

## **MaahWaahs Catering Menu**

### **We Are The Perfect Solution For Every Occasion**

<b>WING WINGS WINGS</b>	<b>Small (20-30)</b>	<b>Large (40-50)</b>	
Sweet Chili Sticky Wings	75	120	
Pineapple Habanera Wings	75	120	
Twice Fried Chicken Wings	65	110	
Asian Jerk Chicken Wings	75	120	
Buttermilk Fried Chicken Wings	65	110	
<b>PULLED MEAT</b>	<b>Small (20-30)</b>	<b>Large (40-50)</b>	
Slow Roasted Beef Short Rib	95	150	
BBQ Extra Slow Roasted Brisket	75	120	
Pulled BBQ Jerk			
Pulled BBQ Chicken			
<b>FROM THE SEA</b>	<b>Small (20-30)</b>	<b>Large (40-50)</b>	
Panko Crusted Lemon Thyme Baked Salmon	95	150	
Panko Crusted Garlic Butter Baked Cod	95	150	
Panko Crusted Lemon Pepper Baked Flounder	85	140	
Curried Salmon			
Baked Cod w Bell Peppers			
<b>SIDES</b>	<b>Small (20-30)</b>	<b>Large (40-50)</b>	
Rosemary or Lemon Thyme Biscuits	30	40	
Cornbread Muffins (Thyme & Scallions)	30	40	
Organic Grilled Veggies (Seasonal Vegetables)	50	80	Vegan
MaahWaahs Mac & Cheese			
MaahWaahs Baked Yams			Vegan (coconut oil)
Breaded Broccoli			
Organic Channa (Curried Garbanzo Beans w Fire Roasted Tomatoes, Coconut Milk)			Vegan

Coconut Thyme Basmati White Rice	30	40	
Cornbread Muffins (Thyme & Scallions)	30	40	
Organic Coconut Basmati Rice & Red Kidney Beans	50	80	Vegan
Organic Wild Rice			
<b>SALADS</b>	<b>Small (20-30)</b>	<b>Large (40-50)</b>	
Organic Mixed Kale Salad	55	85	
Organic Mixed Greek Salad	65	95	
Organic Quinoa Salad			
Organic 3 Bean Salad			
<b>SANDWICHES/WRAPS</b>	<b>Small (20-25)</b>	<b>Large (35-45)</b>	
Salmon	35	65	
Chicken Salad	45	80	
Herb Roasted Turkey	50	85	
Mediterranean Veggies	30	55	
<b>BEVERAGES</b>			
Sorrel	65 ONE SIZE (20 -25)		
Ginger Lemonade	65 ONE SIZE (20 -25)		
Ginger Turmeric Lemonade	65 ONE SIZE (20 -25)		
Guava Limeade	65 ONE SIZE (20 -25)		
House Tea	50 ONE SIZE (20 - 25)		
Lemon Limeade	50 ONE SIZE (20 – 25)		
<b>SWEET TREATS</b>			
Organic Apple Pear Coconut Crisp Cups	85 ONE SIZE Serves 25 -35 People		
Lemon Banana Bread Bites with Lemon Maple Glaze	65 ONE SIZE Serves 25 – 35 People		
Mini Strawberry Shortcake Bites			
Mini Organic Fruit Tarts			
Lemon Raspberry Tarts			
Mini Brownie Bites			

Mini Blonde Bites		
Mini Mixed Berry Crumble Bars		
<b>SMALL BITES/APPITIZERS</b>		
Mini Meat Patties	\$2	Per Item
Corn Fritters	\$2	Per Item
Buffalo Cauliflower Bites	\$2	Per Item
Cranberry Brie Bites	\$3	Per Item
Oven Baked Parm Green Bean Fries	\$2	Per Item
Savory Mushroom Tartlets	\$2	Per Item
Veggie Fritters w Avocado Sauce	\$3	Per Item
Sweet Potato Rounds w Goat Cheese & Cranberry	\$2	Per Item
Turkey Meatballs w Honey Siracha	\$3	Per Item
Classic Bruschetta with tomato basil	\$2	Per Item
Beef Short Rib Sliders w Kale Slaw	\$5	Per Item
Quinoa Sweet Potato Sliders W Spicy Avocado Aoli	\$3	Per Item
Mini Spicy Buttermilk Chicken & Savory Thyme waffles in a Sweet Maple Thai Chili Syrup	\$4	Per Item
Pulled BBQ Sliders	\$3	Per Item
Jalapeno & Honey Hushpuppies w Jalapeno Corn Relish	\$3	Per Item
Corn & Veggie Fritters	\$3	Per Item
Cod Fish Balls	\$3	Per Item
Spicy Roasted Chickpeas Cups	\$2	Per Item
Fried Broccoli	\$2	Per Item
Loaded Crispy Mashed Potato Rounds	\$2	Per Item
Korean Turkey Meatballs	\$2	Per Item
Mini Spring Rolls	\$3	Per Item

<b>Organic Mini Mac &amp; Cheese Bites</b>	<b>\$3</b>	<b>Per Item</b>
<b>Organic Spinach Dip Bites</b>	<b>\$2</b>	<b>Per Item</b>
<b>Sausage &amp; Pepper Skewer</b>	<b>\$3</b>	<b>Per Item</b>
<b>Cauliflower Nuggets</b>	<b>\$2</b>	<b>Per Item</b>
<b>Vegan Spinach Puffs</b>	<b>\$3</b>	<b>Per Item</b>
<b>Baked Vegan Samosas</b>	<b>\$4</b>	<b>Per Item</b>