



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**

Chicken Piccata *(Includes a dinner roll)*

Lightly breaded, sautéed chicken topped with white wine, lemon & caper sauce served with herb roasted potatoes and vegetable medley..... **\$10.00**

GF Bacon Wrapped Chicken Skewers *(Includes a dinner roll)*

Boneless chicken wrapped in bacon and glazed with BBQ sauce topped with pepper jack cheese, tomatoes and green onion served with green beans and yellow rice..... **\$10.00**

Chimichurri Steak and Vegetable Salad *(Includes a dinner roll)*

Grilled marinated flank steak, crispy potatoes, tomatoes, corn, grilled asparagus & red onion, over mixed greens with chimichurri sauce **\$12.00**

GF Braised Beef *(Includes a dinner roll)*

Sliced beef braised in red wine & herbs served with mash potato and broccoli..... **\$11.00**

GF Roasted Chili Lime Pork *(Includes a churro)*

Roasted Chili Lime Pork Tenderloin is perfectly seasoned, baked until it's tender and juicy served with white rice, black beans..... **\$11.00**

GF Salmon & Quinoa Bowl *(Includes a dinner roll)*

Pan-Seared salmon with kale, carrots, chickpeas, cranberries & quinoa with a yogurt sauce..... **\$13.00**

Teriyaki Shrimp *(Includes a dinner roll)*

Sautéed shrimp, teriyaki stir-fry vegetables over jasmine rice..... **\$11.00**

GF Egg Roll Skillet *(Serves 2 Includes Rolls)*

Seasoned ground turkey with cabbage, carrots, bell pepper and onion in a soy ginger sauce topped with sriracha and green onion..... **\$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 BBQ Jackfruit Sliders *(Includes buns)*

Tropical jackfruit seasoned with bbq spice and Sweet Baby Ray's bbq sauce served with Hawaiian Coleslaw and sweet potato chips.....**\$10.00**

GF Thai Coconut Vegetable Curry

Vegan Thai dish packed with broccoli, cauliflower, carrots, mushrooms, chick pea, kale and tomatoes simmered in a Thai coconut curry sauce served with brown rice.....**\$9.00**

GF Roasted Broccoli Quinoa Salad *(Includes a dinner roll)*

Roasted broccoli and quinoa salad with sweet potatoes, kale, feta cheese with a lemon 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 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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