



## 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.)*

### **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..... **\$8.00**

### **GF Chicken Italiano** *(Includes a dinner roll)*

Marinated grilled chicken topped sun-dried tomatoes, mushrooms and goat cheese with an herbed lemon butter sauce over risotto with roasted asparagus.....**\$11.00**

### **Mascarpone Chicken Pasta** *(Includes a garlic breadstick)*

Tender chicken and pasta tossed in a mascarpone cream sauce with Prosciutto, sun-dried tomatoes, spinach, bell Peppers, onions & basil.....**\$10.00**

### **Bacon Wrapped Meatloaf** *(Includes a dinner roll)*

Fun twist on a classic dinner, individual bacon wrapped meatloaf with a ketchup glaze served with mashed potatoes and green beans..... **\$12.00**

### **GF Steak Salad** *(Includes a garlic breadstick)*

Slices of grilled beef tender on top of mixed greens with roasted potatoes, grilled corn, grape tomatoes, green onion and hard-boiled egg with ranch dressing..... **\$13.00**

### **GF Garlic Pork Chops** *(Includes a dinner roll)*

Pan-seared bone-in pork chops with a creamy mushroom sauce served over egg noodles with vegetable medley..... **\$12.00**

### **GF BBQ Salmon** *(Includes a dinner roll)*

BBQ seasoned salmon roasted & glazed with a raspberry chipotle bbq sauce served with sweet potatoes and broccoli..... **\$13.00**

### **GF Asian Chili Garlic Shrimp** *(Includes a dinner roll)*

Spicy shrimp in a sweet sticky, garlicky sauce served over jasmine rice with green beans.....**\$11.00**

### **GF Mexican Lasagna** *(Serves 2 Includes Churros)*

Seasoned ground turkey, between layers of corn tortillas with bell peppers, onions, black beans and cheese..... **\$19.00**



## 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

### **GF** **BYO Buffalo Cauliflower Tacos**

Crispy cauliflower, buffalo sauce, chopped romaine lettuce, Caesar dressing, parmesan cheese and grilled corn tortillas served with a side of zesty quinoa salad.....**\$10.00**

### **GF** **Veggie Shawarma Bowl *(Includes a dinner roll)***

Roasted cauliflower, sweet potato and chick peas with shredded cabbage, quinoa, cucumber and red onion with a lemon tahini sauce.....**\$9.00**

### **GF** **Greek Power Bowl *(Includes baklava)***

Lentils topped with romaine lettuce, cucumber, tomatoes, red onion, chick peas, feta and Greek yogurt dressing..... **\$9.00**

## Extra “Treats”

### **GF** **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**

### **GF** **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**

**Otis Spunkmeyer Chocolate Chip Cookies**.....half dozen **\$8.00**

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

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

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

**GF** **Marinated Grilled Chicken Breast**..... each **\$3.25**

## **GF** **Gluten Free Entrées only**

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