

# MINT CATERING

## DUBLIN



## About Us

Mint is Ireland's leading sports and Performance Caterer.

We also excel in delivering Private and Corporate catering events for groups of 12 upto 1200.

Based in South Dublin, our flexibility and ability to adapt to the clients needs, sets us apart from competitors.

Please Contact us with any queries big or small



[www.mint-catering.com](http://www.mint-catering.com)



[Orders@mint-coffee.com](mailto:Orders@mint-coffee.com)



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A94 K8P6, Dublin



**MINT  
CATERING**

# ***Event Catering***

Have an event coming up? Whether it be big or small we've got you covered. You have the choice to choose from our large catering menu, however we can fully cater to your needs if you want something different. We provide a hassle-free delivery service to ensure your event runs smoothly on the day.

**Take the hassle out of hosting an event at home and let us do all the work for you. Get in touch to start planning the perfect meal with fresh, locally sourced ingredients and themes that will have all your guests happy!**

# Light Bites

Choose 3 options €13.95pp | Choose 4 options €17.95pp | Choose 5 options €21.95 pp| Minimum order 20 people

## CRAB CAKES

Crab meat in a creamy, Maryland-style mix. Bright accents of tangy mustard, zesty lemon

## GOATS CHEESE AND ROASTED GRAPE

Slow-roasted grapes served on top of toasted baguette crostini with goat cheese, walnuts and a drizzle of honey

## SALMON AND CRÉME FRAICHE

Croustades of bread filled with a mixture of creme fraiche, dill and smoked salmon

## BLUE CHEESE AND PEAR CROSTINI

Crispy crostini made from slices baguette, topped with a delectable whipped blue cheese, fresh pear and a drizzle of honey

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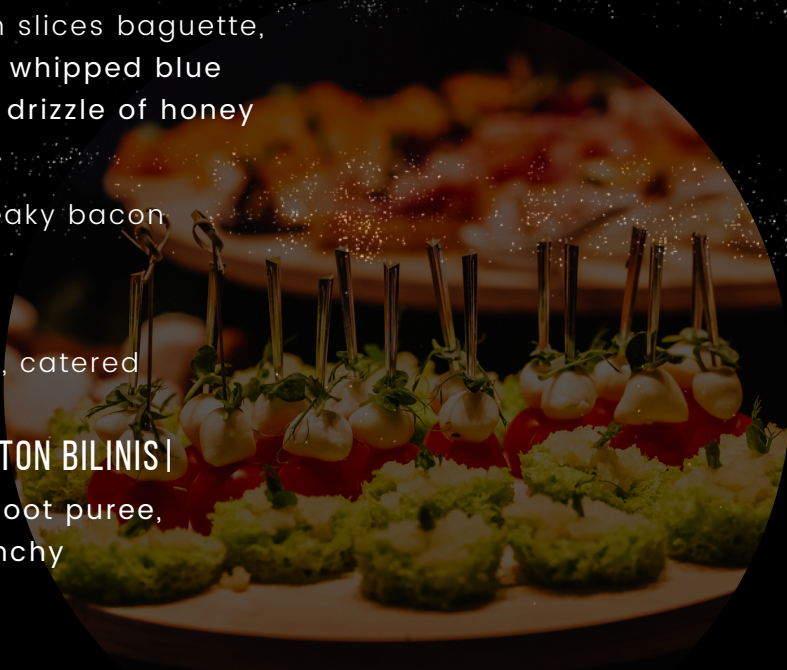
Sausages wrapped in streaky bacon, and roasted

## SUSHI

Assortment of Sushi Rolls , catered to your preferneces

## BEETROOT, WANUT AND STILTON BILINIS

Blinis topped with a beetroot puree, creamy stilton and a crunchy walnut



# Sharing Salads

Large Bowl €40 (15-20 people) | Medium Bowl €25 (10-12 people)

Minimum order 10 people

Please contact us for quotes on service prices and crockery

## BEETROOT AND HALLOUMI SALAD

Roasted apples, beets, pearled barley, halloumi cheese and a honey vinaigrette

## TOMATO, FETA AND BROCCOLI SALAD

Fresh vegetables and luscious noodles, all tossed in a rich and savory satay dressing

## SATAY NOODLE

Fresh vegetables and luscious noodles, all tossed in a rich and savory satay dressing

## CAEASER SALAD

Crisp Hearts of Romaine Tossed in Robust Caesar Dressing. Topped with Herbed Croutons & Parmesan Cheese

## POTATO SALAD

Baby Potatoes , Mayo with Spring Onions and Chives

## RUSTIC SLAW

Iceberg lettuce, avocado, prawns and a creamy cocktail sauce

## SUPER FOOD SALAD

Quinoa, sweet potato, mixed roasted nuts and chilli flakes, on a bed of mixed leaves tossed in a Balsamic reduction

## CAPRESE SALAD

Buffalo Mozzarella, Tomato and Basil serviced with Balsamic Vinegar and olive Oil





## Hot Dishes

Hot Dishes €14 |

Minimum order 12 people | Each person will receive 1 full portion

Please contact us for quotes on service prices and crockery

### CHILLI RAGU

Minced Chilli Beef, Kidney Beans in a rich tomato sauce, served with Steamed Rice

### CREAMY SEAFOOD AND LEEK PIE

Creamy fish pie with leeks, potato and cheese has a golden pastry topping

### ITALIAN CHICKEN

Chicken sautéed in a tangy lemon glaze with bell pepper

### PULLED PORK BURRITOS

Tender pulled pork, melted cheese, and optional toppings wrapped in warm tortillas

### CUBAN MOJO CHICKEN

Cuban Mojo Chicken is infused with a flavorful Mojo marinade made with citrus, garlic and spices, then oven roasted until golden brown, juicy and tender

### CHICKEN CHORIZO

Coarse mince of chicken thigh and chorizo, spiced and chilli flakes for an extra kick then filled into a natural casing

## Hot Dishes

Hot Dishes €14 |

Minimum order 12 people | Each person will receive 1 full portion

Please contact us for quotes on service prices and crockery

### THAI CHICKEN CURRY /VEGAN THAI CURRY

Thai green curry is bursting with the flavour of coconut, ginger and lime

### BEEF STROGANOFF

Russian dish of small pieces of beef fillet sautéed in sour cream sauce together with onions and mushrooms

### LAMB TAGINE

Tender Moroccan lamb stew made with marinated pieces of lamb, garlic, ginger served with Rice

### CHICKEN SALTIMBOCCA

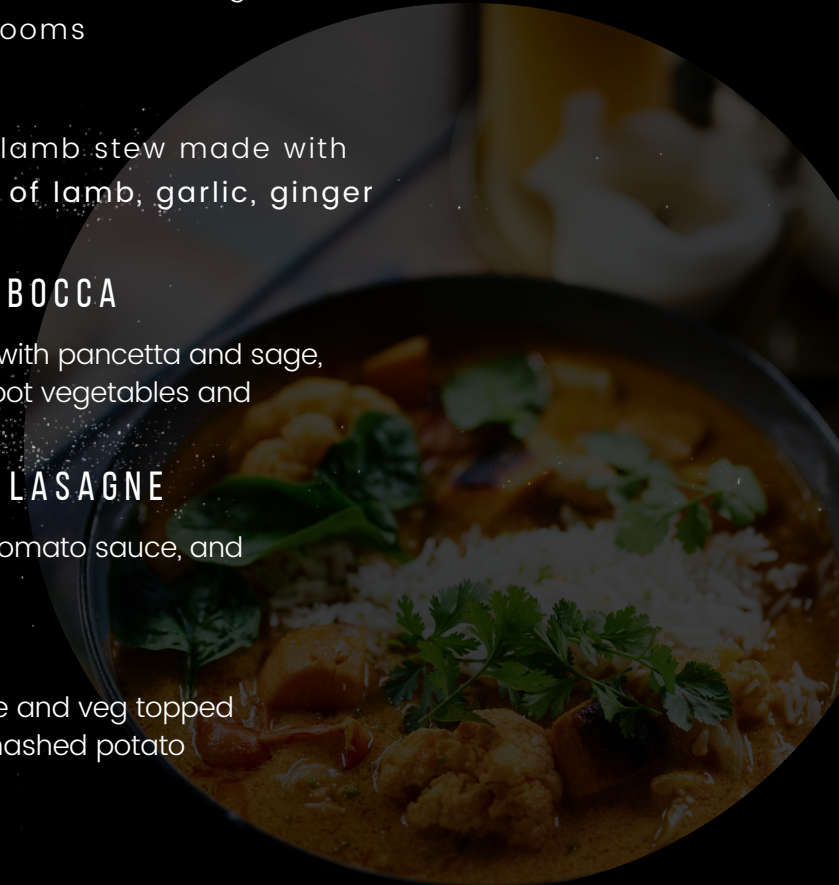
Roast chicken breast with pancetta and sage, served with roasted root vegetables and potatoes

### BEEF OR VEGGIE LASAGNE

Roasted vegetables, tomato sauce, and ricotta cheese

### SHEPARDS PIE

Succulent lamb mince and veg topped with a fluffy layer of mashed potato





# Traditional Roasts

Traditional Roasts (starting at €22 per person) includes a choice of four hot sides

Prices vary depending on cut of meat

Minimum order 10 people

Please contact us for quotes on service prices and crockery

## SHOULDER OF LAMB

Slow cooked shoulder of lamb served with homemade Gravy and Mint Sauce

## ROAST HAM

Honey and Mustard roast ham, served with parsley sauce

## CROWN OF TURKEY

Boned and rolled crown of Turkey served with cranberry sauce

## SIRLION OF BEEF

Roasted Sirlion of beef, served with homemade gravy

# Hot Sides

Four hot sides included with traditional roasts

## HONEY GLAZED CARROTS

Roasted apples, beets, pearly barley, halloumi cheese and a honey vinaigrette

## BAKED POTATOES

Fresh vegetables and luscious noodles, all tossed in a rich and savory satay dressing

## MASHED POTATOES

Fresh vegetables and luscious noodles, all tossed in a rich and savory satay dressing

## ROAST ROOT VEGETABLES

Crisp Hearts of Romaine Tossed in Robust Caesar Dressing. Topped with Herbed Croutons & Parmesan Cheese

## TENDER STEM BROCCOLI

Baby Potatoes , Mayo with Spring Onions and Chives

## YORKSHIRE PUDDINGS

Iceberg lettuce, avocado, prawns and a creamy cocktail sauce

## SAGE AND ONION STUFFING

Quinoa, sweet potato, mixed roasted nuts and chilli flakes, on a bed of mixed leaves tossed in a Balsamic reduction

# Sweet Treats

Medium Treat Platter €20 (10 people)  
Large Treat Platter €40 (20 people)

## MACAROONS

French pastry composed of two shells and a flavoured filling in the middle

## BROWNIES

Ultra chocolatey brownie that's fudgy on the inside and chewy on the inside

## MILLIONAIRE SQUARES

Shortbread base, topped with a rich caramel filling and finished off with a melted chocolate topping

## MINI SCONES

Classic buttery scones, perfectly paired with jam and cream

## COCONUT MACAROONS

Delicately baked coconut treats served with a drizzle of melted chocolate

## LEMON SLICES

Zingy lemon drizzle slice is a simple traybake, made creamy and tangy lemon frosting

## COOKIES

Chewy Chocolate Chip Cookie with Crispy edges

## CHOCOLATE ECLAIRS

Golden Fresh Cream filled choux Pastry topped with Melted Chocolate



# Cold Sandwiches Platters

Medium Sandwich Platter € 40 (5-7 people)  
Large Sandwich Platter €80 (10-15 people)  
All served on White and Brown Sourdough from Firehouse Bakery

## CHICKEN PESTO AND MONTEREY JACK CHEESE

## BAKED HAM AND REE RANGE EGG MAYO

## CHICKEN WITH SMOKED BACON AND CESEAR DRESSING

## CAJUN CHICKEN WITH ROCKET AND ROASTED PEPPER

## SPICED ROASTED SWEET POTATO WITH HUMMUS AND AGED CHEDDAR

## HONEY MUSTARD GLAZED HAM, CHEESE AND HOUSE RELISH

# Salads

## BBQ CHICKEN

French pastry composed of two shells and a flavoured filling in the middle

## SALMON TERIYAKI

Ultra chocolatey brownie that's fudgy on the inside and chewy on the inside

## SATAY NOODLES

Shortbread base, topped with a rich caramel filling and finished off with a melted chocolate topping

## CHICKEN CEASER

Classic buttery scones, perfectly paired with jam and cream

## FLAFEL VEGAN SALAD

Delicately baked coconut treats served with a drizzle of melted chocolate



# Charcuterie Boards

Platter €80

## MEAT AND CHEESE CHARCUTERIE BOARD

Selection of cured and dried Meats , served with assortment of cheeses , olives, spreads , crackers and fresh bread

## CHEESE ASSORTMENT CHARCUTERIE BOARD

Selection of Cheeses and spreads, served with olives ,crackers and fresh bread

## FISH ASSORTMENT CHARCUTERIE BOARD

Smoked Salmon , Mackrel Pate, Prawns and sardines served with Marie Rose Sauce , capers , crackers and fresh bread





# Food Truck and Mobile Catering

**OUR FOOD TRUCK IS 100% MOBILE AND 100% INDEPENDENT**

**IT HAS ITS OWN POWER AND GENERATORS SO CAN OPERATE FROM A GREEN FIELD SITE**

**IT HAS BARISTA COFFEE AND CAN OFFER ANY OF THE FOOD ITEMS ABOVE**

**PERFECT FOR OUTDOOR EVENTS AND PARTIES**

**HASSLE FREE EVENT CATERING WITH NO MESS**



# Breakfast Menu

## Hot Breakfast Menu

€13 PER PERSON | MINIMUM ORDER 10 PEOPLE

### TRADITIONAL BREAKFAST

Fried Eggs served with Bacon , Sausages , Beans, Hash Browns and Black and White Pudding, served with fresh bread

### VEGETARIAN BREAKFAST

Fried Eggs served with vegetarian sausage, baked beans, hashbrowns, and mushrooms served with fresh bread

### CONTINENTAL BREAKFAST

Fried eggs served with a selection of cold cuts, smoked salmon and avocado served with fresh bread

### AMERICAN STYLE PANCAKES

Fluffy american style pancakes served with Bacon and Maple Syrup or Berries and Marscapone cream

### SCRAMBLED EGGS

Scrambled eggs served with chives served with fresh bread

## Cold Breakfast Menu

Medium Breakfast Platter €20 (10 people)

Large Breakfast Platter €40 (20 people)

### PAIN AU CHOCOLATE | \$4.57

Multi-layered sweet pastry, with couverture chocolate between flaky danish pastry dough

### PAIN AU RAISIN | \$4.57

Flakey, buttery croissant dough with a custard filling and a sprinkle of raisins

### CINNAMON SWIRL | \$4.57

Sweet dough with cinnamon filling, sultanas and topped with cream cheese flavour icing

### CROISSANT | \$4.57

Buttery, crescent-shaped French pastry

### ALMOND CROISSANT | \$4.57

Croissant filled with Almond Cream, topped with Almonds and Powdered Sugar

### MINI PASTRY SELECTION | \$4.57

Variety of pastries such as almond croissant, cinnamon swirls, pain au chocolate ect

### GRANOLA POT | \$4.57

Greek Yogurt, with crunchy granola and a selection of seasonal fruits

### FRUIT POTS | \$4.57

Selection of seasonal fruits

### OVERNIGHT OATS

Selection of seasonal fruits





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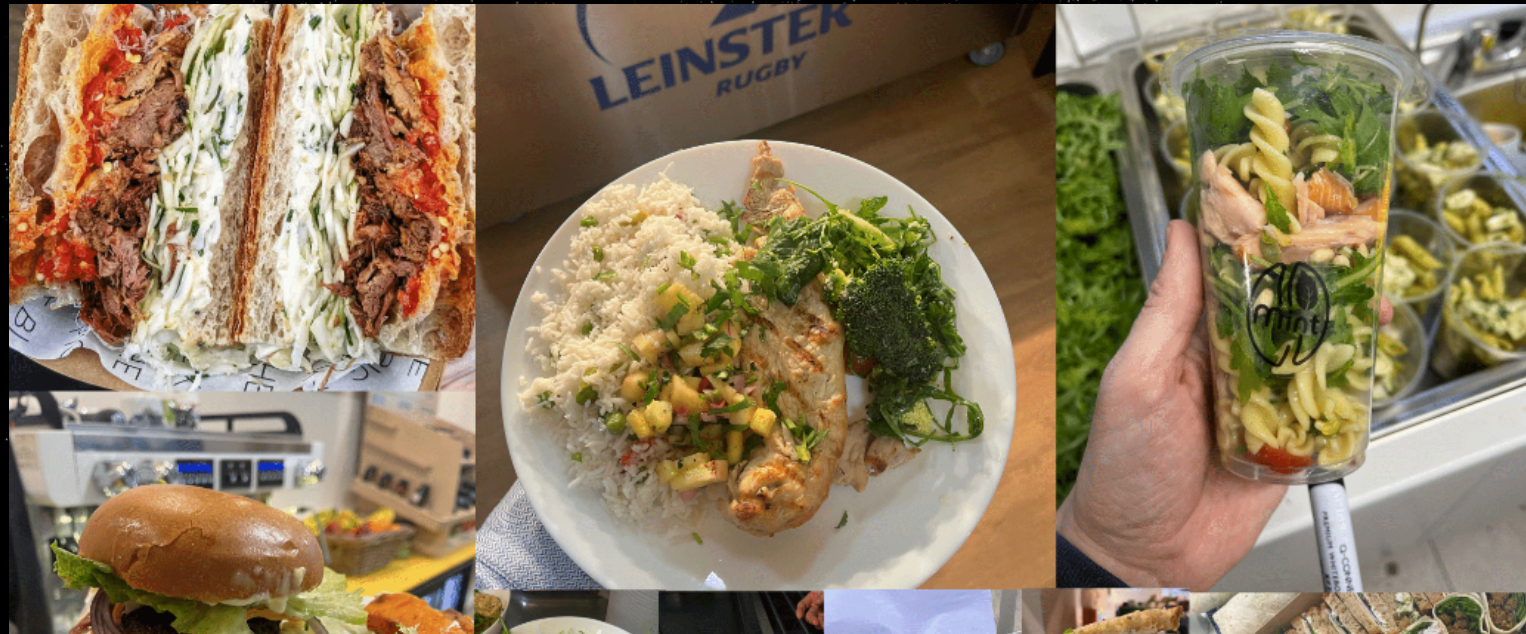
# ***Sports Performance Catering***

Mint are the Official Refuel Partners of Leinster Rugby

We have developed a high performance catering menu alongside sports nutritionists. Portion size and ingredients are tailored specifically for athletes.

We provide a performance backwards , not nutrition forward menu.

We have worked with many teams to develop bespoke solutions





# Sports Performance Catering

## Cold Travel Packs

Cajun Chicken Wrap + Broccoli, Cherry Tomato, Apple & Fennel Slaw - €8.50

BBQ Chicken Wrap + Sweet Potato + Cherry Tomatoes, Broccoli - €8.50

Coronation Chicken Wrap + Rocket & Onion - €8.00

Chicken Bacon Caesar Wrap + Croutons + Mixed Leaves - €8.00

Pulled Pork on Ciabatta with Apple & Fennel Slaw, Salsa Verde & Chilli Jam - €9.50

Honey Baked Ham + Cheddar Cheese + House Slaw on White Sourdough Bread - €8.50

Chicken Pesto Pasta Pot + Rocket + Parmesan - €8.00

BBQ Chicken Salad Box with Mixed leaves, Carrot, Cabbage, Onion, Radish, Tomato, Spring Onion & Dressing €9.50

Teriyaki Salmon Salad Box with Mixed leaves, Carrot, Cabbage, Onion, Radish, Tomato, Spring Onion & Dressing €9.50

## Hot Travel Packs

Thai Green Chicken Curry with Basmati Rice & Bombay Potatoes on the side - €13.00

Chicken & Mushroom Pasta - €12.00

Beef & Chorizo Meat Balls with Pasta - €12.00

Beef Noodle Stir Fry - €12.00

Pork Rendang Curry with Basmati Rice & Naan Breads on the side - €12.50

Chili Con Carne with Rice with Guacamole & Nachos on the side - €14.00

Pasta Bolognese with Garlic Ciabatta - €12.00

Satay Noodle Box €9.00

Leek & Potato Soup - €4.00

Mushroom & Thyme Soup - €4.00

Tomato Soup - €4.00



# Sports Performance Catering

## Lunch and Dinner Menu

Including Crockery/Cutlery & Service

Chicken Enchiladas with Potato Wedges,  
Broccoli & Feta Salad & Mixed Leaves -  
€14.00

Cuban Mojo Chicken with Basmati Rice &  
Mango Salsa - €14.00

Cajun Turkey Steak Pineapple Salsa &  
Coriander Lime Rice - €14.00

Pulled Pork Burrito with Steamed Rice,  
Guacamole, Cheese & Salsa with Sweet  
Potato Wedges - €14.50

Lean Mince (5%) Beef Burger with Brioche  
Bun, Cos Lettuce, Tomatoes, Aioli, Onion with  
Baked Potato - €14.00

Chicken with Chorizo & Feta served with Baby  
Potatoes Root Vegetables - €14.00

Pulled Pork on Ciabatta with Apple & Fennel Slaw,  
Salsa Verde & Chilli Jam with Soup - €14.50

## Breakfast Menu

Breakfast Burrito with Scrambled Egg, Lean  
Bacon, Spinach Leaves, Tomato Mushrooms @  
€12.50 (with Service)

Granola with Fresh Berries, Natural Yoghurt &  
Raspberry Coulis @ €4.50

American Style Pancakes with Fresh Berries,  
Yoghurt and Honey/Maple Syrup @ €8.50 (with  
service)

Pork Rendang Curry with Basmati Rice & Naan  
Breads on the side - €12.50

Eggs (Hard Boiled or Scrambled) served with  
Multi-Seed Toast, Sliced Avocado & Seeds @  
€12.00 (with service)

Over Night Oats served with Mixed Berries &  
Syrups @ €4.50

Hot Porridge served with Mixed Berries & Syrups  
@ €4.50

Selection of Pastries @ €2.50pp

Tea / Coffee (filter) @ €2.00pp

Selection of Fresh Juices @ €2.50pp

Coffee Van with Trained Barista - €100 +  
€2.00pp



# Sports Performance Catering

## Snack Menu

No Bake Peanut Butter Dark Chocolate  
Cookie @ €2.75

Caramel & Date Slice @ €2.75

Banana Bread @ €2.00

Carrot Cake Slice @ €2.00

Store Bought Flap-Jack @ €1.00

Giant Dark Chocolate Chip Cookie @ €2.50

Mini Açaí Bowl + 3 toppings @  
€4.50

Large Acai Bowl + 7 toppings @  
€8.00 (with service)





# Refreshments

## COFFEE SELECTION

SELECTION OF HOT AND COLD COFFEE AS WELL  
AS DECAF AVAILABLE

## MINERAL WATERS

SPARKLING AND STILL WATER

## SOFT DRINKS

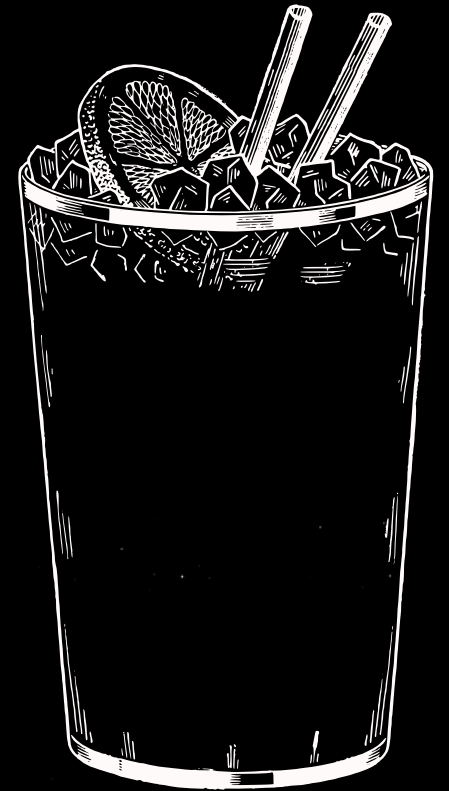
SELECTION OF SOFT DRINKS SUCH AS COCACOLA,  
7UP, SAN PELLIGRINO ECT.

## JUICES

SELECTION OF FRUIT JUICES AND SMOOTHIES

## SELECTION OF TEA

SELECTION OF HERBAL TEAS AS WELL AS  
TRADITIONAL BLACK TEA





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## ***Our Partners***



**Leinster  
Rugby**

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**Blackrock  
College RFC**

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**IRFU**

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## **Testimonial**



**Eoghan Hickey – Leinster Rugby  
Lead Performance Nutritionist**

“Since our collaboration started in July 2022, MINT have worked diligently with Sophie and I to deliver performance-focused food provision and menus for our Senior and Academy teams in UCD, with a big emphasis on quality in terms of taste and variety of dishes on offer. ”

# ***GET IN TOUCH!***



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