



# Sukot Shabat Special #1

Serves up to 6 PP

- + 2 Challas
- + Roasted Salmon  
w/Red Pepper, Lemon And Cilantro
- + Chicken Paella
- + Dessert of Choice  
(Dobush-ChocoHazelNut-Pecan-Almond)



Online: [WWW.MYFOODBODYMIND.COM](http://WWW.MYFOODBODYMIND.COM)  
Cel: (786) 683 7400 Email: [catering@foodbodymind.com](mailto:catering@foodbodymind.com)  
Delivery Available - Tax Not Included  
1620 NE 205th Terrace, Miami FL 33179  
next to Miami Kosher Supermarket - Ives Dairy Rd.





## APPETIZERS

- Moroccan Chicken Pastellas \$7 each
- Potato Knishes \$36 (24pcs)
- Empanadas for Baking \$27/Dozen  
(Includes 2 flavors)
  - Chicken
  - Pulled Beef
  - Ground Meat Criolla
  - Tuna Parve

## SALADS:

Each Dish Serves up to 6pp

- Green Apple, Imitation Crab, Celery and Palmitos w/Dill Dressing \$25
- Roasted Cauliflower Salad w/Tahine and Pomegranate \$22
- Israeli Couscous w/ Figs, Fresh Mint, Pomegranate and Lemon Dressing \$22
- Chopped Roasted Eggplant Salad w Balsamic Dressing, Parsley, Currants and Pine Nuts \$22
- Red Pepper Salad \$22

## FISH:

- Tuna Causa Peruana \$45
- Tricolor Gefilte Fish w/Jrein (serves up to 10 pp) \$45
- Wasabi Salmon w/Pistachio Crust (serves 2-3) \$28
- Roasted Salmon w/Red Peppers, Cilantro and Garlic (serves 2-3 pp) \$28

## MEAT & CHICKEN

Serves (2-3 pp)

- Roast Beef w/Mushroom Wine Sauce \$39
- Classic Braised Brisket \$36
- Barbeque Roasted Ribs 1 rack for 3-4 pp \$75
- Chicken Stuffed Artichokes w/Lemon White Wine Sauce \$28
- Roasted Zatar Chicken w/Potatoes and Roasted Garlic (1Whole Chicken) \$36
- Meat Lasagna (serves up to 10 pp) \$48

## ONE DISH MEALS

each portion serves up to 6-8 p

- Eggplant Paella, w/Sauté Meat Balls, Yellow Rice and Mediterranean Spices \$60
- Chicken Paella/ Arroz c Pollo, w/Assorted Vegetables \$60
- Meat Lasagna (serves up to 10 pp) \$48

## SIDES:

Serves 2-3 pp)

- Fresh Herb Roasted Potatoes \$15
- Classic Rice and Noodles \$15
- Roasted Veggie Platter (serves 6pp) Eggplant/ Zucchini/ Red Onions/Peppers \$ 36

## DESSERT:

- Dobush Cake \$30
- Almond Raspberry Cake \$30
- Pecan Pie \$30
- Chocolate Hazelnut Cake \$30

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# Sukot Shabat Special #2

Serves up to 6 PP

- + 2 Challas
- + GEFILTE FISH
- + CLASSIC BRAISED BRISKET
- + RICE AND NOODLES
- + Dessert of Choice  
(Dobush-ChocoHazelNut-Pecan-Almond)



\$149

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