



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.



HEALTHY GOURMET

MIAMI

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

HEALTHYGOURMETMIAMI.COM



HEALTHY GOURMET

MIAMI

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.

info@healthygourmetmiami.com | 305.450.1591

HEALTHYGOURMETMIAMI.COM



HEALTHY GOURMET

MIAMI

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.



info@healthygourmetmiami.com | 305.450.1591

HEALTHYGOURMETMIAMI.COM