



# MILSEAN FRESH and MILSEAN FRESH CAFÉ

## Catering Menu

**Please Note:** For orders not meeting the \$ minimum, please purchase directly from our Milsean Fresh (main lobby) or Milsean Fresh Café (Level 0) locations. Choose from our daily offerings. Less than minimum orders are for pick up only.

\*A minimum order of an 8-cup urn required for our fresh gourmet coffee.

(Includes milk, cream, sugar selection, cups & stir sticks)

### HOT BEVERAGES

8-Cup Coffee Urn (8 x 8oz servings)*	14.00 ea
Hot Water Thermos-extra (w/o tea)	6.00 ea
Organic Tea Selection (each) (hot water provided)	2.00 ea
(See Order Sheet for Tea Varieties)	

### COLD BEVERAGES

Jug of Ice Water (cups included) (8 x 8oz servings)	6.00 ea
Bottled Water	1.50 ea
Everfresh Apple Juice	1.50 ea
Everfresh Orange Juice	1.50 ea
Happy Planet-Extreme C	3.49 ea
Happy Planet-Extreme Energy	3.49 ea
Happy Planet-Extreme Green	3.49 ea
V-8	2.00 ea
San Pellegrino Limonatta	2.00 ea
San Pellegrino Orange Aranciata	2.00 ea
Wonder Tea Pear & Ginger Kombucha	4.95 ea
Blue Monkey Coconut Water	2.25 ea
Diet Coke	2.00 ea
Coke Zero	2.00 ea
Ginger Ale	2.00 ea

### EXTRAS

Kettle Chips - Salted	2.25 ea
Kettle Chips - Salt & Vinegar	2.25 ea
Fresh Fruit Cup	3.75 ea
Fresh Veggies w/Maureen's Green Goddess Dip	3.75 ea
Mixed Berry Organic Yogurt Parfait W/Maple Granola	4.25 ea
Maureen's Yoga Bar (Vegan, GF)	1.80 ea
Rice Crispy Square w/Milsean DBC	3.75 ea
Bodacious Banana Bread (Vegan, GF)	2.75 ea
Cookie (see selection on next page)	2.25 ea

### BAGGED LUNCH

Your Choice of Sandwich with a Bag of Chips and a Cookie	11.75 ea
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## QUICK PICK PLATTERS

### MUFFIN BASKET

#### Daily Assortment of Fresh Baked Muffins served w/butter

Small - Serves 12	24.00
Large - Serves 18	36.00
(Gluten Friendly Muffins - additional charge)	

### FRESH FRUITS & FRESH VEGGIES

Fresh Fruit - Small 12"	40.00
Fresh Fruit - Large 16"	75.00
Fresh Veggies w/Green Goddess Dip - Small 12"	35.00
Fresh Veggies w/Green Goddess Dip - Large 16"	65.00

### SANDWICH FARE

#### Fresh Daily Assortment

Small - 6 Sandwiches cut in 4's (Serves 6-8)	40.50
Large - 12 Sandwiches cut in 4's (Serves 12-16)	81.00

### SWEET TREATS

#### Daily assortment of squares and mini cookies

Small - Serves 6-8	18.50
Large - Serves 12-16	30.00

### SALADS - Served Family Style

(minimum order of 6 portions) 4.25/portion

#### **Milsean**

Organic greens, carrot, dried cranberries, mozza cheese, roasted almonds, honey dijon dressing

#### **BLT**

Organic greens, tomatoes, bacon, house-made spelt croutons, honey dijon dressing

#### **Sunflower Kale Caesar**

Romaine, kale, sunflower seeds, house-made spelt croutons, vegan sunflower Caesar dressing

#### **Moroccan Quinoa Salad**

Organic quinoa, natural sliced almonds, celery, cranberries, parsley, green onion, fresh lemon zest, olive oil, apple cider vinegar, organic agave, curry, turmeric, cinnamon, salt



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### BREAKFAST\* (GF=Gluten Friendly)

Classic Breakfast Sannie	3.75 ea
Milsean Breakfast Sannie	4.75 ea
Muffins (selection)	2.50 ea
Muffins (GF) (selection)	2.75 ea
Scone-Cranberry	2.75 ea
Scone-Herb & Garlic	3.25 ea
Scones (GF)	3.25 ea
Mini Scones (1 dozen) Cranberry or Herb & Garlic	10.00 dz
Bodacious Banana Bread	2.75 ea
Bagel w/butter (Plain, 16-Grain, or Cinnamon Raisin)	1.50 ea
Bagel w/cream cheese (Plain, 16-Grain, or Cinnamon Raisin)	2.25 ea
Udi's GF Bagel w/cream cheese	3.75 ea
Mixed Berry Organic Yogurt Parfait W/Maple Granola	4.25 ea
Fresh Fruit Cup	3.75 ea

\*Some items are eligible for volume discount

### SWEETS\* (GF = Gluten Friendly)

Auntie's Raspberry Almond	2.50 ea
Lulu Lemon Square	2.50 ea
Spelt Date Square	3.25 ea
Rice Crispy Square w/Milsean DBC	3.75 ea
Maureen's Yoga Bar (Vegan, GF)	1.80 ea
Raspberry Almond Coconut (Vegan, GF)	3.75 ea
Milsean Dream Bar (seasonal)	3.75 ea
Pecan Butter Tart Square (seasonal)	3.75 ea
Chocolate Chip Pecan Cookie	2.25 ea
Cranberry Oatie Cookie	2.25 ea
Hippy Vegan Oatmeal Cookie	2.25 ea
GF Chocolate Chip Cookie	2.25 ea
GF Ginger Sparkle Cookie	2.25 ea
Bodacious Banana Bread (Vegan, GF)	2.75 ea

\*Some items are eligible for volume discount

### SANDWICHES\* (Individual Grab n Go Packaging)

Smoked Turkey w/Apple Mango Chutney or Cranberry Sauce	6.75 ea
Traditional Egg Salad	6.75 ea
Tuna & Artichoke	6.75 ea
Tomato, Basil & Goat Cheese	6.75 ea
Salmon w/Cranberry Sauce or Apple Mango Chutney	6.75 ea
Chicken Salad	6.75 ea

\*Some items are eligible for volume discount

### SAVORIES

Milsean Beef & Veg Pasty (served w/Apple Mango Chutney)	5.75 ea
Milsean Potato & Veg Pasty (served w/Apple Mango Chutney)	5.75 ea
Milsean Traditional Pork Sausage Roll	3.95 ea
Milsean Sundried Tomato Chicken Sausage Roll	5.25 ea

### SALADS (Individual Grab n Go Packaging)

Milsean House	7.50 ea
BLT Salad	7.50 ea
Super Food Salad	4.70 ea
Moroccan Quinoa Salad	4.70 ea
Fresh Veggies w/Maureen's Green Goddess Dip	3.75 ea