



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.)

GF Chicken or Vegetable Power Bowl

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

Cajun Chicken *(Includes a garlic breadstick)*

Cajun grilled chicken served with sweet potato noodles in a Cajun cream sauce with tomatoes, peppers, black olives, green onions and cheddar cheese.....**\$12.00**

Coq Au Vin *(Includes a dinner roll)*

Chicken thigh braised in red wine with bacon, mushrooms and onions served with dauphinois potato and green beans.....**\$12.00**

Beef Curry

Japanese style beef curry (stew) with potatoes, carrots, and onions, served over white rice, topped with sweet pickled radish.....**\$12.00**

Classic Stuffed Pepper *(Includes a dinner roll)*

Green peppers stuffed with rice, ground beef, tomato sauce and cheese..... **\$12.00**

Grilled Pork Chop *(includes a dinner roll)*

Grilled lemon, garlic and basil-infused pork chops served pesto & parmesan roasted potatoes and grilled asparagus..... **\$12.00**

GF Firecracker Salmon *(Includes a dinner roll)*

Pan-Seared Salmon with a spicy sweet sauce served over rice with a broccolini..... **\$13.00**

Mediterranean-Style Shrimp

Mediterranean-style shrimp with bell pepper, zucchini, yellow squash, cherry tomatoes, cooked with lemon juice and herbs served over orzo pasta and finished with feta cheese..... **\$12.00**

Asian Turkey and Green Bean Saute *(Serves 2)*

Seasoned ground turkey with Chinese long beans and brown rice.....**\$23.00**



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..... **\$35.00**

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

Vegetarian Options

Lentil Shepherd's Pie *(Includes a dinner roll)*

Tender lentils and vegetables in a rich gravy, topped with creamy mashed potatoes**\$10.00**

GF Black Bean Spinach Enchiladas

Corn tortillas filled with Black bean, spinach, sweet corn and cheese topped with red enchilada sauce and cheese served with rice..... **\$10.00**

GF Zuppa di Pane

Tomato based Tuscan soup made of carrots, celery, onions, cannellini beans, Swiss chard and spinach served with crostini.....16oz **\$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 Breakfast Trail Mix Cookies

Gluten free cookies are a delicious and energizing breakfast food. But you can enjoy any time of dayeach **\$2.50**

GF Sun-dried Tomato, Mushroom & Boursin Cheese Egg Casserole each **\$3.00**

GF Bacon, Onion & Cheese Egg Casserole each **\$3.00**

GF Marinated Grilled Chicken Breast..... each **\$3.75**

GF Gluten Friendly Entrées only

6765 Narcoossee Road, Suite #107 - Orlando - Florida, 32822