



HEALTHY GOURMET
MIAMI



CORPORATE CATERING

Minimum order of 12 pcs/pax. Individually packed.
Includes bottles of water.

LIGHT LUNCH (1 salad + 1 sandwich or wrap) **\$21.50**

FULL LUNCH (1 salad + 1 entrée) **\$27.50**

ADD DESSERT for **\$6.00/pp**



HEALTHY GOURMET
MIAMI

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.



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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

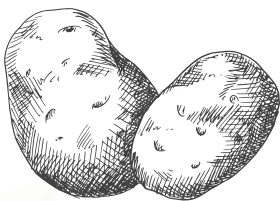
with roasted carrots and steamed basmati rice.

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

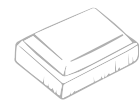
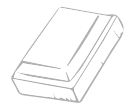
CHOCOLATE MOUSSE CRUNCH BAR

OPERA CAKE BAR

ASSORTED MACAROONS

ASSORTED MINI CHEESECAKES

ASSORTED FRUIT KABOBS



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