



MARY BE KITCHEN CATERING + CUSTOM ORDERS

ABOUT

Nourish body, mind and soul with our made-from-scratch whole food for the soul. Our meals are fresh, flavour-forward combinations of lean proteins and hearty vegetable dishes.

HOW TO ORDER

To order, send an email to hello@marybekitchen.com or complete the online form at marybekitchen.com/catering. We generally require 48 hours notice for all catering orders. We will do our very best to accommodate last-minute orders, but we can't make any guarantees! Minimum order size is \$150. Smaller orders can be placed from our regular in-store menu at marybekitchen.com.

LUNCH & DINNER

For lunch and dinner events, choose from our individual boxed meals or family-style platters.

INDIVIDUAL BOXES

Our individual boxed meals are similar to the "Be Square" combos we serve in-store. If you are hosting an event with limited space for meal set up, or you simply want each of your guests to have his/her own meal container, this is the option for you.



Box 1
\$14.90

- Grilled Organic Tofu
- Grilled Chili-Garlic Broccoli
- Sesame Noodles



Box 2
\$14.90

- Grilled Chicken with salsa verde
- Roasted Sweet Potatoes
- Market Leafy Greens



Box 3
\$14.90

- Grilled Chicken with salsa verde
- Turmeric Rice
- Masala-Roasted Cauliflower



Box 4
\$13.90

- Grilled Half Avocado
- California Quinoa
- MBK Kale Caesar Salad

- Minimum 10 orders per box type.
- Substitute salmon for chicken/tofu (add \$3.25)
- Substitute steak for chicken/tofu (add \$2.25)
- Complete the meal with a bottle of water and Salted Chocolate Chip Cookie (add \$3.90)

LUNCH & DINNER

❖ FAMILY STYLE COMBOS

Our family-style (sharing) combos are perfect for larger meetings or gatherings where you want your guests to serve themselves from an array of healthy and hearty options. Each combo includes one serving of protein and three portions of side dishes per guest. Extra proteins and sides can be ordered from the a la carte menu below.



TOFU COMBO

- Grilled Organic Tofu
- Market Leafy Greens
- Turmeric Rice
- Sesame Noodles

Combo A
17.90
per person



CHICKEN COMBO

- Grilled Chicken with salsa verde
- Market Leafy Greens
- Grilled Chili-Garlic Broccoli
- California Quinoa

Combo B
17.90
per person



STEAK COMBO

- Grilled Flank Steak
- Roasted Sweet Potatoes
- Grilled Chili-Garlic Broccoli
- MBK Kale Caesar Salad

Combo C
19.90
per person



SALMON COMBO

- Grilled Salmon
- Turmeric Rice
- Spring Chopped Salad
- Masala-Roasted Cauliflower

Combo D
22.90
per person

- Minimum 10 orders per combo type.

❖ A LA CARTE SHARING PLATTERS

All of our platters contain ten portions. We recommend one to two portions of protein and two to four portions of side dishes per person, depending on the nature of the event and your guests' appetites.

PROTEINS

Grilled Chicken with housemade salsa verde - \$56

Grilled Scallion-Ginger Organic Tofu - \$52

Spice Rubbed Roasted Salmon - \$85

Grilled Flank Steak - \$75

WARM SIDES

Turmeric Rice - \$35

Roasted Sweet Potatoes - \$45

Masala-Roasted Cauliflower - \$45

Grilled Chili-Garlic Broccoli - \$48

Half-Grilled Avocados - \$45

Mary's Mac and Cheese - \$50

COOL SIDES

Market Leafy Greens - \$45

MBK Kale Caesar Salad - \$45

Sesame Noodles - \$48

Spring Chopped Salad - \$48

California Quinoa - \$50

BREAKFAST

Kick-start a morning meeting or gathering with our hearty, healthy breakfast options. All of our baked goods and granola are made in-house; our eggs are free-run.

SEASONAL HOUSEMADE MUFFINS
\$3.25 each // \$36 for a dozen mixed

SAVOURY BREAKFAST POTS
\$7.90 per person
Quinoa, marinated kale, sweet potatoes, roasted tomato, avocado, poached egg, basil-jalapeno vinaigrette

GRANOLA POTS
\$6.90 per person
Greek yogurt, housemade fruit compote and pecan-coconut-buckwheat granola

PILOT COFFEE TRAVELER
(96 oz / 12 cups) | \$28

ASSORTED TEA TRAVELER
(96 oz / 12 cups) | \$28
Travelers include cups, milk, cream, sugar and stir sticks

SWEET TOAST PLATTER
\$8.00 per person (minimum 20 guests)

Toasted sourdough, almond butter, housemade fruit compote, sliced banana, whipped maple-cinnamon goat cheese, fresh and dried fruit, toasted coconut, housemade granola

SAVOURY TOAST PLATTER
\$13.00 per person (minimum 20 guests)

Toasted sourdough, avocado spread, prosciutto, house-cured salmon, sprouts, fresh herbs, soft-boiled eggs, pickled veggies, fresh fruit

FRUIT PLATTER
\$5.90 per person (minimum 10 guests)
Assorted fresh fruit

EXTRAS

Add our famous Salted Chocolate Chip Cookies, baked treats, drinks or place settings to complete your meal.

BOTTLES OF WATER
\$1 per person

ASSORTED CRAFT SODAS
\$3.90 per person

SALTED CHOCOLATE CHIP COOKIES
\$2.95 each // \$33 for a dozen

ASSORTED MBK BARS AND COOKIES
\$42 for a dozen

ASSORTED GREENHOUSE JUICE COLD PRESSED JUICES
\$7 per person

BIODEGRADABLE PLACE SETTING
\$3.00 per person
(cutlery, plate, napkins)

SERVING UTENSILS
\$2.20 each
(tongs, spoons)



DELIVERY :

Delivery charges will be assessed at the time of the order, and depend on your location and the size of the order.



MARY BE CUSTOM EVENTS

Wow your guests with our custom grazing platters, grazing tables, canapes, specialty beverages and signature treats, at breakfast, lunch or dinner.

For more information, send an email to sarah@marybekitchen.com.