



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 Marinated Chicken *(Includes grilled pita)*

Yogurt marinated grilled chicken thigh served on a Greek salad with chopped Romaine, tomato, cucumber, kalamata olives, red onion, banana peppers & feta cheese with Greek dressing on the side.....**\$12.00**

Crispy Honey Garlic Chicken

Crispy chicken breast with a honey garlic sauce served with jasmine rice, oven roasted broccoli with garlic and parmesan.....**\$13.00**

GF Chicken or Vegetable Power Bowl

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**

Pork Tenderloin *(Includes a dinner roll)*

Honey parmesan pork tenderloin served with cornbread stuffing and sauteed green beans.....**\$12.00**

GF Wild Mushroom and Braised Beef Risotto *(Includes a garlic bread)*

Wild Mushroom risotto and shredded braised beef topped with shredded parmesan cheese and a drizzle of truffle oil..... **\$14.00**

GF Thai Basil Beef

Seasoned ground beef served over coconut lemongrass Jasmine rice with bell peppers, sugar snap peas and carrots..... **\$13.00**

GF Shrimp and Grits *(Includes a dinner roll)*

A twist on a southern classic. Cheesy grits topped with garlicky shrimp, bacon and caramelized peppers with green beans.....**\$12.00**

GF Duxelle-Crusted Salmon *(Includes a dinner roll)*

Mushroom & shallot duxelle crusted salmon with a chive butter cream sauce served with risotto and roasted asparagus..... **\$14.00**

GF Egg Roll Skillet *(Serves 2)*

Seasoned ground turkey with cabbage, carrots, bell pepper and onion in a soy ginger sauce topped with sriracha and green onion..... **\$24.00**



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

Crispy Fried Tofu

Seasoned cubes of firm tofu breaded, deep-fried, and drizzled with sweet soy glaze served with sticky rice and grilled baby Bok choy.....**\$10.00**

Gnocchi with Tomato Basil Cream Sauce

Fresh potato gnocchi tossed shallots, spinach, and tomato basil cream sauce..... **\$9.00**

Ratatouille Stuffed Portobella

Large portobella mushroom stuffed with traditional ratatouille vegetables and capped with creamy polenta, served with mixed green salad and tomato vinaigrette..... **\$11.00**

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 **\$2.50**

GF Spinach, Sun-dried tomato & Cheese Egg Casserole..... each **\$3.50**

GF Bacon, Sausage, Ham & Cheese Egg Casserole each **\$3.50**

GF Gluten Friendly Entrées only

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