





# Hearty n' Healthy

#### Asian Chicken Wraps DF

\$10.95/person Ground chicken, water chestnuts, and scallions with hoisin sauce wrapped in romaine lettuce

#### Spinach and Cheese Frittata v, KF, GF

\$10.95/person Swiss cheese, grape tomatoes, baby spinach, onions, and salted butter

#### Keto Caesar Salad With Bacon KF, GF

\$9.95/person Romaine lettuce served with moist chicken and crispy bacon. No croutons

#### Ratatouielle vv, GF

\$9.95/person Tomatoes, eggplant, zucchini, onions, yellow squash, and bell pepper. Served over a bed of rice.

#### Couscous Stuffed Tomatoes v

\$8.95/person

Roasted beefsteak tomato stuffed with couscous, zucchini, yellow squash, red/green peppers, and feta

#### Quinoa Stuffed Green Peppers vv

\$9.95/person

Roasted green pepper stuffed with quinoa, onions, mushrooms, zucchini, drizzled w/ hoisin sauce

## Meatless Stuffed Red Peppers vv

\$10.95/person

Roasted red peppers stuffed with brown rice in a light tomato sauce and seitan (wheat protein)

#### Stuffed Portobella vv, GF

\$10.95/person

Roasted portobella mushrooms stuffed with cannellini beans, spinach, and fresh rosemary

#### Chicken Shish Kabobs KF

\$10.95/person up to 124 Guests

Skewered chicken dusted with exotic citrus spice blend and chargrilled with lemons, limes and oranges; Whole wheat pita pockets, Tzatziki sauce

#### Veggie Asian Stir Fry vv, GF

\$12.95/person up to 124 Guests

Wok seared broccoli, red peppers, water chestnuts, and snap peas with a gluten-free asian stir fry sauce, over jasmine rice, garnished with parsley

# **Breakfast Options**

#### Healthy Start v

\$10.95 per person Seasonal fruit tray served with breakfast bars, assorted greek yogurts, granola, and berries.

### Egg White Breakfast Bites v, KF, GF

\$10.95 per person Egg white bites prepared with cottage cheese, red peppers, seasoned and topped with feta cheese.

## Soups

Vegan Gazpacho vv, gr \$5.95/person

Harvest Vegetable vv, GF \$4.95/person

Tomato Bisque vv, GF \$4.95/person

Lentil Soup vv, GF \$4.95/person

## **Keto Desserts**

\*All keto desserts require 72 hour notice

#### Chocolate Covered Strawberries KF, GF

\$3.95/person

Lemon Coconut Cookies KF, GF \$3.75/person

## Peanut Butter Bombs KF, GF

\$3.75/person

## Salads

10 person minimum

## Chickpea Avocado Salad GF

\$6/person

Chickpeas, avocado, red onion, grape tomatoes, cucumber, & bell pepper in a red wine vinaigrette.

#### Antipasto Salad GF, KF

\$8/person

Romaine, salami, sopressata, mozerella, tomato, artichokes, red peppers & olives in red wine vinaigrette.

#### Three Grain Salad v

\$5/person

Farro, couscous, quinoa, goat cheese, provolone, grape tomatoes, toasted pumpkin seeds, roasted beets, and arugula in an apple cider vinaigrette.