



Mindful Fork

— C A T E R I N G —

ONSITE CATERING · BOXED LUNCHES · BUFFETS

**Food is our common ground, a universal experience for everyone.
It helps us stay connected with a simple “What’s for lunch?”**

Mindful Fork offers corporate catering. We aim to make your next event or meeting a success with our catering menu's delicious items.

We are here to take away your stress of planning your next meeting and make it memorable for all who attend.

Our belief at Mindful Fork is that the best food is always most often made with the simplest of ingredients. As a result, Mindful Fork can create mouthwatering menus and provide services that eliminate stress from our clients.

We are known for our attention to detail and ensuring your events go smoothly from start to finish. In addition, we offer onsite catering packages, boxed lunches, buffets, and ready-to-serve options.

**Call or email us today to
schedule your next event.**

(715) 760-5120

mindfulforkcatering@gmail.com

1091 Sutherland Ave, River Falls, WI

Menus can be designed around a client's request.

CLIENT LOVE



I have worked with Chef Angie on many occasions -- from weekly meals, executive meetings, catering girls' weekends, and even large events of 160 people. They always go above and beyond; I know I can count on them. I couldn't recommend them enough.

Experienced chef · Creative cuisine · Delicious food

-Brittany W.



Hi! I am Angie!

The Chef & Owner of Mindful Fork Catering. I LOVE being able to be the “lunch lady” that provides meals made fresh and to order for each client.

Planning lunch for groups should not be stressful and should always be done by those that love to eat, and that's me.

- Chef Angie

Free pick-up or free delivery of all corporate catering within 15 miles of our kitchen.
We deliver up to 40 miles of our kitchen for a delivery charge of 10%.

Boxed Lunches

Boxed Lunches are individually boxed lunches with your choice of wrap or salad.

Gluten and/or dairy-free options are available upon request.

Minimum of 10 per order. 48 hours' notice is needed.

- **Keepin' it Simple (\$16 per box).** Includes wrap or salad with chips & pickle spear.
- **So Satisfying (\$22 per box).** Includes wrap or salad with chips, pickle spear & dessert.
- **Here all Day! (\$27 per box).** Includes wrap or salad with chips, pickle spear, dessert, fruit bowl or coleslaw, & bottled water

Wrap & Salad Choices

- Smoked Tuna Salad
- Curried Chicken Almond Salad
- Turkey Bacon Avocado Ranch
- Italian Club
- Roast Beef, Onion, Greens, Swiss, & Garlic Aioli
- Greek Veggie with Hummus

CLIENT LOVE



If you want top-notch food made with an expert touch, Angie is your gal. This is different from your typical caterer. Each meal is uniquely designed to be memorable and delicious. Many of my guests asked for her recipes after my retreat! I'm always going to have Mindful Fork cater my events.

-Andrea H.

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Event Buffet

Hot menu options & sides for your office, meeting, or gathering needs.

Gluten and/or dairy-free options are available upon request.

20 persons minimum. 48 hours' notice is needed.

We offer onsite butler services for corporate events (up to 4 hours) for \$350. Which includes delivery, set-up, take down, maintaining the food line, and serving during your event.

- **Mashed or Baked Potato Bar (\$22 per person)** Build your mashed or baked bar complete with 6 topping choices. **Topping choices:** salsa, bacon, cheese or cheese sauce, chives, taco meat or BBQ pork & beans, broccoli, butter, diced onions, diced tomatoes, diced bell peppers, seasoned sour cream, beef tips & gravy, or herby stuffing. Each additional topping is \$1.25 per person. Add or substitute baked or mashed sweet potatoes for an additional \$1.00 per person.
- **Nacho Bar (\$22 per person)** Build your nacho bar complete with 6 toppings & 1 meat choice. Come standard with corn tortilla chips. Fritos and Doritos chip bags for walking taco is also an option for an additional \$1.00 per person. **Meat Choices:** American ground beef or ground pork, pulled chicken. Carnitas, Beef Barbacoa, and Vegan black bean meat are available for an additional \$2.00 per person. **Toppings choices:** Salsa Verde, chipotle salsa, pineapple salsa, sour cream, shredded cheese, queso sauce, esquites (corn salad), elote dip, pickled onions, black beans, refried beans, shredded lettuce, green onions, pickled jalapenos, diced tomatoes, black olives, guacamole, lime wedges, chopped onion, Pico de Gallo, cilantro, or southwest corn salad.
- **Soup & Salad Bar (\$22 per person).** Includes two soups, salad, and rolls.
- **Keepin' it Simple (\$22 per person).** Includes 1 main dish choice, salad, rolls.
- **So Satisfying (\$27 per person).** Includes 1 main dish choice, 2 sides, salad, rolls, and dessert.
- **Here all Day! (\$32 per person).** Includes 2 main dish choices, 2 sides, salad, rolls, and dessert.

Main Dish Options:

• Meatloaf • Swedish meatballs • Italian meatballs
• Chicken Thai Meatballs • BBQ Pork • Pork Tenderloin • Shredded Beef • Chicken Parm • White Chicken Lasagna • Italian Sausage Lasagna • Smokey Bacon Mac & Cheese • Beef Stroganoff • Baked Mostaccioli • Stuffed Mushrooms •

Side Dish Options:

• Mashed Potatoes • Loaded Mashed Potatoes • Rice Pilaf • Bacon Green Beans • Creamed Corn • White Bean Gratin • Fruit Bowl • Veggies & Dip Tray • Cold Roasted Veggie Tray with balsamic • Mashed Maple Sweet Potato • Red Rice & Beans • Roasted Veggies with Oyster Sauce •

Salad Options:

• Dinner Salad • Caesar Salad • Coleslaw • Potato Salad • Greek Feta Salad • Rainbow Slaw with Tahini Dressing • Asian Noodle Cabbage Slaw •