5. Creamy Bowtie Pasta Pesto Chicken (organic)
-bowtie pasta baked in a creamy pesto (local basil) sauce with organic chicken
-also available vegetarian
 6. Tofu or Organic Chicken and Veggies over Jasmine Rice
-in a Tandoori Spiced Coconut sauce
 7. Sesame Chicken (organic) or Tofu over Jasmine Rice
-in a sweet, gingery soy sauce with lots of veggies and sesame seeds
 8. Thai Peanut Tofu or Chicken(organic) over Jasmine Rice
- in a peanut sauce with broccoli and peppers

Note:

We require 48 hours (business days) for all catering orders, 5 business days for hot entrees