



HEALTHY GOURMET

MIAMI



FAMILY MEALS

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Perfect for casual family gatherings or to share with the team at the office.

Starting at \$22 per guest (salad + entree).

Prices based on 20+ guests.

Upgrades: Each additional entree + \$17/pp - Add dessert \$ 8.00



FAMILY SALADS

CRANBERRY AND PECANS GREEN SALAD

with fig and basil balsamic vinaigrette.

CAESAR SALAD WITH CRISPY ONIONS

parmesan and garlic croutons.

QUINOA TABBOULEH

with lemon za'atar honey dressing.

LENTIL / GARBANZO DETOX SALAD

with dill lemon dressing.

ARUGULA ROQUETTE WITH BALSAMIC APPLES

goat cheese and caramelized walnuts.

TRICOLOR QUINOA CHOP SALAD

with avocado and pico de gallo.

CRISPY ASIAN CABBAGE SALAD

with roasted cashews and mandarin ginger dressing.

MACARONI CHICKEN PASTA SALAD

with homemade buttermilk ranch and garden veggies.

RUSSIAN POTATO SALAD

with beets and garlic aioli.

FAMILY DESSERT

HOMEMADE CHOCOLATE CHIP COOKIES

HOMEMADE PEANUT BUTTER / ALMOND BUTTER COOKIES

CHOCOLATE MOLTEN CAKE

TRES LECHES CAKE

COCONUT FLAN

ZUCCHINI CHOCOLATE BROWNIE

FRESH FRUIT MINI TART

CHOCOLATE ECLAIRS

TIRAMISU BAR

CHOCOLATE MOUSSE CRUNCH BAR

OPERA CAKE BAR

ASSORTED MACAROONS

ASSORTED MINI CHEESECAKES

ASSORTED FRUIT KABOBS

FAMILY ENTREES

QUINOA FRIED RICE

with grilled bourbon chicken and snow peas.

CURRY CHICKEN KABOBS AND TOASTED CASHEWS

over coconut jasmine rice and broccoli.

MONGOLIAN BEEF AND SUGAR SNAP PEAS

on steamed sesame white rice.

BEEF AND RICOTTA LASAGNA

with San Marzano tomatoes and basil.

ROASTED PULLED PORK CARNITAS

with rice and beans.

HONEY LEMON BUTTER CHICKEN

with corn and spinach couscous.

PEANUT BUTTER PORK RICE NOODLES

with napa cabbage and carrots.

SHRIMP SCAMPI

over lemon herb butter linguine.

PERUVIAN LOMO SALTADO

with rice and roasted potato wedges.

PERUVIAN AJI DE GALLINA

with rice and steamed potatoes.

PERUVIAN CILANTRO RICE

with roasted chicken and salsa criolla.

PERUVIAN CHICKEN ANTICUCHOS

with roasted potatoes and jumbo corn.

PERUVIAN PAPA RELLENA

with jumbo corn white rice and salsa criolla.