

Wraps (A sandwich wrapped in a tomato tortilla) \$6.50 each

You can choose the kinds or we can make you an assortment.
Wraps are cut in half and are served on a disposable tray with carrot sticks, tortilla chips, plates & napkins.

All wraps have seasonal veggies and Fingerlakes Fresh Lettuce.

- Chicken Salad (Antibiotic Free, Organic Chicken) with Pesto Mayo
- Roasted Local Turkey with Local Monterey Jack Cheese, Chipotle Mayo
- Prime Rib (Local, Organic Beef) with Parmesan Garlic Dressing
- Chicken (Antibiotic Free, Organic) with Black Beans, Cilantro Rice
- Baked Tofu and Lively Run Goat Cheese Spread
- Baked Chicken (antibiotic free), Avocado, Chipotle Mayo
- Tuna Salad, tongol tuna with local cheese curd
- Egg salad (local eggs)
- Local cheese curd and Avocado with Pesto Mayo and
- Lemon Teriyaki Seitan (local) with Avocado, Sundried Tomato dressing

Salads

Small (serves 10-15) \$20, Large \$35 (serves 15-20)

- Fingerlakes Fresh Lettuce, carrots, beets, daikon, cukes, with Orange Balsamic Vinaigrette, 3 Seed Bread
- Bowtie Pasta Salad with Sun-dried Tomato Vinaigrette
- Curried Couscous Salad with raisins, carrots

Add Ons:

Tuna Salad, Roast Turkey, Chicken Salad	small +\$36, large +\$50
Hard Boiled Eggs, Egg Salad, Baked Tofu, Cheddar Cheese Curd	small +\$22, large +\$31

Lunch Platter with Meat

Small (serves 8-10) \$55

Large (serves 12-14) \$77

-Chicken salad
-Sliced roasted turkey
-Roast beef
Cheddar cheese curd
Sliced red onion, carrots, cucumbers and seasonal veggies
3 seed bread, dressings (mayo, Dijon, pesto mayo, parmesan garlic dressing)

Vegetarian Lunch Platter

Small (serves 8-10) \$48

Large (serves 12-14) \$69

-Veggie Hummus
-Egg Salad or Sliced Hard Boiled Eggs
-Sliced Seitan
-Baked Tofu
-Goat Cheese spread
Sliced red onion, carrots, cucumbers and seasonal veggies
3 seed bread, dressings (mayo, Dijon, pesto mayo, parmesan garlic dressing)

Soup

(8oz) \$2.50 per person

(12oz) \$3.25 per person

Comes with homemade crackers or
3 Seed Bread

Selections include:

3 Bean Beef Chili, Potato Leek,
Broccoli Cheddar, Hearty Vegetable,
and lots of others.

Soba Noodle Salad

With a ginger soy dressing, tofu &
daikon radish

\$7.75 per pound

Warm Burritos! \$7 each

From our Burrito Bar at the café.

- Beef in Enchilada Sauce (local, organic beef)
- Chicken in Yucatan Sauce (antibiotic free, organic chicken)
- Smokey Black Beans (NYS beans)

Burritos are filled with your choice of beef, chicken or black bean with cilantro seasoned brown rice, sautéed seasonal veggies, and local cheddar cheese curd. Served with roasted salsa and sour cream and Ralph's Hot Sauce.

Hot Entrees Available

Call for prices and options

Warm fresh Spinach Linguini with Chicken, Mushrooms, Pepper in a Creamy Pesto Sauce

Lasagna with homemade tomato sauce, spinach, mushrooms, with or without beef

Macaroni & Cheese with NYS Cheddar or Vegan Version

Beef (local, organic) in Enchilada Sauce over cilantro rice

Chicken in Yucatan Sauce (antibiotic free, organic) over cilantro rice

Smokey Black Beans over cilantro rice

Appetizer Platters (served on an 18" Tray)

Tortilla Chips, Guacamole, Roasted Salsa	\$25.00
Tortilla Chips with Black Bean Dip and Salsa	\$25.00
Fruit and Local Cheese (grapes, apples, cheddar cheese curd, sundried tomato cheese curd)	\$35.00
Sweet Potato Fingers with Chipotle mayo dipping sauce	\$30.00
3 Seed Bread, Local Cheese and Pesto Platter	\$30.00
Crisp Veggies, Parmesan Garlic Dip, Homemade Crackers	\$28.00
Crisp Veggies, Hummus, Homemade Crackers, Pesto	\$30.00
Mushroom Nut Pate served with 3 Seed Bread	\$35.00
Hummus, Greek Olives, Feta Cheese, seasoned extra virgin olive oil, pita bread	\$38.00
Black Bean Pate on Polenta Squares with goat cheese Bruschetta	\$39.00
Toasted French Bread slices with olive oil, chopped tomato & greek olive topping.	\$30.00

Breakfast

Bagel and Cream Cheese platter (12)	\$20
Muffin and Scone Platter (6 of each) with butter and jam (12) -Assorted homemade muffins and scones	\$22
Bagel and Muffin Platter (6 each) cream cheese, butter	\$22
Yogurt (Cornell Dairy) with Granola & Banana	\$2.50 pp
Egg & Spinach Pastry	
Egg and spinach with feta baked in fillo dough	\$5 pp
Smoked Salmon Platter garnished with dill and lemon	\$59.95 (2# serves 15-20) \$89.95 (3# serves 20-25)
Fruit Bowl (10) oranges, bananas, melon, grapes	\$20
Fruit Bowl (20) oranges, bananas, melon, grapes	\$35
Fruit Platter (10) melon, grapes, strawberry, pineapple (seasonally dependent)	\$25

Gimme! Coffee

Comes with cups, lids, half & half, sugar, stirrers, napkins

Bag in a box (8-12 oz servings) Regular and Decaf	\$18
Hot Tea Assortment	\$15
Large Quantities (40+) of Coffee	\$1.25 pp (\$50 min)
Large Quantities of Hot Tea Assortment	\$.75 pp (\$30 min)

Dessert Platters

Small (serves 10-15) \$20

Large (serves 15-20) \$25

A selection of peanut swirl brownies, orange chocolate brownies, chocolate chip oat bars, apricot bars, ginger cookies, oatmeal raisin, white chocolate macadamia nut, peanut butter- according to what we have in stock!

Fruit & Dessert Platter \$30

Grapes, strawberries, pineapple and a selection of brownies, cookies, bars

Large Cookie Tray

15 large cookies \$24

Peanut Butter, Oatmeal Raisin, Chocolate Chip, White Chocolate Macadamia Nut

Cold Beverages

Small bottled water	\$1.25
Fruit Juice Spritzers	\$1.25
8 oz juice- orange, pineapple, tomato	\$1.00
Tropicana Orange juice	\$1.50
Red Jacket Cider Blends with raspberry, cranberry, apple (Geneva)	\$1.50
Fresh OJ (12 oz)	\$3.50
Pitcher of OJ (64 oz)	\$8.00
Mint Iced Tea in a pitcher w/ cups (64 oz)	\$8.00
Filtered Water in a pitcher w/ cups (64 oz)	\$4.00
Iced Coffee (96 oz) (with cups, lids, creamer, sugar, ice)	\$18.00

Contact Info:

Pam Gueldner, Manndible Café

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Please call me for questions, quotes, opinions and answers. We can tailor our menu to suit your needs. Vegetarian and Vegan options are our specialty.