

Stay
Connected.

Welcome to Munch Hours Inc.

Our mission is to beautifully display delicious and nutritious food. Chef Niani has a versatile cooking style which makes gatherings more inclusive. All are welcomed, from Canivore to Vegan; there's something delicious for everyone.

Thank you for your business. We look forward to feeding you.

Sincerely,
Munch Hours Inc.

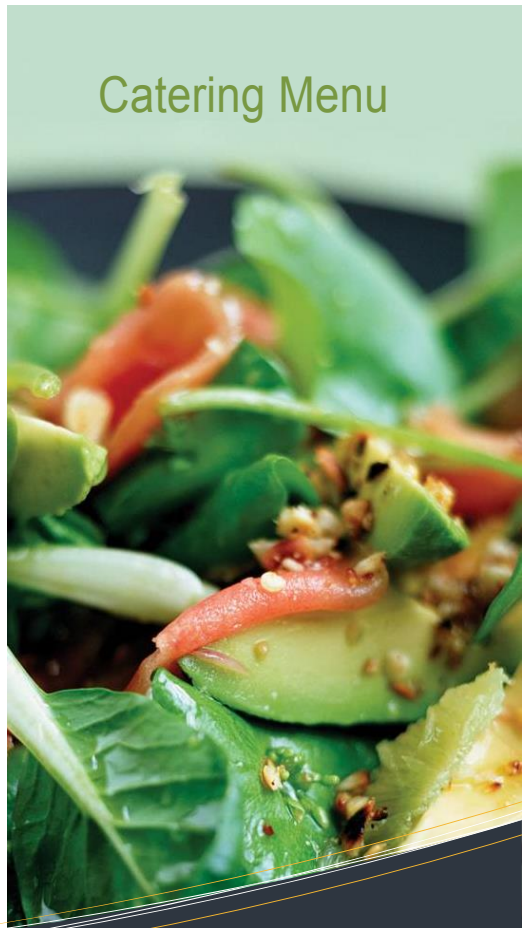


Operating Hours:
10am -5pm Tues-Fri
11am -4pm Sat

Minimum of 10 guests for catering services.

*30-Day advance notice plus 20% deposit for parties of 80+ guests
Catering Delivery Fee 10% of total order

Available for food vendor events, cooking demonstrations and as a health food panelist.



Catering Menu



Munch Hours Inc
Garden to Plate Eating

CONTACT

IG: @munchhoursinc

Email: Munchhoursinc@gmail.com

www.munchhourinc.com

Fresh & Delicious Gourmet Sandwiches, Salads, and Sweets



Small serves 3-4 ppl
 Medium serves 10-15 ppl
 Large serves 20-25 ppl
 *prices subject to change due to food costs

Beverages

- Brewed Hot Coffee s \$8 m \$20 l \$43
- Assorted Hot Teas s \$8 m \$15 l \$40
- Hibiscus Iced Tea s \$12 m \$20 l \$45
- Fresh Lemonade s \$12 m \$20 l \$00
- Infused Water s \$9 m \$00 l \$00
- Can Sodas 5 = \$4 12 = \$10
- 12 oz Spring Water 5 = \$5 12 = \$10

*Hot beverages include full set up of sugars, honey, dairy and non-dairy condiments. Cups, stirrers, napkins, etc.

Soups

- Tomato Basil Soup s \$10 m \$18
- Butternut Squash s \$10 m \$18
- Chicken Noodle s \$12 m \$22
- s=12oz m=16oz



Salads

Tumeric Chicken Salad M. \$30 L. \$75
 Roasted chicken breast dressed in a moroccan spiced tumeric aauce with carrots and raisins served on a bed of lettuce

Spring Mix Greens M. \$22 L. \$52
 Mixed spring greens loaded with fresh bell peppers, red shredded carrots and grape tomatoes.
 Assorted salad dressings provided on the side

Romaine Ceasar Salad M. \$28 L. \$63
 Lettuce tossed in greek yogurt ceasar dressing with croutons And shaved parmesian cheese.
 *Vegan ceasar dressing and cheese upon request



M= serves 10-15 ppl
 L= serves 20-25 ppl

Ask about sterno and table set-up

*Coconut milk replaces Dairy in most recipes

Hot Entrees

Macaroni & Cheese M. \$32 L. \$60
 Extra sharp and Pepper -Jack cheese sauce smothered in noodles topped with toasted breadcrumbs. .

Curry Chickpeas M. \$43 L. \$78
 Fresh chickpeas and potatoes simmered in a mildly spiced curry coconut milk sauce. Served with basmati rice on the side.

Veggie Lo Mein M. \$43 L. \$78
 Asian noodles sauteed a sweet and spicy honey ginger sauce mixed with fresh stir fried vegetables.

Skillet Potatoes M. \$35 L. \$65
 Yukon potatoes sauted with onions, green peppers, red peppers and spices.

Dessert & Pastries

- 12 Scones Variety \$25
- 12 Croissants \$22
- 12 Muffins Variety \$30
- 12 Chocolate Chip Cookies \$19
- 12 Corn Bread Muffins \$20
- Full Bundt Coffee Cake \$24
- Full Lemon Blueberry Cake \$24

Sandwiches

*Breads by Hot Bread Kitchen

Roast Beef \$5.99 per person

Slow cooked rump roast sliced with carmerlized onions, provoone cheese and arugula

Applewood Smoked Turkey \$4.99

Premium smoked farm raised turkey provided by D'artagan served with swiss cheese, herbed mayo and baby spinach

Honey Mustard Glazed Ham \$4.99

Premium spiral ham provided by D'artagan slow baked with stoneground mustard served with cheddar cheese, and dijon mustard

Falafel Pockets \$4.49

Soft pita bread filled with fried chickpea balls, smashed avocado, baby spinach, cucumbers and red onions topped with Tzatziki sauce,

Albacore Tuna Salad \$3.49

White tuna, light mayo, red onions, celery, fresh dill and fresh lemon juice.

Meatball Sliders \$4.99

Homemade beef or turkey meatballs in fresh sweet basil marinara sauce with mozzarella cheese.

