



## PRE-PACKAGED MEALS

Available for Delivery or Pick-up. For Orders - Call: 407-384-6060 or Email: [info@vitalflair.com](mailto: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.)*

### **Taco Tuesday** *(serves 2 includes churros)*

Poblano braised beef tacos, with yellow rice, black beans, grilled corn tortillas, avocado salsa, sliced jalapeno, queso fresco & lime wedges.....\$22.00

### **Braised Beef** *(Includes a dinner roll)*

Sliced beef braised in red wine & herbs, served with German bread dumplings and green beans..... \$10.00

### **Creamy Steak Pasta** *(Includes garlic breadstick)*

Pasta tossed in a mascarpone cream sauce with cherry tomato, spinach, parsley and basil topped with sliced pan-seared beef tenders and finished with balsamic glaze..... \$11.00

### **Chicken Piccata Meatballs** *(Includes a dinner roll)*

A new twist on the traditional chicken piccata, these meatballs are made with ground chicken and served in a rich lemon butter sauce over egg noodles with grilled lemon garlic zucchini..... \$9.00

### **Huli Huli Chicken Skewers** *(Includes a roll)*

Huli Huli which means “turn turn” is a Hawaiian grilled chicken dish, we use thigh meat for the best flavor, served with seasoned white rice, grilled pineapple, grilled bell pepper, zucchini and red onion.....\$9.00

### **Chicken Power Bowl** *(Includes a dinner roll)*

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

### **Parmesan Honey Pork Roast** *(Includes a dinner roll)*

Slow cooked pork loin roast with honey, parmesan & herbs served with whip sweet potatoes and steamed broccoli..... \$9.00

### **Salmon with Asian Noodle Salad** *(Includes a dinner roll)*

Chilled salmon fillet served over brown rice noodle salad with carrots, bell pepper, napa cabbage and bok choy tossed in Mandarin orange sesame ginger dressing..... \$11.00

### **Pan-Seared Swai** *(Includes a dinner roll)*

Pan-Seared swai in a tomato basil sauce served over risotto with caprese roasted asparagus.....\$10.00



## 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..... **\$30.00**

### **½ Pan of Homemade Meat Lasagna** *(Serves 9-12. Includes 12 garlic bread sticks)*

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce, mozzarella and parmesan cheese..... **\$60.00**

### **Smoked Ribs** *(Includes 6 garlic bread sticks)*

Full rack of smoked spareribs glazed with sweet baby ray’s bbq sauce, 2# tray macaroni & cheese, 1 pint baked beans and 1 pint coleslaw..... **\$40.00**

## Vegetarian Options

### **Indian Butter Cauliflower** *(Includes a dinner roll)*

Roasted cauliflower tossed in a creamy, flavorful tomato sauce with rich flavors from ginger, garam masala and coriander over basmati rice..... **\$9.00**

### **Classic Panzanella Salad**

Tuscan-style tomato and bread salad with carrots, celery, fennel, cucumber, red onions, tomatoes and olives..... **\$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**

## Extra “Treats”

### **Pumpkin Superhero Muffins**

Gluten free muffins packed full of pumpkin, dried cranberries and white chocolate chips, 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 day .....each **\$2.25**

### **Nutella Chia Energy Bites**

If you like Nutella you will love these.....half dozen **\$5.00**

**Pepperoni & Cheese Rolls** .....half dozen **\$9.00**

**Chocolate Bread Pudding with Hazelnut Whip Cream** .....each **\$2.50**