



# HEALTHY GOURMET

MIAMI



## SALADS, SANDWICHES, & WRAPS

Perfect for casual gatherings and to share with family, friends, and coworkers.  
Starting at \$21.50 per guest (salad + entree). Minimum order of 12 pcs/pax.



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## SALADS

### **CRANBERRY AND PECANS GREEN SALAD**

with fig and basil balsamic vinaigrette.

### **CAESAR SALAD**

with grilled chicken, 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.

### **ORGANIC CHICKEN AND 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.



info@healthygourmetmiami.com | 305.450.1591

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## SANDWICHES & WRAPS

### **ROASTED TURKEY**

french brie cheese and arugula on thin Lavash bread.

### **GRILLED CHICKEN**

romaine lettuce, chipotle mayo and aged cheddar cheese wrap.

### **CHICKEN SCHNITZEL**

bacon, lettuce, Swiss cheese and ranch dressing

### **SALAMI**

ham, mortadella and provolone sub.

### **ROAST BEEF**

caramelized onions, cheddar cheese on brioche.

### **STEAK, MUSHROOMS AND ROASTED PEPPER WRAP** with fontina cheese.

### **SMOKED SALMON**

dill and caper cream cheese, kimchi and arugula wrap.

### **TUNA SALAD**

celery, tomato and cucumber whole wheat wrap.

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## SANDWICHES & WRAPS

### **GRILLED SHRIMP**

avocado, sweet tomatoes, sriracha aioli and butter lettuce wrap.

### **ROASTED BELL PEPPERS**

caramelized onion, French brie cheese and arugula on Lavash bread.

### **GRILLED CHICKEN**

romaine lettuce, chipotle mayo and aged cheddar cheese wrap.

### **HUMMUS**

and pickled veggies on pita.

### **CURRIED EGG SALAD**

with cucumber.

### **ROASTED BEETS**

goat cheese and carrot slaw on pita.

### **SPINACH, CARMELIZED BALSAMIC ONIONS**

and mushrooms burrito.



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