



## 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. Orders must be made by  
Sunday. Deliveries will be made on Tuesdays. **A \$5 deliver fee will be added to all orders.**)

### Grilled Pork Chop

Grilled bone-in pork chop with a dried fruit and port wine sauce served with corn souffle and green beans.....\$13.00

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

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

### Greek Chicken Salad

Grilled Chicken on a bed of Romaine lettuce with tomato, cucumber, kalamata olives, chick peas and bulgur wheat with Feta cheese and side of Greek dressing.....\$12.00

### Grilled Chicken

Marinated grilled chicken breast served with brown rice and vegetable medley.....\$12.00

### Italian Red Wine Roast Beef *(Includes a dinner roll)*

Tender shredded beef slow cooked in red wine and herbs served with a parmesan potato casserole and roasted vegetable medley..... 13.00

### Drunken Shrimp *(Includes a dinner roll)*

Spicy shrimp cooked with beer and finished with butter served over jasmine rice with broccoli and tomatoes.....\$13.00

### Baked Salmon *(Includes a roll)*

Baked salmon, spinach salad walnuts and tomato dressing.....\$14.00

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

### Old Fashioned Goulash *(serves 2 Includes garlic breadsticks)*

Ground beef stewed in tomato sauce with onions and macaroni pasta ..... \$22.00

## Vegetarian Options

### Buffalo Cauliflower

Buffalo Cauliflower served with basmati rice and a side of Caesar salad..... \$10.00

### Zuppa di Panne *(Includes a garlic breadstick)*

Italian white bean soup with spinach and Swiss chard.....\$9.00