



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 Italian Red Wine Roast Beef *(Includes a dinner roll)*

Tender shredded beef slow cooked in red wine and herbs served with a parmesan potato casserole and roasted brussels sprouts..... **\$12.00**

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

Green peppers stuffed with rice, ground beef, tomato sauce and cheese served with a side salad with house dressing..... **\$11.00**

Mesquite Lime Grilled Chicken *(Includes a dinner roll)*

Marinated grilled chicken breast topped with a corn, tomato, avocado and bacon relish served with couscous and green beans **\$11.00**

GF Jerk Chicken *(Includes a dinner roll)*

Grilled marinated bone-in chicken topped with grilled pineapple served with roasted sweet potatoes and vegetable medley **\$10.00**

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**

Char Siu *(Includes a dinner roll)*

Chinese BBQ pork, marinated pork tenderloin served with fried rice..... **\$11.00**

GF Jambalaya *(Serves 2. Includes garlic bread sticks)*

Chicken, Shrimp and Andouille Sausage cooked with peppers, onions and tomato over rice **\$25.00**

GF Miso Salmon *(Includes a dinner roll)*

Sweet & savory miso marinated salmon baked and served over basmati rice and steamed broccolini..... **\$13.00**

GF Chili-Lime Cod *(Includes a dinner roll)*

Roasted cod filets rubbed with a flavorful spice mixture then topped with a lime butter sauce served over quinoa with roasted asparagus..... **\$11.00**



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 Thai Spaghetti Squash with Peanut Sauce *(Includes a dinner roll)*

Roasted spaghetti squash topped with red cabbage, bell pepper, bean sprouts & carrot tossed in peanut sauce topped with cilantro & chopped peanuts.....**\$10.00**

GF Vegan Teriyaki Bowl *(Includes a dinner roll)*

Broccoli, Thai chili peppers, bell peppers, peas and carrots over jasmine rice with homemade teriyaki sauce topped with green onion and sesame seeds..... **\$9.00**

GF BYO Vegan Chorizo Tacos *(Includes grilled corn tortillas)*

A spicy mixture of chick peas, mushrooms and toasted walnuts. Comes with shredded cabbage, pickled onion, salsa & Cotija cheese. Served with a tex-mex salad..... **\$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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