

# mindful

## Mindful Catering Menu

### Breakfast

#### Flavours of Spring

Raspberry Krispies Parfait (500 cal/parfait, vegetarian, contains dairy)

Mushroom and Roasted Tomato Frittata (120 cal/square, vegetarian, contains egg, dairy)

#### Morning Fare

The Classic Continental (calories vary by selection, vegetarian, may contain dairy, wheat, egg, nut)

The Healthy Buzz (calories vary by selection, vegetarian, may contain dairy, wheat, egg, nut)

### Takeaway Sandwiches

Chicken Tinga Sandwich (330 cal/sandwich, contains wheat)

Tandoori Chicken Waldorf Wrap (410 cal/wrap, contains wheat)

### Served Lunches and Dinners

Garlic Cilantro Braised Chicken and Rice (490 cal/entrée, contains wheat, dairy)

### Specialty Themed Buffets

Ahi Tuna Poke Bowl (180 cal/2.5 oz tuna)  
Poke Roasted Portobellos (150 cal/2.5 oz)  
(contains fish, soy, sesame, dairy)





## Mindful Pizzeta Bar

Chicken Satay Pizzetta (380 cal/slice, contains dairy, wheat, nuts)

Chinese Tofu and Broccoli Pizzetta (340 cal/slice, vegetarian, contains soy, dairy, wheat)

Sweet Italian Pizzetta (310 cal/slice, contains dairy, wheat)

Jamaican Pizzetta (350 cal/slice, contains dairy, wheat )

Chicken Tikka Pizzetta (350 cal/slice, contains dairy, wheat)

Chicken Ropa Vieja Pizzetta (390 cal/slice, contains dairy, wheat)

Shrimp Pesto Pizzetta (300 cal/slice, contains dairy, wheat, shellfish)

Filipino Chicken Pizzetta (360 cal/slice, contains dairy, wheat)

Caribbean Jerk Chicken Pizzetta (490 cal/slice, contains dairy, wheat)

2,000 calories a day is used for general nutrition advice,  
but calorie needs vary. Additional nutrition information available  
upon request.



