



## PRE-PACKAGED MEALS

Available for Delivery or Pick-up. For Orders - Call: 407-384-6060 or Email: [info@vitalflair.com](mailto: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.)*

### **Grilled Chicken** *(Includes a dinner roll)*

Marinated grilled chicken topped with spicy bacon, corn, tomato and avocado relish served with sweet potatoes and roasted brussels sprouts.....**\$10.00**

### **Peanut-Braised Chicken** *(Includes a dinner roll)*

Chicken breast braised in a spicy ginger peanut sauce served with cauliflower rice and red cabbage salad.....**\$10.00**

### **Caramelized Pork** *(Includes a dinner roll)*

Pieces of flavorful sweet caramelized boneless pork ribs served over jasmine rice with steamed broccoli..... **\$11.00**

### **Ropa Vieja** *(Includes a dinner roll)*

Classic Cuban dish of slow cooked flank steak shredded in a flavorful sauce with onion, peppers and garlic served with yellow rice, black beans and plantains..... **\$13.00**

### **Salisbury Steak** *(Includes a dinner roll)*

French onion Salisbury steak is a delicious take on a classic with mashed potatoes savory gravy and green beans..... **\$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**

### **Baked Ziti** *(Serves 2 Includes Garlic Bread)*

Ziti tossed in marinara with Italian sausage and grilled vegetables with parmesan and mozzarella cheeses..... **\$18.00**

### **Coconut Curry Salmon** *(Includes a dinner roll)*

Pan-Seared Salmon with incredible Thai flavors a coconut red curry over brown jasmine rice with carrots and broccolini..... **\$13.00**

### **Shrimp Scampi** *(Includes a garlic breadstick)*

Garlic parmesan shrimp scampi with spinach and tomatoes served over whole wheat spaghetti.....**\$11.00**



## 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..... **\$30.00**

**Individual Meat or Cheese Lasagna *(Includes a garlic bread stick)* .....\$7.00**

## Vegetarian Options

### General Tso’s Cauliflower *(Includes a dinner roll)*

Vegetarian version of the Chinese American dish, General Tso’s Chicken served over lo mein noodles.....**\$9.00**

### Sweet Potato Curry *(Includes a dinner roll)*

Plant based meal of sweet potato, spinach and chickpea in a hearty, spicy red curry coconut sauce over brown rice.....**\$9.00**

### Black Bean Spinach Enchiladas *(Includes grilled pita)*

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

### Sweet Potato Breakfast Cookies

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

**Pepperoni & Cheese Rolls** .....half dozen **\$9.00**

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

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

5/11/21-5/25/21

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