



## 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>	
<b>Cheese Board</b> Variety of 4 cheeses, roasted nuts, mustard, jam, fresh & dried fruit, crackers	\$240.00	\$300.00	<b>Icelandic Board</b> Smoked salmon, soft boiled eggs, raw & pickled onions, whipped cream cheese, cornichones, capers, mustard, crackers	\$260.00	\$320.00
<b>Charcuterie Board</b> Variety of 4 cheeses, 3 cured meats, roasted nuts, mustard, olives, pickles, fresh & dried fruit, crackers	\$280.00	\$350.00	<b>Veggie Board</b> Roasted, blanched, raw, & pickled vegetable medley, hummus, ranch	\$140.00	\$220.00

The Following Menu Items Are Priced Per Person

### SOUPS

**Tomato Bisque: \$5.00**

Creme fraiche, balsamic, chives

**Coconut Kuri Squash: \$5.25**

Creme fraiche, pepitas, sumac

**Beef Chili: \$7.50**

Citrus lime creme fraiche, cheddar cheese,  
scallions

### SALADS

**Heart-n-Soul House: \$7.00**

Mixed greens, cucumbers, pickled red onion,  
herbs, lemon vinaigrette

**Kale Caesar: \$7.25**

Kale, parmesan, torn croutons, lemon, black  
pepper

**Mediterranean Chopped: \$7.25**

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, Smoked Turkey, gouda cheese, mixed greens, pesto green onion, salsa, cilantro lime crème fraîche mayo, chips

**Coconut Chicken Curry: \$7.00**

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

**Tator Tot Hotdish: \$5.75**

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

**Stuffed Peppers \$12.50**

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

**HNS Harvest Bowl: \$10.00**

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

**Ciabatta Sandwich \$7.50**

Smoked Turkey, gouda cheese, mixed greens, pesto mayo, chips

**Heart-n-Soul Egg Bake: \$9.50**

Roasted vegetables, aged cheddar cheese, herbs

**Sloppy Joes: \$7.50**

Sesame buns, beef, pickles, chips

**Pulled Pork Sandwich: \$7.75**

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

**Cold Chipotle Chicken Pasta Salad: \$7.00**

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: \$18.35**

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

**Mediterranean Wrap: \$22.35**

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

**Chipotle Chicken Pasta Salad: \$19.55**

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

**Ciabatta Sandwich: \$20.55**

- 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

