



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. Orders must be made by Sunday. Deliveries will be made on Tuesdays. A \$5 deliver fee will be added to all orders.)

GF Chicken Italiano

Marinated grilled chicken topped sun-dried tomatoes, mushrooms and goat cheese with an herbed lemon butter sauce over risotto with roasted asparagus.....\$13.00

Thai Coconut Chicken Skewer

Smoky grilled chicken skewers, marinated in ginger, garlic, coconut cream and soy sauce. Finished with a sweet coconut cream glaze and served with a side of peanut sauce with sweet potatoes and vegetable medley.....\$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

GF Cuban Casserole *(Includes Cuban bread)*

Pulled pork simmered in a Dijon cream sauce with dill pickles topped with slices of ham, swiss cheese and more sliced pickles.....\$12.00

Beef and Broccoli

Tender crispy beef in a savory Chinese brown sauce with garlic, ginger and broccoli served over sticky rice.....\$14.00

GF Classic Stuffed Pepper *(Includes a dinner roll)*

Green peppers stuffed with rice, ground beef, tomato sauce and cheese..... \$12.00

GF Fish Taco Bowl *(Includes a dinner roll)*

Blackened cod with brown rice, mango-pineapple salsa, with avocado, shredded cabbage, sliced jalapeno and cotija cheese.....\$13.00

GF Salmon Salad *(Includes a roll)*

Baked salmon cooked and topped with a strawberry balsamic glaze on a bed of mixed greens with strawberries, sliced shallots and crumbled feta cheese..... \$14.00

GF Mexican Lasagna *(Serves 2 Includes Churros)*

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

“Omu-Raisu”

“Omelet Rice”. Japanese style vegetable fried rice topped with a fluffy plain omelet and drizzled with a sweet tomato sauce.**\$10.00**

Buffalo Tofu Salad

Crispy fried tofu nuggets in buffalo sauce served on top of romaine salad tossed in Bleu Cheese dressing**\$10.00**

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 **\$2.50**

^{GF} Gluten Friendly Entrées only

6765 Narcoossee Road, Suite #107 - Orlando - Florida, 32822