

Sandwich

Choice of whole wheat bread, hoagie roll or spinach or tomatoes wrap

Turkey Sandwich Turkey, lettuce, tomatoes, pepper jack cheese, onions sriracha mayo \$7.00

Turk'y Deluxe Veggie turkey, lettuce, tomatoes, pepper jack cheese, onions, veggie bacon sriracha mayo \$8.00

Rocking Roast Beef Roast Beef, lettuce, tomatoes, onions, sharp cheddar cheese, honey mustard, on whole wheat bread

Veggie Supreme Pepper jack cheese, lettuce, tomatoes, red onion, colored peppers, cucumbers, mushrooms, spinach, g

Vegetarian Sloppy Joes

Super Salmon Salad

Crab Salad

Brown Bag Lunch 12.00 per person

Choice of sandwich or wrap, chips, pickle, cookie, choice of pop or water

Entrée

Honey Barbeque Chicken (serves up to 15)
3 Whole Oven Roasted Chicken Lemon Pepper, Barbeque (serves up to 15)

Meat Loaf (Turkey or Beef) (serves up to 15)

Taco Bar

Baked Burrito (serves up to 15)

Chicken Fajita (serves up to 15)

Fish & Vegetables (serves up to 15)

Tofu and Vegetables in Coconut Milk (serves up to 15)

Curried Tofu & Vegetables (serves up to 15)

Chili Mac & Cheese (serves up to 15)

Spaghetti serves (serves up to 15) \$95.00

Lasagna serves (serves up to 15) \$ 95.00

Alfredo (Veggie, Chick'n, Chicken) (serves up to 15) \$95.00

Vegetables

Mixed Greens Collard, Mustard, Turnip, and Spinach sautéed in olive oil seasoned with garlic, colored peppers, tomatoes, and fresh herbs

Ethiopian inspired Collard Greens

Ethiopian inspired Cabbage

Ethiopian inspired Green Beans

Okra & Tomatoes

Zucchini & yellow squash

Vegetable Medley

Vegetable Stir Fry

Mexican Corn

Whole kernel corn off the cob

Sides

Oven Roasted Garlic Potatoes

Baked Potatoes

Garlic Mash Potatoes

Baked Sweet Potatoes

Sweet Potato Casserole

Ethiopian Style Red Lentils

Ethiopian Style Yellow Lentils

Red Beans & Rice

Macaroni & Cheese 80.00 serves

15-20

Mexican Cornbread 40.00 serves

Garlic Bread

Dinner Rolls (White or Wheat)

Desserts

Dessert Bar (cookies, muffins, pie cake)

Banana Pudding

Triple Berry Pie

Carmel Cake

Banana Chocolate Chip Walnut Cake

Pineapple Upside Down Cake

Cookies

Lemon Cake

Muffins

Drink Bar

Coffee

Hot cocoa

Hot Tea

Assorted can pop .75

2 liters 3.00

5 gallons lemonade, pink

lemonade, ice tea 40.00 serves up to 80 people

5 Gallon Party Punch 50.00

serves up to 80 people

Water .50 per person

1 Gallon Cranberry Juice

1 Gallon Orange Juice

Loving Spirit Specials

Feeds 50 people for \$250.00 (5 dollars per person)

Honey Barbeque Chicken

Oven Roasted Garlic Potatoes

(V) (Veg) (GF)

Cabbage (V) (Veg) (GF)

Tofu & Vegetables (V) (Veg) (GF)

Mexican Cornbread (V)

Water

Cookies

Feeds 25 people for \$150.00 (6.00 per person)

Honey Barbeque Chicken

Oven Roasted Garlic Potatoes

(V) (Veg) (GF)

Cabbage (V) (Veg) (GF)

Tofu & Vegetables (V) (Veg) (GF)

Mexican Cornbread (V)

Water

Cookies

Taco Bar

Feeds 50 people \$400.00 (8.00 per person)

Feeds 25 people \$250.00 (10.00 per person)



Taking Healing To The Highest Level

Let Us Cater To You

We specialize in world soul cuisine this menu is comprised of Mexican, Asian, American, Italian, Indian,

Contact Info
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V / Vegetarian Veg / Vegan GF / Gluten Free

We Deliver anywhere in the Twin Cities
Metro delivery starts at \$5.00