

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 \$120
25 PEOPLE \$300

2 Bases • 1 Protein • 2 Veggies • 3 Toppings • 1 Dressing

SALAD IT UP

10 PEOPLE \$115
25 PEOPLE \$285

2 Bases • 1 Protein • 1 Veggie • 3 Toppings • 1 Dressing

PANINI IT UP

10 PEOPLE \$100
25 PEOPLE \$250

Panini Pita Bread • 1 Base • 1 Protein • 1 Veggie • 3 Toppings
 • 1 Dressing

WRAP IT UP

10 PEOPLE..... \$100
25 PEOPLE \$250

1 Tortilla (white, spinach or chipotle) • 1 Base • 1 Protein
 • 1 Veggie • 3 Toppings • 1 Dressing

PICK YOUR BASES

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

PICK YOUR PROTEIN

	Calories	GF	DF	SF	VF
Grilled Chicken	149	✓	✓	✓	
Chicken Teriyaki 	156				
Chicken Buffalo	136				
Chicken BBQ	191				
Garlic Parmesan Chicken	189				
Pulled Pork	234	✓	✓		
Grilled Steak***	220	✓	✓	✓	
Shrimp ***	118	✓	✓	✓	
Meatless Meatballs ***	175		✓	✓	✓
Tofu (Teriyaki, Buffalo or BBQ)	85/145				✓

*** Extra upcharge for Steak, Shrimp, or Meatless Meatballs 10 people \$30 | 25 people \$60

PICK YOUR VEGGIES

	Calories	GF	DF	SF	VF
Beans	84	✓	✓		✓
Zucchini	86	✓	✓	✓	✓
Broccoli	24	✓	✓	✓	✓
Roasted Sweet Potatoes	110	✓	✓	✓	✓
Sautéed Mushrooms	22	✓	✓	✓	✓

PICK YOUR TOPPINGS

	Calories	GF	DF	SF	VF
Avocado (\$1.75 upcharge)	150	✓	✓	✓	✓
Bacon (\$1.00 upcharge)	120	✓	✓		
Cucumber slices	5	✓	✓	✓	✓
Bell Peppers	20	✓	✓	✓	✓
Pickled Bell Peppers Red	51	✓	✓		✓
Onions	30	✓	✓	✓	
Pickled Red Onions	61	✓	✓		✓
Tomatoes	8	✓	✓	✓	✓
Sundried Tomatoes Boiled	56	✓	✓		✓
Boiled Eggs	78	✓		✓	
Jalapeño Slices	8	✓	✓	✓	✓
Feta Cheese	160	✓		✓	
Cheddar Cheese	220	✓		✓	
Parmesan Cheese	110	✓		✓	

PICK YOUR DRESSING

	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	✓			
Ranch	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

Healthy & Fresco

CATERING MENU

TRAYS

TRAY OPTIONS AVAILABLE
FOR 200 + PEOPLE!

BASES

10 PEOPLE	\$25
25 PEOPLE	\$60

PROTEIN

Grilled Chicken, Chicken Teriyaki, Chicken BBQ, Pulled Pork or Tofu (Teriyaki, Buffalo or BBQ)

10 PEOPLE	\$30
25 PEOPLE	\$75

Grilled Steak, Shrimp or Meatless Meatballs

10 PEOPLE	\$75
25 PEOPLE	\$160

VEGGIES

10 PEOPLE	\$20
25 PEOPLE	\$50

TOPPINGS

10 PEOPLE	\$15
25 PEOPLE	\$35

Avocado (Add \$1.75 per person) Bacon (Add \$.75 per person)

DRESSING

10 PEOPLE	\$10
25 PEOPLE	\$25

SOUP

GARDEN VEGETABLE SOUP

10 PEOPLE	\$45
25 PEOPLE	\$115

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

Mother Kombucha

10 PEOPLE	\$50
25 PEOPLE	\$125

DRINKS

Water, Diet Coke, Coke and Sprite

10 PEOPLE	\$20
25 PEOPLE	\$50

Apple or Orange Juice

10 PEOPLE	\$30
25 PEOPLE	\$75

**Free delivery within Land O Lakes, Lutz,
Wesley Chapel, Odessa, Trinity and Tampa
(\$30 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.**

