

# MOSO AT HOME - PREPARED MEALS

## How it Works?

→ Orders are due by email every Thursday for Sunday delivery : [info@mosocatering.com](mailto:info@mosocatering.com)

→ Meals are delivered on Sundays 4pm - 8pm unless otherwise accommodated

→ All items are Individual Portions unless otherwise noted

→ If you don't see what you are looking for please let us know!

	<b>Appetizers</b>			<b>Breakfast</b>		
	MINI SHRIMP SPRING ROLLS <i>Sweat &amp; Sour Dipping Sauce</i>	15 P/DOZ		SPINACH & FETA FRITATTA <i>Served with salad; great turned into a sandwich the following day</i>	8	
	MINI MUSHROOM EMPANADAS <i>Fresh Lime Wedges, Icing Sugar</i>	24 P/DOZ		BLUEBERRY & BANANA PANCAKES <i>Served with a side of Maple syrup and a light sprinkle of icing sugar</i>	8	
	KALE CAESAR <i>Organic Quinoa, Fried Lentils, Lemon</i>	12		HAM & GRUYERE CREPES <i>A crowd favourite at every breakfast table</i>	8	
	HORIATIKI GREEK SALAD <i>Peppers, Tomatoes, Cucumbers, Red Onion, Olives, Feta, Oregano</i>	12		CARROT & PINEAPPLE LOAF <i>Delicious &amp; healthy, whole grain. fresh fruit &amp; vegetables</i>	10	
	CRAB CAKES <i>Tartare Sauce, Greens</i>	14		FRESH SOURDOUGH BREAD	7	
	<b>Mains</b>			<b>Sides (serves 4)</b>		
	CRISPY POLENTA <i>Bolognese Sauce, Parmesan</i>	14			GREEN BEANS ALMONDINE	14
	SWEAT & SOUR PINEAPPLE CHICKEN <i>White rice</i>	14			STEAMED VEGETABLES	14
	SEAFOOD SPAGHETTI <i>Mussels, Clams, Shrimps, Sofrito</i>	16		VEGETABLE FRIED RICE	14	
	SEARED SALMON <i>Black Rice, Mushrooms, Swiss Chard</i>	16			ROASTED GARLIC MASHED POTATOES	14
	GRILLED SIRLOIN STEAK <i>Maple Chipotle Sweet Potatoes, Green Beans, Peppers</i>	16				
	<b>Desserts</b>			<b>Pantry</b>		
	ALFAJORES	2.5			SHERRY DIJON VINAIGRETTE (500ML)	6
	PASSIONFRUIT CHIA SEED PUDDING	5			ORGANIC HUMMUS (500 ML)	6
	BRAZIL NUT CHOCOLATE CHIP COOKIES X 8	12		SUPERFOOD GRANOLA (1 LITER)	10	
	BAKE AT HOME COOKIE DOUGH X 10	14		HOMA MADE ORGANIC CHICKEN BONE BROTH	12	
					AMAZON CHILI HOT SAUCE	15

→ Meals are prepared Fresh the day of delivery

→ Online Ordering Coming Soon

 GLUTEN-FREE  VEGAN

Many of our options can be customized to suit Gluten Free and Vegan guests. We list the items that are explicitly so, but please inquire should you need us to accommodate any dietary restrictions.



MOSO Catering & Events, 2020

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