



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.)

Chicken Power Bowl *(Includes a dinner roll)*

Red & white cabbage, carrots & quinoa. Topped with 5-spice shredded chicken, chick peas, toasted sesame & cashews. Tossed in sesame ginger dressing..... **\$8.00**

Asian Glazed Chicken Thighs *(Includes a dinner roll)*

Juicy and delicious chicken thighs served with brown rice and Steamed Broccoli **\$9.00**

Roast Pepper Chicken Skillet *(Includes a dinner roll)*

Oven roasted chicken with roasted pepper sauce, spinach and goat cheese served over risotto..... **\$9.00**

Pasta Bolognese *(Includes a garlic bread stick)*

A classic meat sauce made with ground beef, pork and veal with tomato, basil and parmesan then tossed in gemelli pasta served with a Caesar salad on the side..... **\$10.00**

Coffee Braised Pot Roast *(Includes a dinner roll)*

Tender slices of beef braised in strong coffee, herbs and onions served with mashed potatoes and glazed carrots..... **\$10.00**

Sloppy Joe *(serves 2 Includes buns)*

Ground beef simmered in a sweet and tangy tomato sauce served with corn o'brien..... **\$16.00**

Mojo Pork *(Includes a dinner roll)*

Shredded mojo pork. Served with cilantro rice, black beans and salsa verde..... **\$9.00**

Swai Baked in Thai Green Curry *(Includes a dinner roll)*

Mild white fish baked in coconut milk and green curry served with Jasmine rice and asparagus..... **\$10.00**

Deconstructed Shrimp & Chorizo Tacos *(Includes grilled corn tortillas)*

Seasoned shrimp & chorizo with shredded cabbage, white onion, chipotle salsa & cotija cheese served with zesty quinoa salad..... **\$10.00**



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**

½ Pan of Homemade Meat Lasagna *(Serves 9-12. Includes 12 garlic bread sticks)*

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce, mozzarella and parmesan cheese..... **\$60.00**

Brisket with Macaroni & Cheese *(Serves 4-6 Includes dinner rolls)*

Slow smoked beef brisket topped with creamy macaroni and cheese.....**\$40.00**

Vegetarian Options

Thai Green Curry with Vegetables *(Includes a dinner roll)*

Sweet potato, bell pepper, cauliflower florets, chick pea served over brown rice.....**\$9.00**

Walnut-Lentil Burger *(Includes a pretzel bun)*

Lentil burger topped with sautéed peppers, basil and mayo on the side served with zesty quinoa salad..... **\$9.00**

Deconstructed Vegan Chorizo Tacos *(Includes grilled corn tortillas)*

A spicy mixture of chick peas, mushrooms and toasted walnuts. Shredded Cabbage, pickled onion & Salsa. Served with a side of corn **\$9.00**

Extra “Treats”

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**

Sweet Potato Breakfast Cookies

Gluten free cookies are a delicious and energizing breakfast food. But you can enjoy any time of dayeach **\$2.25**

Almond Espresso Energy Bites

Perfect afternoon “pick me up” snack or treat.....half dozen **\$6.00**

Pepperoni Rollshalf dozen **\$8.00**

Apple Fritterseach **\$2.50**

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