



753 NW 28th Street

conscious**bite**.

catering intimate occasions with your health in mind



We are a Miami-based company that prides itself on providing healthy & delicious food for all our clients. The top quality of the ingredients we use makes a huge difference in flavor and more importantly, your health. Picky eaters, adventurous eaters – whatever your taste, we have something for you!





Passed Hors D'oeuvres

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Passed Hors d'oeuvres

Watermelon Salad Bites

Topped with Whipped Feta & Radishes

Caprese Salad Skewers

Topped with Balsamic Glaze & Sea Salt

Pear, Brie & Walnut Crostinis

Sweet & Salty Combo topped with Honey

Drunken Blackberry Crostini

Fresh & Tangy paired with Goat Cheese

Vegan Heart of Palm Ceviche

Light & Tangy! Served with Mariquitas

Vegan Mushroom Crostini

Paired with a Lemon Cashew Cream

Mini Venezuelan Arepas

Stuffed with Queso Fresco or Reina Pepiada

Mini Southern Chicken & Waffles

A sweet and salty southern classic!

Ceviche

Topped with jalapeno cheddar popcorn

Chorizo & Citrus Guava Glaze

A crowd favorite!

Classic Shrimp Cocktail

Homemade cocktail sauce & lemon slices

Pesto Cheese Tortellini Skewers

Paired with Pesto & Sundried Tomatoes

Lump Crab Dip on Sweet Potato Latkes

Rich & Creamy Crab Dip! A crowd favorite!

Mini BLT's on Cheddar Biscuits

Paired with a Homemade Pimento Sauce

Tequila Shrimp Guacamole Bites

Tequila Infused & Old Bay Seasoned Shrimp

Antipasto Skewers

Fresh Mozzarella, peppers, olives & Salami

Passed Hors d'oeuvres

Assorted Mini Quiches

Great for Brunches!

Tuna Tartare Tostones

Paired with Avocado & Lime

Cucumber & Hummus Bites

Homemade hummus topped with tomato

Cucumber & Lox Bites

Paired with herbed cream cheese

Zucchini Bites

Fresh & Vegan. Paired with a yogurt sauce

Mini Italian Pressed Sandwiches

A delicious classic Italian treat!

Choripan Canapes

Topped with Chimichurri & pickled onions

Mini Media Noches

Mini Twist on a Miami Favorite

Table Platters

Charcutiere Tables

Includes an assortment of imported cheeses and cured meats paired with dried & fresh fruit, nuts, olives, crackers and baguettes.

Crudite Platters

Fresh veggies paired with homemade humus, olives, Greek Yogurts dressing and cheese spread

Table Desserts

Mousse Desserts

Includes an assortment of flavors such as Mango, Chocolate, Passionfruit, Guava, Almond Amaretto, Key Lime pie, Tiramisu, Tres Leches

Fresh Berries & Nutella

Paired with churros and dulce de leche



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Salads

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Salads

Classic Caesar Salad

Romaine Lettuce, shaved Parmesan Cheese,
Black Olives & Croutons

Cobb Salad

Romaine Lettuce, Egg, Bacon, Tomatoes,
Red Onion, Bacon, Black Olives & Gorgonzola
Cheese

Berry Feta Salad

Strawberries, Blackberries, & Blueberries
paired with Feta Cheese

Italian Sub Salad

Salami, Green Olives, Mozzarella Cheese,
Croutons, Tomatoes, Banana Peppers
& Italian Seasonings

Greek Arugula Salad

Red Onions, Kalamata Olives, Cucumbers,
Tomatoes, Red Peppers & Feta Cheese

Classic Garden Salad

Cucumbers, Carrots, Red Onions,
Tomatoes & Black Olives

**Salads can be Plated or
Buffet Style & Fully Customized**

Hierloom Tomato, Burrata & Beets

Served with Baslamic Glaze & Arugula

Asian Chopped Salad

Carrots, Wasabi Peas, Purple Cabbage,
Rice Noodles

Mexican Chopped Salad

Tomatoes, Red Onion, Jicama, Avocado, Queso
Fresco, Cilantro, Corn & Black Beans

Citrus & Burrata Cheese

Watermelon & Citrus Oranges with Burrata
Cheese & Arugula

Beet & Goat Cheese

Roasted Beets paired with Goat Cheese, Candied
Almonds & Arugula

Grilled Peach, Berry & Bleu

Grilled Peaches, Blueberries, Bleu Cheese,
Cranberries , Candied Almonds & Arugula

Classic Caprese

Fresh Mozzarella, Basil, Tomatoes
& Balsamic Glaze



Entrees

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Entrees

Honey Garlic Salmon

Served with a sweet & sticky honey lemon glaze

Champagne Chicken

Served with a champagne, mushroom and pancetta sauce

Creamy Tuscan Garlic Chicken

Served with sundried tomatoes, fresh basil and angel hair pasta

Grilled Skirt Steak or Chicken

Served with sauteed onions and chimichurri sauce

Lemon Rosemary Salmon

A fresh and lightly seasoned Salmon

Mexican Tomatillo Chicken

Made with fresh tomatillos & a cilantro lime sauce

Lemon Paprika Chicken

Served with lemon slices and fresh parsley

Country Style Chicken

Served with Apples & Almonds

All entrees can be served buffet or plated style

Mojo Pork

Slow cooked and served with onions

Grilled Rosemary Chicken

Served with Fresh Garlic & Lemon Wedges

Lemon Pepper Snapper or Salmon

Served with Grilled Vegetables & Orzo

Slow Cooked BBQ Pork

Cooked with homemade BBQ Sauce

Classic Chicken or Eggplant Parmigiana

Paired with homemade tomato sauce and fresh mozzarella

Brown Sugar & Garlic Pork Loin

Pairs great with carrots & potatoes

Rosemary Pork Tenderloin

Served with a white wine, mushroom gravy

Chicken or Salmon Teriaki

Served with green onions and sesame seeds

All dishes can be substituted with Vegetarian options

Carving Stations

Filet Mignon Carving Station

Slow cooked beef tenderloin served with sides of creamy horseradish sauce, bleu cheese crumbles & Sauteed mushrooms

Braised Short Rib Carving Station

Slow cooked beef short ribs in red wine and rosemary

Rack of Lamb Carving Station

Cooked with fresh rosemary & thyme. Served with a yogurt mint sauce and fresh pomengrante

Herb Crusted Pork Tenderloin

Slow Cooked & Juicy, cooked with fresh rosemary & thyme

Honey Bourbon Turkey

Slow cooked and braised to perfection. Served with Orange & Cranberry Reduction

Grilled Vegetarian Station

Grilled tri-color peppers, sweet onions, portabello mushrooms, yellow squash, eggplants, zuchinni. Served with chimichurri & yogurt sauce

24-Hour Cooked Rib Station

Slow cooked and falling off the bone! Served with homemade BBQ sauce

Other Stations

Authentic Taco & Nacho Station

Carnitas, Chicken or Slow Cooked Beef paired with flour & corn tortillas. Served with an assortment of salsas, sourcreams, beans and fajita vegetables.

Pile High Burger Bar

Includes a variety of burgers & pulled chicken and pork with varieties of cheese, grilled vegetables, bacon, ham, pickles, BBQ sauce, hot sauce and an assortment of ketchups

Italian Pasta Bar

Spaghetti & Penne Pasta, traditional red sauce, alfredo sauce, vegetables and cheeses

Mac & Cheese Heaven

A twist on a crowd favorite! Paired with several unique and classic toppings such as truffle oil, caramelized onions, lobster, crab, chorizo, vegetables and pulled pork.

Spud Station

A variety of baked & sweet potatoes to make loaded with cheese, sour cream, chives, bacon, lobster, BBQ pork and vegetables

Waffles Anytime

Includes classic Belgium & Chocolate waffles along with fruit toppings, nutella, syrup, whip cream, fried chicken, eggs, bacon & chocolate syrups

We also offer:

Donut Bars, Cupcake Bar, Dessert Bars
Brunch & Omlette Stations
French Toast Stations
S'More Stations (Crowd Favorite)

Late Night Bites

Keep the party going by our famous late night bites. These are served later in the evening to satisfy those late night cravings!

Tequenos

Served with homemade cilantro sauce in a shot glass

Mini Media Noches

A mini twist on a Miami favorite!

Shotglass French Fries

An assortment of classic shoestring fries and truffle parmesan fries served with ketchup and aioli sauce

Mini Sliders

Who doesn't love mini cheeseburgers? Served with caramelized onions & pickles

Empanadas

Homemade & Delicious! An assortment of savory and sweet selections.

Mini Grilled Cheese

Served with homemade tomato soup in a shot glass

Cookies & Milk

Chocolate Chip & Classic Oreos served with milk in shot glasses.

Chocolate Dipped Bites

An assortment of fruit & cake all dipped in chocolate and served on a silver platter

S'mores

A definite crowd favorite!

Croquetas

Served with saltine crackers and lime wedges

Popcorn

An assortment of kettle corn, butter popcorn, truffle popcorn, pickle and dill, chocolate drizzled