



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.)

Parmesan-Herb Crusted Salmon *(Includes a dinner roll)*

Baked salmon with a parmesan and herb crust served with white rice, roasted tomato broth and grilled asparagus.....\$12.00

Cajun Swai *(Includes garlic breadstick)*

Cajun seared mild white fish served with orzo pasta tossed in a Cajun cream sauce with tomato, olives, green onion and cheddar cheese..... \$11.00

Greek Chicken Bowl *(Includes grilled pita)*

Greek marinated chicken, with roasted vegetables, cucumber salad served with Greek rice topped with creamy feta cheese, kalamata olives and fresh dill.....\$10.00

Buffalo Chicken Jalapeno Popper Casserole *(Includes a churro)*

Perfect combination of buffalo chicken and jalapenos and bacon of course, make this gluten free casserole sure to please.....\$10.00

BBQ Pork *(Includes a dinner roll)*

Slow cooked and shredded pork tossed in Sweet Baby Ray's BBQ sauce served with loaded mash potato waffle and coleslaw.....\$10.00

Country Fried Steak *(Includes a dinner roll)*

Thin cut cubed steak breaded and fried served with mashed potatoes, buttery corn and rich country gravy..... \$12.00

Bacon Wrapped Beef Tenders *(Includes a dinner roll)*

Beef tenders wrapped in bacon with a teriyaki glaze served with jasmine rice and broccolini..... \$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

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



Cinco de Mayo Specials

Order by Tuesday, April 27th for Delivery on Tuesday, May 4th
(Serves 4-6)



Grilled Fajitas *(Includes churro bites with chocolate dipping sauce)*

Chicken breast strips, sautéed peppers & onions, flour tortillas, seasoned black beans, Spanish rice, shredded cheese, lettuce, sour cream, bacon guacamole, queso, chips, and salsa.....\$40.00

Taco Bar *(Includes churro bites with chocolate dipping sauce)*

Seasoned ground beef or turkey, flour or crispy corn tortillas, black beans, Spanish rice, shredded cheese, lettuce, sour cream, bacon guacamole, queso, chips, and salsa.....\$30.00

1 qt. Mason Jar of Pam’s Margarita.....\$36.00

1 qt. Mason Jar of Pineapple Jalapeno Margarita.....\$44.00

Vegetarian Options

Buddha Bowl *(Includes a dinner roll)*

Roasted cauliflower, steamed broccoli over spinach with quinoa, avocado, pumpkin and sesame seeds in a lemon tahini sauce.....\$9.00

Spaghetti & Meatballs *(Includes garlic breadstick)*

Cannellini bean vegetarian “meatballs” served whole wheat spaghetti and marinara sauce with grated parmesan cheese..... \$9.00

BYO Chorizo Tacos *(Includes grilled corn tortillas)*

A spicy mixture of chick peas, mushrooms and toasted walnuts served shredded cabbage, pickled onion, cotija cheese & chipotle salsa. Served with Mexican street corn..... \$9.00

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

Pepperoni & Cheese Rollshalf dozen \$9.00

4/20/21-5/4/21

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