



# 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 Steak Kebabs** *(Includes a dinner roll)*

Marinated grilled beef kebabs with peppers, onion & mushrooms served with roasted potatoes and wilted spinach..... **\$12.00**

## **Burrata Meatballs** *(Includes garlic bread)*

Classic beef & pork meatballs served over penne pasta with marinara sauce, burrata and pesto..... **\$12.00**

## **Chicken Katsu** *(Includes your choice of white or brown rice)*

Japanese style chicken cutlet, panko-breaded and deep-fried. Served with katsu sauce and Asian slaw..... **\$11.00**

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

Grilled chicken breast smothered in traditional mushroom marsala served atop risotto with roasted asparagus..... **\$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 Pork Carnitas** *(Includes tostadas)*

Slow cooked pork with citrus mojo served over roasted poblano yellow rice with black beans..... **\$11.00**

## **GF Ground Turkey Skillet** *(Serves 2)*

Seasoned Ground turkey with sweet potatoes and mozzarella cheese is healthy and flavorful served with a side of Santa Fe Salad..... **\$20.00**

## **GF Sesame Tuna** *(Includes side of brown rice)*

Sesame crusted seared Yellowfin tuna with a sweet soy glaze on mixed green salad with a ginger dressing..... **\$13.00**

## **GF Shrimp and Grits** *(Includes a dinner roll)*

A twist on a southern classic. Cheesy grits topped with garlicky shrimp, bacon and caramelized peppers with green beans..... **\$11.00**



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

**Individual Meat or Cheese Lasagna** *(Includes a garlic bread stick)* .....**\$7.00**

**Vegetarian Options**

**GF Vegan BBQ Chickpea Salad**

Delicious salad full of BBQ favorites red onion, carrot, corn, avocado over baby romaine served with a side of tahini ranch sauce.....**\$9.00**

**GF Thai Basil Coconut Lentils**

Lentils, kabocha squash and cabbage cooked in coconut milk with a fresh Thai seasoning paste topped with peanuts and Thai basil.....**\$10.00**

**GF Pumpkin Risotto**

A perfect fall comfort food, pumpkin risotto topped with goat cheese and dried cranberries.....**\$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 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 Free Entrées only**

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