



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.**)

GF Pork Enchiladas

Corn tortillas filled with slow roasted pork topped with Monterey and Colby Jack cheese blend served with yellow rice and black beans and a side of salsa Verde.....\$12.00

GF Monterey Chicken

Grilled chicken glazed with Sweet Baby Ray's BBQ sauce topped with bacon, Monterey Jack cheese diced tomato and green onion served with cheesy potato casserole and green beans.....\$13.00

GF Voodoo Chicken *(Includes a dinner roll)*

Marinated chicken thighs grilled and topped with a mango and mandarin orange chutney served with sweet potato and Asparagus.....\$13.00

GF Mississippi Pot Roast

Slow cooked tangy beef served with mashed potatoes and vegetable medley.....\$14.00

Mongolian Beef

Sliced Flank steak slow cooked with carrots, soy sauce, brown sugar and green onion served over brown rice with broccoli..... \$14.00

GF Coconut Curry Shrimp

Sweet and spicy shrimp dish with bell peppers and seasonings over jasmine rice with sugar snap peas..... \$13.00

Baked Cod *(Includes a dinner roll)*

Baked cod with spinach, feta and tomatoes served over served over lemon rice..... \$13.00

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

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..... \$9.00

Chicken Tortilla Soup..... pint \$6.00.....quart \$11.00

Vegetarian Options

Sweet Potato Curry *(Includes naan)*

Sweet potato, chickpea and spinach in red Thai curry coconut sauce with served over jasmine rice.....\$10.00

Black Bean and Spinach Enchiladas

Enchiladas with spinach, corn and quinoa served with a side of yellow rice.....\$10.00