



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.)

Boneless Beef Short rib *(Includes a dinner roll)*

Boneless beef short ribs braised in red wine & herb. Served with dauphin potato and broccolini..... **\$14.00**

Meat or Cheese Lasagna *(Includes a Garlic Bread)*

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce or plain marinara, mozzarella and parmesan cheese side Caesar salad**\$9.00**

¼ Pan of Homemade Meat or Cheese Lasagna *(Serves 4-6. Includes 6 garlic bread sticks)*..... **\$30.00**

Garlic Pork Tenderloin *(includes a dinner roll)*

Seasoned pork seared in a rich buttery garlic sauce served with herb roasted fingerling potato and grilled vegetable medley**\$10.00**

Chicken Cordon Bleu *(Includes a dinner roll)*

Chicken stuffed with ham & Swiss cheese, breaded and fried served with Dijon cream sauce served with rice and roasted asparagus..... **\$9.00**

Bourbon Chicken *(Includes a roll)*

Boneless chicken thigh cooked in bourbon sauce served over basmati rice with peppers, sugar peas and green onion.....**\$9.00**

Chicken or Vegetable Power Bowl *(Includes a dinner roll)*

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

Pulled Pork King Ranch Casserole *(serves 2)*

Slow cooked shredded pork layered with tortilla chips, cheese sauce and finished with a blend of cheeses and crispy jalapenos **\$19.00**

Moroccan Sweet and Spicy Shrimp *(Includes a dinner roll)*

Sweet and spicy shrimp seasoned with Moroccan seasoning and roasted until crispy served with Moroccan couscous and green beans..... **\$10.00**

Swai Piccata *(Includes a dinner roll)*

Lightly breaded, sauteed swai topped with white wine, lemon, caper sauce. Served with brown rice and vegetable medley..... **\$10.00**



Vegetarian Options

Meatless Tamale Pie *(Includes a churro)*

Layers of tamale, poblano peppers, butternut squash, corn and tomatoes topped with cheese and baked.....**\$9.00**

Zuppa di Pane *(Includes a dinner roll)*

16 oz. Classic Italian tomato based soup with cannellini beans, slow cooked carrots, celery, onion, spinach and swiss chard..... **\$9.00**

Deconstructed Vegan Chorizo Tacos *(Includes grilled corn tortillas)*

A spicy mixture of chick peas, mushrooms and toasted walnuts. Shredded Cabbage, pickled onion & Salsa. Served with a side of corn **\$9.00**

Add on Items

Individual Egg Casserole..... each **\$3.00**

Bacon, onion & cheese / turkey sausage, spinach & mozzarella / sun-dried tomato, mushroom & Boursin cheese

Zuppa Toscana

8 oz. Sausage kale & potato soup..... **\$5.00**

Pepperoni & Cheese Rollshalf dozen **\$9.00**

Charcuterie Tray*(serves 4-6)*

3 Meats, 4 cheeses, marinated olives, dried fruit & nuts..... **\$45.00**

Extra "Treats"

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**

Sweet Potato Breakfast Cookies

Gluten free cookies are a delicious and energizing breakfast food. But you can enjoy any time of dayeach **\$2.25**

Espresso Energy Bites.....half dozen **\$5.00**

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