



FREE DELIVERY on the North Shore for orders over \$25.00
CURB SIDE PICK UP available during business hours

As we are all continuously working together to fight this virus, social distancing and quarantine measures are still necessary.

I have streamlined our gourmet take out menu, offering delicious and safe choices for your home and office.

Hot and Cold Protein Bowls

CONTACT INFO


ADDRESS


102 Garden Avenue
North Vancouver, BC, V7P 3H2

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SOCIAL MEDIA

 facebook.com/amoveablefeastcatering

 twitter.com/amfcatering

 instagram.com/chef_mina

HOURS OF OPERATION

Our hours of operation are based around your catering needs. Administrative hours are outlined below.

ADMINISTRATIVE HOURS

Monday - Friday 8 am - 4 pm

Saturday - By appointment only

Sunday - Closed

Proud Member of



Individual Cold Protein Bowls

Grilled Lemon Chicken

\$ 18.00

Grilled Chicken, Tabbouleh Salad, Chopped Romaine and Arugula, Garden Veggie, Crumbled Feta, Tahini Dressing

Grilled Salmon with Ponzu

\$19

Grilled and Marinated Salmon Filet, Wild Rice Salad, Mixed Greens, Pea Shoots, Edamame, Sesame Seeds, Crumbled Goat Cheese, Soy and Ginger Dressing

Grilled BBQ Chicken

\$ 18.00

Grilled BBQ Chicken, Roasted Sweet Potato Hash, Spring Mix, Thinly Sliced Red Cabbage, Toasted Pumpkin Seeds, Grated Sharp Cheddar, Cilantro Vinaigrette

Roasted Spiced Chick Pea Hash

\$18

Chickpeas, Red Quinoa, Crumbled Feta, Cucumber, Peppers and Cherry Tomatoes on Chopped Kale, Cumin and Coriander Lime Yogurt

Individual Hot Protein Bowls

Minimum 4 Orders

Butter Chicken with Coconut Sauce

\$ 21

Fragrant Basmati Rice, Roasted Cauliflower and Chick Pea Hash, Fresh Cilantro Garnish

BBQ Pork Ribs

\$21

Twice Slow Baked Marinated Pork Ribs, Mash Potatoes with Cheddar Cheese and Green Onions, Creamed Corn, BBQ Sauce and Fresh Cilantro

Beef Stroganoff

\$ 22

Slow Braised Beef and Mushrooms, Roasted Red Potatoes, Sauteed Green Beans, Sour Cream Pot on the side

Pan Seared Soy Lime and Chili Tofu

\$19

Tofu Chunks in a Red Pepper and Sweet Chili Sauce Steamed Jasmine Rice, Braised Su Choy and Bean Sprouts, Green Onions, Cilantro, Sesame Seeds