



# HEALTHY GOURMET

MIAMI



## CORPORATE CATERING

Perfect for corporate events and to share with the team at the office.

Starting at \$27.50 per guest (salad + entree).

Add dessert \$6.00 Minimum order of 12 pcs/pax. Individually packed.

Includes bottles for water.



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## WORKING LUNCH

### 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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### ENTREES

#### POULTRY

**CHICKEN MADEIRA**

rosemary-garlic mushrooms, sour cream mashed potatoes.

**HONEY SESAME CHICKEN**

with lemongrass jasmine rice and steamed broccoli.

**LEMON GARLIC CHICKEN**

with champagne-herb veloute and roasted root vegetables.

**GRILLED BOURBON CHICKEN**

on tamago quinoa fried rice.

**ALMOND DUSTED CHICKEN**

breast with garlic-herb orzo and haricot verts.

**ASPARAGUS STUFFED CHICKEN**

roulade with sweet corn couscous.

**HOMEMADE TURKEY MEATBALLS**

with roasted potato hash and steamed broccoli.

**COCONUT CURRY CHICKEN**

with lemon infused jasmine rice and steamed broccoli.

**TURKEY BURGER**

with garlic butter mashed potatoes and roasted carrots.

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**BEEF / PORK +\$1.50**

**SKINNY BEEF LASAGNA**

**ANGUS MEATBALLS**

with Peruvian spaghetti al pesto.

**MONGOLIAN BEEF**

over lemongrass infused jasmine rice and steamed broccoli.

**BEEF STROGANOFF**

with garlic mashed potatoes and roasted mushrooms.

**LOMO SALTADO**

with roasted yellow Dutch potatoes.

**BEEF STEW**

with roasted carrots and steamed basmati rice.

**ROASTED PORK**

carnitas with black beans, rice and cilantro yogurt crema.

**ANGUS BEEF**

and ricotta cannelloni.



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### SEAFOOD +\$3.50

**ORANGE HONEY MISO SALMON**

with rice noodles and wok fried vegetables.

**PISTACHIO DUSTED SALMON**

with coconut infused jasmine rice and roasted asparagus.

**PAN SEARED MAHI MAHI**

with mint chimichurri over Spanish garbanzos.

**BROILED HADDOCK**

with orange thyme butter and jardinera rice.

**SHRIMP SCAMPI ON LINGUINE**

with diced tomatoes and garlic wine sauce.

**BLACKENED SHRIMP FAJITAS**

with tortillas and homemade salsa.

**BAKED COD**

with tomato olive tapenade over quinoa pilaf and roasted fennel.

**CRISPY FISH FRIED RICE**

with enoki mushrooms and sweet soy glaze.

**PERUVIAN SALMON ANTICUCHO**

with roasted potatoes and Peruvian jumbo corn.



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### VEGETARIAN (+\$3.50)

**KIMCHI QUINOA FRIED RICE**

with hibachi vegetables.

**SPINACH AND MUSHROOM CANNELLONI**

**ROASTED SPICED PUMPKIN**

over mashed garbanzo and greens.

**CURRY SQUASH**

over lemon infused steamed quinoa and toasted almonds.

**ROASTED CAULIFLOWER SOUFFLE**

with basmati rice.

**GARBANZO CURRY**

over coconut rice.

**ROASTED CAULIFLOWER ON SPICED COUSCOUS**

and fried cheese.

**BEYOND FAJITAS**

with sauteed onions and charred peppers over cilantro - lime rice.

**PERUVIAN "LOCRO"**

pumpkin potato stew with aji amarillo and turmeric over jumbo corn rice.

**EGGPLANT PARMIGIANA**

over garlic and basil spaghetti.

**BRAISED MUSHROOM**

and potato Stroganoff.

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### DESSERT



**HOMEMADE CHOCOLATE CHIP COOKIES**

**HOMEMADE PEANUT BUTTER / ALMOND BUTTER  
COOKIES**

**CHOCOLATE MOLTEN CAKE**

**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**



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