



6765 Narcoossee Rd., Suite 107 • Orlando, Florida 32822 • P: 407-384-6060 • www.vitalflair.com • E: info@vitalflair.com • CAT 5811436

BREAKFAST

(Minimum order of 10 per item)

A \$20 Charge is added for orders below 10 guests

Continental Breakfast

*Chef's assortment of muffins, petite strawberry cream cheese croissants and fresh baked bagels. Served with cream cheese, butter & jelly. Includes fresh sliced fruit platter and assorted fruit juices.....***\$8.95**

Traditional Hot Breakfast

*Scrambled eggs, country link sausage and/or crispy bacon, seasoned hash browns and freshly baked biscuits. Includes assorted fruit juices.....***\$10.95**
(Pancakes add \$1.00 pp)

Croissant Sandwiches

*Assorted croissants (egg & cheese / ham, egg & cheese / sausage, egg & cheese). Includes a fresh sliced fruit platter and assorted fruit juices.....***\$10.50**

GF Assorted Egg Casseroles

*Individual egg casseroles; bacon, onion & cheese / turkey sausage, spinach & mozzarella / sun-dried tomato, mushroom & Boursin cheese. Super hero muffins, fresh sliced fruit platter and assorted fruit juices.....***\$11.95**

Add to Any Breakfast

Individual Greek Yogurt..... \$2.25
Gluten Free Super Hero Muffins..... \$3.00
Oatmeal with Toppings..... \$4.50
Strawberry Croissants..... \$3.95

Coffee Service

Regular and decaffeinated coffee (hot tea available upon request). Each Pot Serves 8-10 people.
\$15.25 per air pot

Choice of Homemade Side Salad:

Rotini Pasta Salad, Red Bliss Potato, Zesty Quinoa Salad, Cole Slaw and Pasta Prima Vera Salad

SANDWICHES & WRAPS

(Minimum order of 10 per item)

A \$20 Charge is added for orders below 10 guests

Box Lunch Sandwich

Turkey & Provolone; Ham & Swiss; Beef & Cheddar on assorted fresh baked breads with lettuce, tomato, pickle, condiments & utensils. Includes rotini pasta salad or red bliss potato salad and a gourmet cookie..... **\$11.95**

Premium Box Lunch Wrap

Fresh flour tortillas with an assortment of turkey breast, roast beef or grilled chicken; our signature dressing, lettuce, tomato, cheese and utensils. Includes pasta primavera salad, cheesecake brownies and individual chips..... **\$12.50**

GF Chicken or Vegetable Power Bowl

Red & white cabbage, topped with 5-spice shredded chicken or edamame, carrots, quinoa, chickpeas, toasted sesame & cashews. Sesame ginger dressing and a gourmet cookie..... **\$10.95**

Pre-Made Sandwiches Buffet

Ham & Swiss; Turkey & Provolone; Roast Beef & Cheddar on assorted fresh breads; lettuce, tomato, pickle, mayo & mustard choice of side salad and dessert..... **\$12.50**

Gourmet Wraps Buffet

Fresh flour tortillas with an assortment of turkey breast, our signature lean beef and grilled chicken. Made with our signature dressing, cheese, lettuce and tomato choice of side salad and dessert..... **\$12.25**

Choice of Dessert:

Orange Poppy OR Vanilla/Chocolate Swirl Pound Cake, Freshly Baked Otis Spunkmeyer Cookies, Homemade Brownies, Oatmeal Caramelitas or S'mores Bars

BARBEQUE SELECTIONS

(We smoke our own meats. To ensure the best quality, we require 48 hr notice for brisket or ribs)

All BBQ items are served with Coleslaw, Mac & Cheese, Rolls, BBQ Sauce and Brownies

Single Choice Combos

- Pulled Pork & BBQ Chicken.....\$13.95
- Pulled Pork or BBQ Chicken & Beef Brisket..... \$17.95
- Pulled Pork or BBQ Chicken & St. Louis Ribs ... \$16.95

THEMED BUFFETS

(Minimum order of 20 per buffet. A \$30 charge will be added to orders below 20)

Luau Buffet

Huli Huli chicken, Kalua pork, sweet potatoes, Hawaiian Coleslaw, corn soufflés and mango pineapple cobbler with coconut whip cream.....\$14.95

Italian Buffet

Chicken piccata, baked ziti with homemade meatballs, vegetable medley, classic Caesar salad, garlic bread and tiramisu.....\$14.95

All-American Cookout

Grilled hamburgers, all-beef hotdogs, buns, coleslaw, red bliss potato salad, lettuce, tomato, pickle, onion, cheese, condiments and brownies.....\$12.00

HOT ENTREES BUFFET

(Minimum order of 10. There's a \$20 charge on orders below 10)

Selections below include rolls & butter, tossed or Caesar salad and choice of dessert

^{GF}Chicken Caprese

Marinated grilled chicken topped with Roma tomatoes, fresh mozzarella, light pesto cream sauce and finished with balsamic glaze. Served with Risotto..... \$13.95

^{GF}Voodoo Chicken

Grilled marinated boneless chicken thigh topped with a mango mandarin orange chutney. Served with yellow rice..... \$13.25

Teriyaki Chicken

Teriyaki glazed grilled chicken breast with grilled pineapple, grilled bok choy and scallions. Served with Jasmine rice \$13.95

^{GF}Braised Beef

Beef chuck tenders, braised in red wine & herbs. Served with cheesy shredded potatoes.....\$14.95

^{GF}Pork Carnitas

Slow cooked pork with citrus mojo served over roasted poblano yellow rice with black beans.....\$13.95

Pasta dishes are served with garlic bread, choice of Tossed or Caesar salad & choice of dessert.

Meat Lasagna

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce, mozzarella, and parmesan cheese.....\$12.50

Grilled Vegetable Pasta

Marinated grilled vegetables, spinach and tomato basil cream sauce. Tossed in bowtie pasta.....\$11.95
(Grilled Chicken or Italian Sausage Add \$2.00 pp)

Pesto Chicken Penne

Marinated grilled chicken tossed with a pesto cream sauce with penne pasta topped with diced tomatoes and parmesan cheese.....\$12.95

Grilled Fajitas

Chicken breast strips, sautéed peppers & onions, flour tortillas, seasoned black beans, Cilantro-lime rice, shredded cheese, lettuce, sour cream, tortilla chips, queso, salsa and churros.....\$13.95
(Grilled Beef Add \$2.50 pp)

Taco Bar

Seasoned ground beef, flour tortillas, black beans, Spanish rice, shredded cheese, lettuce, sour cream, tortilla chips, queso, salsa and churros.....\$13.25

Choice of Dessert:

Orange Poppy OR Vanilla/Chocolate Swirl Pound Cake, Freshly Baked Otis Spunkmeyer Cookies, Homemade Brownies, Oatmeal Caramelitas or S'mores Bars



SPECIALTY DESSERTS

Insane Oreo Peanut Butter Cupcakes..... \$3.00

Dessert Bars

Chubby Hubby, Smores, Luscious Lemon,

Key Lime or Toffee Squares..... **\$3.00**

Assorted Mini Pastries \$3.00

Berry Trifle (Serves 25)

Layered pound cake, berries and white fluff.....**\$50.00**

Shot Glass Desserts

Chocolate, Nutella, Peanut Butter, Mint and

Berries & Cream..... **\$3.50**

LUNCH ADD-ON'S

Homemade Soup

Tomato Basil, Vegetarian Chili, Italian White Bean or

Chicken Vegetable..... **\$3.00**

Marinated Grilled Vegetables..... \$4.00

Tossed Garden Salad

Romaine and Iceberg lettuce, tomatoes, cucumbers,
red onions, olives, homemade croutons with house

and ranch dressing..... **\$3.00**

Winter Salad

Spring mix, dried cranberries, apples, Boursin cheese,
glazed walnuts and raspberry dressing..... **\$4.00**

Steamed Seasonal Vegetables.....\$2.50

Homemade Side Salad

Pasta, Red Bliss Potato, Pasta Prima Vera and Classic
Coleslaw.....**\$2.50**

SNACKS

Individual Assorted Chips.....\$2.00

Otis Spunkmeyer Cookies (Dozen)..... \$15.00

Chocolate Chunk, White Chocolate Macadamia Nut,
Oatmeal Raisin, Double Chocolate Chip

Homemade Brownies(Dozen)..... \$14.00

Individual Mixed Nuts..... \$1.00

Fresh Fruit Platter

Assorted fresh sliced seasonal fruit

Small (10-15p).....\$32.00

Medium (15-25p).....\$42.00

Large (25-35p).....\$52.00

Cheese & Assorted Gourmet Crackers

Assorted cubed cheeses with gourmet crackers

Small (10-15p).....\$35.00

Medium (15-25p).....\$45.00

Large (25-35p).....\$55.00



Soda, Ice Tea, Lemonade & Water Service

Assorted sodas (Coke, Sprite & Diet Soda). Iced tea
(sweet tea upon request), lemonade and bottled

water. Service includes cups, ice & straws

\$1.50 per person

***All menu items subject to change based on
availability**