

Healthy & Fresco

CATERING MENU

Bring a fresh and healthy option to your next event! Select from our menu choices or trays and then email us at info@healthyandfresco.com. We will make it an easy process by personally guiding you through the order.

PICK YOUR GAME

BOWL IT UP

10 PEOPLE **\$100**
25 PEOPLE **\$250**

2 Bases + 1 Protein + 2 Veggies + 3 Toppings + 1 Dressing.

SALAD IT UP

10 PEOPLE **\$95**
25 PEOPLE **\$235**

2 Bases + 1 Protein + 1 Veggie + 3 Toppings + 1 Dressing.

SANDWICH IT UP

10 PEOPLE **\$85**
25 PEOPLE **\$210**

Panini pita bread + 1 Base + 1 Protein + 1 Veggie + 3 Toppings + 1 Dressing.

WRAP IT UP

10 PEOPLE **\$85**
25 PEOPLE **\$210**

1 Tortilla (white, spinach or tomato basil) + 1 Base + 1 Protein + 1 Veggie + 3 Toppings + 1 Dressing

PICK YOUR BASE

	Calories	GF	DF	SF	VF
Harvest Blend	21	✓	✓	✓	✓
Kale	48	✓	✓	✓	✓
Spinach	17	✓	✓	✓	✓
Brown Rice	172	✓	✓	✓	✓
Yakisoba Noodles	238		✓	✓	✓
Quinoa	62		✓	✓	✓
Yellow Vegetable Rice	190	✓	✓	✓	✓

PICK YOUR PROTEIN

	Calories	GF	DF	SF	VF
Grilled Chicken 	149	✓	✓	✓	
Chicken Teriyaki	156				
Pulled Pork	234	✓	✓		
Grilled Steak ***	220	✓	✓	✓	
Shrimp ***	118	✓	✓	✓	
Vegetable Protein ***	148	✓	✓	✓	✓

*** Extra upcharge for Steak, Shrimp, or Vegetable Protein
 10 people \$18 | 25 people \$44

PICK YOUR VEGGIES

	Calories	GF	DF	SF	VF
Beans	84	✓	✓		✓
Roasted Balsamic Carrots	70	✓	✓	✓	✓
Broccoli	24	✓	✓	✓	✓
Roasted Sweet Potatoes	110	✓	✓	✓	✓
Sautéed Mushrooms	22	✓	✓	✓	✓

PICK YOUR TOPPINGS

	Calories	GF	DF	SF	VF
Avocado (\$1.50 upcharge)	150	✓	✓	✓	✓
Croutons	120				
Bacon	120	✓	✓		
Cucumber slices	5	✓	✓	✓	✓
Kalamata Olives	45	✓	✓	✓	✓
Bell Peppers	20	✓	✓	✓	✓
Pickled Bell Peppers	51	✓	✓		✓
Red Onions	30	✓	✓	✓	✓
Pickled Red Onions	61	✓	✓		✓
Tomatoes	8	✓	✓	✓	✓
Sundried Tomatoes	56	✓	✓		✓
Boiled Eggs	78	✓		✓	
Dill Pickles	8	✓	✓	✓	✓
Jalapeño Slices	8	✓	✓	✓	✓
Feta Cheese	160	✓		✓	
Cheddar Cheese	220	✓		✓	
Parmesan Cheese	110	✓		✓	
Swiss Cheese	150	✓		✓	

DRESSINGS

	Calories	GF	DF	SF	VF
Blue Cheese	150	✓			
Jalapeño Ranch	110	✓			
Sesame Ginger	100		✓		✓
Cucumber Wasabi	150	✓			
Balsamic Vinaigrette	50	✓	✓		✓
Raspberry Vinaigrette	103	✓	✓		✓
Honey Mustard	110	✓			

This is a guide to ordering at Healthy & Fresco. Menu items are indicated to meet special dietary needs as follows:

GF Gluten Friendly · DF Non-Dairy Friendly · SF No Sugar Added
 VF Vegan Friendly

 = Contains nuts

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CATERING MENU

TRAYS

TRAY OPTIONS AVAILABLE FOR UP TO 200 PEOPLE!

BASES

10 PEOPLE	\$25
25 PEOPLE	\$60

PROTEINS

Grilled Chicken, Chicken Teriyaki, or Pulled Pork

10 PEOPLE	\$25
25 PEOPLE	\$60

Grilled Steak, Shrimp, or Vegetable Protein

10 PEOPLE	\$60
25 PEOPLE	\$150

VEGGIES

10 PEOPLE	\$25
25 PEOPLE	\$60

TOPPINGS

10 PEOPLE	\$10
25 PEOPLE	\$25

Avocado (Add \$1.50 per person)

DRESSING

10 PEOPLE	\$5
25 PEOPLE	\$13

SOUPS

HOMEMADE SOUP BOWL

10 PEOPLE	\$45
25 PEOPLE	\$112

Chicken Vegetable, Lentil or Broccoli

SMOOTHIES

10 PEOPLE	\$60
25 PEOPLE	\$150

Strawberry, Banana or Mango

Built by US Armed Forces Veterans for the Community

COFFEE AND KOMBUCHA

Blind Tiger Cold Brew Coffee

10 PEOPLE	\$40
25 PEOPLE	\$100

Lavender Mojito Mother Kombucha

10 PEOPLE	\$50
25 PEOPLE	\$125

DRINKS

Home Brewed Iced Tea

10 PEOPLE	\$20
25 PEOPLE	\$50

Water, Diet Coke, Coke and Sprite

10 PEOPLE	\$15
25 PEOPLE	\$38

Apple or Orange Juice

10 PEOPLE	\$25
25 PEOPLE	\$62

Free delivery within Land O Lakes, Lutz, Wesley Chapel, Odessa, Trinity and Tampa (\$25 fee for other cities)

We provide a professional and healthy catering experience, from the time you order, until we depart your location, you are our only priority!

Email info@healthyandfresco.com to discuss your options

