



## 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.)*

### **GF Koula's Beef** *(Includes a dinner roll)*

Seasoned beef slow cooked with onion and broth served with chipotle mashed potatoes and corn.....\$12.00

### **GF Japchae Korean Glass Noodles**

Ground beef bulgogi, bell peppers, mushroom, carrots, onion, egg and spinach tossed in Korean sweet potato noodles with a sesame, soy and honey sauce.....\$12.00

### **GF Voodoo Chicken** *(Includes a dinner roll)*

Chicken thighs marinated in our special blend of seasonings, grilled and topped with mango mandarin orange chutney with roasted sweet potatoes and broccolini..... \$11.00

### **Teriyaki Chicken** *(Includes a dinner roll)*

Teriyaki grilled chicken breast with grilled pineapple served with sticky rice and bok choy.....\$11.00

### **GF Chicken or Vegetable Power Bowl**

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

### **GF Mediterranean Stuffed Pork** *(Includes naan)*

Juicy Mediterranean stuffed pork tenderloin is stuffed with spinach, feta and sun-dried tomatoes with a balsamic rosemary glaze served with Greek lemon potatoes and garlic green beans..... \$12.00

### **Pulled Pork King Ranch Casserole** *(serves 2)*

A delicious twist on a classic Tex-Mex casserole. Pulled pork layered with Doritos, creamy cheese sauce with Rotel tomatoes topped with cheese blend. Served with salsa.....\$20.00

### **GF Hawaiian Style Salmon** *(Includes a Hawaiian roll)*

Seasoned salmon topped with a caramelized Meyer lemon relish served with pineapple rice and vegetable medley.....\$13.00

### **GF Shrimp Veracruz** *(Includes a dinner roll)*

Juicy shrimp in a spicy tomato-pepper sauce with capers, golden raisins, jalapenos and lime served over brown rice.....\$12.00



**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 Roasted Cauliflower Burrito Bowl** *(Includes flour tortilla)*

Healthy vegan burrito bowl with spicy roasted cauliflower, pico de gallo, creamy refried black beans, brown rice, corn, guacamole, lime and hot sauce.....**\$10.00**

**GF Sweet Potato Lentil Curry**

Healthy bowl of comfort food, this sweet potato lentil curry is topped with crispy sesame chickpeas, brown rice and cilantro and pomegranates.....**\$10.00**

**GF Chickpea Tikka Masala** *(Includes naan)*

Toasted chickpeas dunked in creamy tomato tikka sauce served over basmati rice.....**\$9.00**

**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 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**

**GF Turkey Sausage, Spinach & Mozzarella 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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