



PRE-PACKAGED MEALS

Available for Delivery or Pick-up. For Orders - Call: 407-384-6060 or Email: info@vitalflair.com

(Minimum of 4 orders required. All meals come with reheating instructions. No-Contact Deliveries are available upon request. Orders must be made by Sunday. Deliveries will be made on Tuesdays.)

GF Chicken or Vegetable Power Bowl

Red & white cabbage, carrots & quinoa. Topped with 5-spice shredded chicken or edamame, chickpeas, toasted sesame & cashews. Tossed in sesame ginger dressing..... **\$8.00**

Chicken Parmesan *(Includes a garlic breadstick)*

Breaded and sauteed chicken with mozzarella cheese served with penne pasta and marinara sauce and a side of broccolini.....**\$11.00**

GF Yakatori Chicken

Marinated chicken thigh skewered with pineapple and char-grilled served with white rice and baby bok choy medley.....**\$11.00**

Pot Roast *(Includes a dinner roll)*

Melt in your mouth pot roast with baby potatoes, carrots and onions.....**\$12.00**

GF Grilled Flank Steak Salad

Marinated grilled flank steak on a bed of mixed greens with craisins, apples, Boursin cheese and a side of raspberry dressing..... **\$13.00**

Pork Tenderloin *(includes a dinner roll)*

Baked pork tenderloin crispy on the outside and juicy on the inside served with cornbread stuffing and roasted brussels sprouts gratin..... **\$12.00**

GF Chili-Crusted Salmon

Chili-crusted salmon served over mixed green salad with champagne vinaigrette and tropical fruit salsa..... **\$14.00**

GF Tomato Basil Cod

Pan-seared cod in white wine tomato basil sauce with risotto and roasted asparagus..... **\$12.00**

Chicken Pot Pie *(Serves 2)*

Shredded chicken, dice potatoes and vegetables topped with Puff Pastry**\$22.00**



Family Style Meals

¼ Pan of Homemade Meat Lasagna *(Serves 4-6. Includes 6 garlic bread sticks)*

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce, mozzarella and parmesan cheese..... **\$35.00**

Individual Meat or Cheese Lasagna *(Includes a garlic bread stick)*\$8.00

Vegetarian Options

GF Thai Green Curry with Vegetables

Sweet potato, bell pepper, cauliflower florets, chick pea served over brown rice.....**\$10.00**

Roasted Vegetable Hummus

Home made hummus, topped with roasted tomatoes, peppers, onions, mushrooms, broccoli, and carrots, drizzled with balsamic glaze, and served with grilled pita bread.....**\$10.00**

GF Vegetarian Stuffed Peppers

Peppers stuffed with quinoa, kale, onions, peppers, carrots, mushrooms and marinara sauce topped with vegan cheese and served with black beans.....**\$10.00**

Extra “Treats”

GF Superhero Muffins

Gluten free muffins packed full of veggies and sweetened with maple syrup instead of sugar. Great for a grab n go breakfast.....half dozen **\$16.00**.....full dozen.....**\$30.00**

GF Breakfast Trail Mix Cookies

Gluten free cookies are a delicious and energizing breakfast food. But you can enjoy any time of dayeach **\$2.50**

GF Sun-dried Tomato, Mushroom & Boursin Cheese Egg Casserole each **\$3.00**

GF Bacon, Onion & Cheese Egg Casserole each **\$3.00**

GF Marinated Grilled Chicken Breast..... each **\$3.25**

GF Gluten Friendly Entrées only

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