



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 Chicken or Vegetable Power Bowl

Red & white cabbage, topped with 5-spice shredded chicken or edamame, carrots, quinoa, chickpeas, toasted sesame & cashews. Tossed in sesame ginger dressing..... **\$8.00**

GF BBQ Chicken *(Includes a dinner roll)*

Seasoned BBQ leg quarter finished with Sweet Baby Ray's Barbecue Sauce, served with cheese potato casserole and green beans **\$9.00**

GF Newporter Salad *(Includes a garlic breadstick)*

Kale salad mix, roasted chicken, apple, red onion, egg, bacon, dried cherries, glazed pecans, almonds, and cheddar cheese with a champagne vinaigrette..... **\$10.00**

GF Italian Beef *(Includes a dinner roll)*

Tangy, slightly spicy Italian beef is slow cooked until it falls apart served with a baked potato and vegetable medley..... **\$12.00**

GF Thai Beef Koftas *(Includes a dinner roll)*

A twist on the traditional recipe, these Thai beef koftas are served with a coconut curry dipping sauce, grilled sweet potatoes, and balsamic grilled zucchini..... **\$12.00**

GF Grilled Pork Chops *(Includes a dinner roll)*

Honey garlic grilled pork chop served with white rice and broccolini..... **\$12.00**

GF Salmon with Spinach Poblano Cream Sauce *(Includes a dinner roll)*

Pan roasted salmon with a roasted poblano pepper and spinach cream sauce served over risotto..... **\$13.00**

GF Baked Cod *(Includes a dinner roll)*

Baked cod with spinach, feta and tomatoes served with a side of lemon rice and broccoli..... **\$11.00**

Smothered Chicken Burritos *(Serves 2 Includes Churros)*

Seasoned shredded chicken, seasoned rice, black beans and cheese topped with a creamy green chile sauce. Served with salsa & guacamole..... **\$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 Creamy Corn, Zucchini, and Poblano Tacos *(Includes grilled corn tortillas)*

These summer veggies will shine in these tacos served with seasoned rice and black beans. Cotija cheese, guacamole, and salsa toppings.....**\$10.00**

GF Sesame Ginger Chickpea Salad

Vegan sesame chickpea salad is made with crunchy cabbage, edamame, carrots and mandarin oranges, with an Asian-inspired sesame ginger vinaigrette and topped with a crunchy sesame brittle.....**\$9.00**

GF Strawberry Crunch Salad *(Includes a dinner roll)*

Arugula topped with strawberries, caramelized almonds, avocado, crumbled goat cheese and roasted pistachios and finished with a champagne vinaigrette..... **\$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 dayeach **\$2.25**

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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