



Catering Menu

By supporting Heart-N-Soul through catering, you are supporting our mission to address food insecurity, build community and provide delicious food to help nurture body, heart & soul.

Prices below do not include sales tax.

Pick Up & Delivery Options

Buffet

Delivered & Served

\$135.00* + Food
Minimum: 50 people

Delivery Only

\$70.00* + Food
Minimum: 30 people

Boxed Lunches

Pick Up

No Additional Charge
Minimum: 25

Delivery Only

\$70.00* + Food
Minimum: 50
people

Food Truck

\$400.00* + Food
Minimum: 75 people

*If interested in having our food trailer at your event,
please request our Mobile Café menu for food options and additional details*

All caterings include disposable plates, cutlery and napkins

**prices for delivery in Fargo & Moorhead. Additional delivery fees apply based on mileage to locations outside Fargo & Moorhead*

We also want to help and support our community by offering a 15% discount on all food purchases for catering to local non-profit organizations.

Catering Menu



Hors D'oeuvres

Delivery with Set Up: \$70.00

Appetizers are a nice addition to any meal. It allows people to start snacking while socializing before the meal begins and gives us the opportunity to create a nice visual spread that can be ready just before guests arrive.

Sales tax not included

BOARDS

Half: 25-40 people

Full: 50-75 people

	<u>HALF</u>	<u>FULL</u>		<u>HALF</u>	<u>FULL</u>
Cheese Board	\$140.00	\$200.00	Icelandic Board	\$180.00	\$230.00
Variety of 4 cheeses, roasted nuts, mustard, jam, fresh & dried fruit, crackers			Smoked salmon, soft boiled eggs, raw & pickled onions, whipped cream cheese, cornichones, capers, mustard, crackers		
Charcuterie Board	\$170.00	\$220.00	Veggie Board	\$120.00	\$200.00
Variety of 4 cheeses, 3 cured meats, roasted nuts, mustard, olives, pickles, fresh & dried fruit, crackers			Roasted, blanched, raw, & pickled vegetable medley, hummus, ranch		

The Following Menu Items Are Priced Per Person

SOUPS

- Tomato Bisque: \$4.00**
Creme fraiche, balsamic, chives
- Coconut Kuri Squash: \$4.75**
Creme fraiche, pepitas, sumac
- Beef Chili: \$7.50**
Citrus lime creme fraiche, cheddar cheese,
scallions

SALADS

- Heart-n-Soul House: \$6.75**
Mixed greens, cucumbers, pickled red onion,
herbs, lemon vinaigrette
- Kale Caesar: \$7.25**
Kale, parmesan, torn croutons, lemon, black
pepper
- Mediterranean Chopped: \$4.50**
Romaine, chickpeas, red onions, tomatoes,
pickled peppers, kalamata olives, herbs, feta,
lemon vinaigrette



ENTREES

The Following Menu Items Are Priced Per Person
Sales tax not included

Gourmet Taco in a Bag: \$14.25

Doritos, beef, beans, cheddar cheese, jalapenos, green onion, salsa, cilantro lime crème fraîche

Ciabatta Sandwich \$7.25

Smoked Turkey, gouda cheese, mixed greens, pesto mayo

Coconut Chicken Curry: \$7.00

Rice, peppers, red onions, coconut milk, cilantro, lime

Heart-n-Soul Egg Bake: \$9.25

Roasted vegetables, aged cheddar cheese, herbs

Tator Tot Hotdish: \$5.00

Beef, cream of mushroom, mixed vegetables, tator tots, herbs

Sloppy Joes: \$7.00

Sesame buns, beef, pickles, chips

Stuffed Peppers \$12.50

Beef, beans, onions, tomatoes, shredded cheese, cilantro, lime

Pulled Pork Sandwich: \$6.00

Sesame buns, roasted poblano aioli, pickled red onions, chips

HNS Harvest Bowl: \$9.50

Hummus, bulgar wheat, roasted-raw-pickled vegetables, mixed greens, tahina, dukkah

Cold Chipotle Chicken Pasta Salad: \$6.50

Rotini noodles, beans, roasted-raw-pickled peppers, red onions, chipotle adobo sauce, cilantro, cotija cheese, lime

BOXED LUNCH MENU

The Following Menu Items Are Priced Per Person.
Each boxed lunch includes mixed green salad, chips and dessert

Waldorf Chicken Salad Sandwich: \$17.75

- Ciabatta Bun, Roasted Chicken, Grapes, Apples, Red Onions, Walnuts, Herbs

Chipotle Chicken Pasta Salad: \$19.00

- Rotini noodles, roasted chicken, beans, pickled peppers, red onions, chipotle adobo sauce, cilantro, cotija cheese, lime

Mediterranean Wrap: \$21.75

- Hummus, bulgar, mixed greens, cucumbers, peppers, pickled red onion, feta, tahina

Ciabatta Sandwich: \$20.00

- Smoked turkey, gouda cheese, mixed greens, pesto mayo

DESSERTS

Cookies

Price is Per 2 Dozen Cookies

Grandmas Delicious Cookies:
\$48.00

Bars

Price is Per 2 Dozen Bars

Chocolate Beet Brownies:
\$40.00

All of our menu items are made from scratch.

We care about the quality of every item that we are serving, as well as trying to source our products and ingredients as local as we can. Over the years we have developed relationships with farmers, volunteers, and businesses around town to help us provide quality, nutritious, & delicious food for our community.

We believe that you will be able to see and taste the time and love that we put into every item on our menu.

*Thank
you!*

If you decide to let us cater your event we will be sending you a catering contract to sign and return with a non-refundable deposit to secure the date you are requesting. We ask that this be completed at least 2 weeks before the date of the event. Final order due date 2 weeks before and final payment due date 7 days prior to event

*Heart
-n- Soul*
COMMUNITY
CAFE