



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.)

Honey Chipotle Chicken Skewer *(Includes a dinner roll)*

Sweet, tangy and smoky flavor chicken skewer served with roasted sweet potatoes and marinated grilled vegetables.....\$9.00

Bacon Wrapped Chicken *(Includes a dinner roll)*

Seasoned chicken thighs wrapped in bacon glazed with Sweet Baby Ray's bbq sauce topped with pepper jack cheese diced tomato and green onion served with cheesy potatoes and green beans..... \$9.00

Thai Basil Beef *(Includes a dinner roll)*

Seasoned ground beef served over coconut lemongrass Jasmine rice with bell peppers and broccoli..... \$10.00

Beef Stroganoff *(Includes a dinner roll)*

Tender and juicy beef tender strips with mushrooms and onions in a savory sour cream sauce served over egg noodles..... \$11.00

Grilled Pork Chop *(Includes a dinner roll)*

Grilled marinated bone-in center cut pork loin chops served with herb roasted potatoes and green bean casserole..... \$11.00

Chicken or Vegetable Power Bowl *(Includes a dinner roll)*

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

Meat Lover's Pizza Casserole *(Serves 2 Includes Garlic Bread)*

Found this going through my mama's recipes, I remember her making this for events she would cater. Ground beef, pork, sausage, kielbasa and pepperoni in a tomato sauce with a variety of small pastas and topped with all your favorite cheeses..... \$18.00

Swai Baked in Thai Green Curry *(Includes a dinner roll)*

Mild white fish baked in coconut milk and green curry served with Jasmine rice and asparagus..... \$11.00

BYO Bang Bang Shrimp Tacos *(Includes Grilled Corn Tortillas)*

Baked not fried shrimp tossed in a light bang bang sauce served with cilantro lime slaw and a side of Mexican street corn..... \$10.00



Family Style Meals



Easter Brunch



Order by Tuesday, March 30th for Delivery on Saturday April 3rd

9in Deep Dish Mushroom, Asparagus and Sharp Cheddar Quiche, Filet of Smoked Salmon, Breakfast Potato Casserole, Mixed Greens with Pear, Bacon, Gorgonzola, Crispy Onions and Tomato Dressing, Strawberry Cream Cheese Croissants

\$55.00

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

Caprese Tomato Risotto *(Includes a garlic breadstick)*

Creamy tomato risotto with fresh tomato, basil, fresh mozzarella, finished with pesto oil and balsamic glaze drizzle.....**\$9.00**

Vegetable Moussaka *(Includes a baklava)*

Perfect meatless meal, super filling, layers of eggplant, filled with a meatless chick pea and lentil filling with a cheesy topping of yogurt, ricotta, feta and cheddar cheeses.....**\$9.00**

Chipotle Black Bean Sliders *(Includes slider buns)*

Homemade veggie sliders filled with peppers, onions, adobe sauce and spices. Served with guacamole, caramelized onions, tomato and chopped salad with chipotle ranch dressing.....**\$9.00**

Zuppa di Pane.....8oz **\$5.00**

Extra "Treats"

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**

Sweet Potato Breakfast Cookies

Gluten free cookies are a delicious and energizing breakfast food. But you can enjoy any time of dayeach **\$2.25**

Pepperoni & Cheese Rollshalf dozen **\$9.00**

3/30/21-4/13/21

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