

Healthy Flavors

Our healthy flavors menu is designed with you in mind. These healthy recipes using only the freshest ingredients are paired with sensible portion sizes to create a delicious new dimension to your catering choices.



All platters serve 10 people, are expertly prepared and plated.

Serve at room temperature.

All side dishes, not including side salads, may be served at room temperature or can be ordered **OVEN READY** for reheating.

Please specify when ordering if you would like your side dishes **OVEN READY •or• TABLE READY.**

There is a *complementary bread basket* of fresh, whole grain rolls with any order consisting of an entrée, side dish and salad.

STEAMED CHICKEN IN BLACK BEAN SAUCE

Tender white meat chicken steamed and tossed with fresh Asian vegetables and a savory black bean sauce \$59.99

Sweet Brown Rice and Edamame

Sweet brown rice steamed with edamame, carrots, scallion and nori, gently seasoned with mirin and sesame seeds \$24.99

Thai Mango Slaw

Ripe mango, napa cabbage, purple cabbage, red onion, peppers and scallion tossed with a light brown rice vinaigrette \$24.99

POACHED SALMON

Salmon fillet poached with fresh dill and lemon, artfully decorated with cucumber scales and served with low fat herb yogurt sauce \$99.99

Lemon Cranberry Quinoa Salad

This ancient grain is tender and nutty and is perfectly complemented by sweet tart dried cranberries and a light lemon vinaigrette \$29.99

Roasted Asparagus

Tender asparagus oven roasted with light olive oil, cracked black pepper and sea salt \$32.99

GRILLED VEGETABLE STACKS

Flash grilled eggplant, zucchini, summer squash, tomato, basil and fresh mozzarella \$49.99

Brown Rice Pilaf

Brown rice and whole wheat orzo steamed in a roasted vegetable stock with olives and fresh herbs \$24.99

Tuscan Greens

Arugula, raddichio, red leaf lettuce, red onion, cucumber and ripe tomato served with a low fat balsamic vinaigrette \$24.99

APPLE GLAZED TURKEY

Roasted turkey breast sliced and served with a light apple glaze \$69.99

Wheat Berry Salad

Hearty wheat berries with roasted apples and walnuts in a light balsamic dressing \$29.99

Roasted Root Vegetables

Sweet potato, parsnips, carrots, fennel and leeks roasted with a light olive oil, sea salt and cracked black pepper \$29.99

TUSCAN GRILLED CHICKEN BREAST

Marinated chicken breast grilled over an open flame and served with a fresh tomato salsa \$59.99

Vegetable Barley

Sweet root vegetables, roasted peppers and hearty barley make this a satisfying side dish \$29.99

Grilled Vegetables

Grilled eggplant, zucchini, asparagus, peppers, onion and portabella mushroom \$39.99