



Healthy Meals

Charleston

January 2019 Specials

Snacks

Power Balls

Peanut Butter & Oats

Chocolate Tahini

Prune, Chocolate & Nut

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

Breakfast

6 Pack Large Egg White Muffins

Vegetarian \$30

spinach, black beans, asparagus, broccoli, onions, fontina

Add Protein \$42

shrimp, roast turkey, chicken apple sausage, chicken
spinach, black beans, asparagus, broccoli, onions, fontina

Mason Jar Overnight Oats \$8

pomegranate and chocolate

Mason Jar Smoothie \$9

chocolate protein, banana, berry, tahini butter,
spinach and oat milk

Egg White Omelet in a Jar \$7

(4oz eggs with listed ingredients)

Farm House

ham, cheddar, spinach, peppers

Sunrise

black beans, Monterey jack, onions, peppers, mushrooms, tomatoes

Gardeners

broccoli, feta, asparagus, green onion, roasted pepper

Salads

Roasted Brussels Sprout Salad \$13

thinly sliced and roasted Brussel sprouts,
sesame-peanut chicken, herb goat cheese, pecans,
Craisins, mandarin oranges and grape tomatoes, spinach
apple cider vinaigrette

Cremini Salad \$11

spinach, kale, marinated tofu, roasted baby portabellas,
edamame, shredded carrots and chia seeds
balsamic vinaigrette

Power Bowls

Performance Sweet Baked Potato Bowl \$10

topped with sautéed spinach, green beans, garbanzo beans, lentils and black-eyed peas,
sun-dried tomato relish and sharp white cheddar
side plain Greek yogurt

Buddah Bowl \$13

mix of whole grain farro, chicken, kale, onion and cilantro
with pickled red cabbage, shredded carrots, bean sprouts
topped with peanuts and pickled ginger
peanut sauce

Grazing Bowl \$10

basil pesto garbanzo bean mash, carrots, celery, radish,
fruit cup and choice of power ball \$10

Asian Bowl \$14

brown rice, marinated ahi tuna, seaweed salad, sweet caramelized onion,
shredded carrots, cucumber, fresh ginger and wonton chips
ponzu sauce

Specials

Teriyaki Chicken Zucchini Noodles \$12

diced chicken breasts tossed with spiralized zucchini noodles
side quinoa salad with tomato, cucumber and red onion

Sweet Potato Slider \$12

sweet potato and hummus slider mixed with oats, walnuts, flaxseed and oat milk
formed into a burger patty and set on whole grain freekeh
topped with sautéed kale and roasted tomato
side spinach salad with olive oil, lemon and parmesan cheese

Casseroles

(16oz portions)

Spaghetti Pie \$10

ground beef, spicy Italian sausage, tomato sauce, mozzarella and asiago cheese

Chicken, Mushroom and Spinach Lasagna \$10

sauce of low-fat yogurt, cottage cheese and parmesan
with whole grain pasta

Lamb Stew \$12

one pot hearty healthy stew
onions, mushrooms, potatoes, carrots, low sodium beef broth
with red wine and tomato paste

Check out our full menu at
www.charlestoncateringandevents.com