



Healthy Xpress

Offers catering for every occasion!

We have a variety of menus you can pick from, and if you don't see it just call us and let us know what you want!

Call us for small gatherings, office meetings, birthday parties, baby showers, and more!



CATERING MENU



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Platters:
Ideal to start your event, or serve as finger food.

Breakfast:
Start a healthy morning with some gluten free treats, fresh fruit, and healthy meats.

Cold Lunches:
Having a corporate meeting and trying to have some delicious and cold sandwiches?

Hot Lunches or Dinners:
From our Signature dishes to the most popular Latin & Italian Menus select dishes and make your menus.

Desserts:
Add delicious sweets to your meal starting at 0.95pp

Kids:
Delicious healthier alternatives for kids



Healthy Xpress Catering

We work with your budget to make sure we provide great food at a affordable price. On time delivery and seamless planning we will make your event a

Platters & Hour D'oeuvres

VEGETABLE & FRUIT PLATTER

Small Platter (feeds 8 – 12) \$24.95

Medium Platter (feeds 16-20) \$29.95

Large Platter (feeds 26-30) \$39.95

WRAPS & CHEESE/FRUIT

Medium Platter (feeds 16-20) \$39.95

Large Platter (feeds 26-30) \$49.95

GLUTEN FREE MUFFINS

Small Platter (feeds 8 – 12) \$24.95

Medium Platter (feeds 16-20) \$29.95

Large Platter (feeds 26-30) \$39.95



Breakfast – minimum order of 15 people

Egg Muffins \$8.95 pp

Assorted egg muffins made with veggies & assorted meats, home made fruit puree, healthy gluten free muffins & fresh fruit salad and orange juice.

Healthy Waffles \$9.25 pp

Lightly browned gluten free waffles, served with strawberries, turkey sausage or bacon, house made fruit puree, & fresh fruit salad and orange juice.

Healthy Pancakes \$9.25 pp

Gluten free banana pancakes, served with strawberries, turkey sausage or bacon, house made fruit puree, & fresh fruit salad and orange juice.

Yogurt Bar \$8.25

A selection of vanilla and strawberry yogurt accompanied with bowls of fresh fruit pineapple, strawberries, granola. A baskets of gluten free baked muffins. Served with Florida orange juice.

Smoked Salmon & Bagels \$12.95 pp

Smoked salmon with cucumbers, capers, red onions, cream cheese, and bagels. A basket of gluten free baked muffins. Served with Florida orange juice.





Cold Lunches — minimum order of 15 people

Wrap, half salad & dessert packaged individually or platter style (minimum 25) \$10.95 / person

Wrap Options (only wrap \$7.95 pp)

Grilled Chicken: Romaine lettuce, Cheese, Tomato, and Cheese to perfection on a wheat wrap.

Ham: Romaine lettuce, Cheese, Tomato, Carrots, Cabbage, on a Roasted Tomato or Roasted Red Tomato Wrap

Turkey: Spinach or lettuce, Cheese, Tomato, Carrots, Cabbage, on a Roasted Tomato or Spinach Wrap

Steak Fajita: Grilled Peppers, Onions, Steak with Mexican Seasoning & Cheese

Tuna: Lettuce, Tomato, home made Mayo mixed on a Wheat wrap.

Salads: (only salad \$2.95 pp)

Caesar: Fresh Romaine Lettuce, Croutons, Parmesan cheese with Caesar dressing

Hose Salad: Romaine Lettuce, Tomatoes, Carrots with home made house dressing or vinaigrette.

Almond Berry: spinach, seasonal berries, almonds, and feta cheese with sweet home made raspberry dressing.

Greek: Spinach or Romaine lettuce, Cherry tomatoes, Cucumbers, Red Onions, and Olive home made Vinaigrette.

Tropical: Spinach topped with Seasonal Fruit and a sweet home made dressing.

Dessert: (see page 6, only dessert starting at \$0.95pp)



Hot Lunches or Dinners – minimum order of 15 people

Italian: \$11.95 additional sides \$1.95 pp

- Chicken Parmesan, Penne Pasta with Marinara & Italian salad
- Lemon Chicken Piccata, Spaghetti, and Caesar Salad
- Chicken Cordon Bleu, Spaghetti with Alfredo sauce & House Salad
- Grilled Chicken with Alfredo Sauce, Penne pasta, Caesar Salad

Sides: - Penne Pasta with vodka, marinara, or Alfredo Sauce - Roasted Garlic Potatoes

- Italian Vegetables

- Eggplant Parmesan

- Salads (Italian, Caesar, House)

Mexican: \$11.95 additional sides 1.95 pp

- Beef or Chicken Fajitas accompanied by grilled Peppers & Onions, Mexican Rice, Pico de Gall, Guacamole & soft flour tortillas.

Sides: - Black Beans

- Mexican Salad (Romaine lettuce, corn, pico de gallo dressing)

***Other menus available inquire if interested**

Healthy Xpress Catering

Latin (pricing varies on menu) additional sides 1.95 pp

- Grilled Chicken, Yellow Rice, Beans (black, pinto, and more) \$11.95
- Ropa Vieja, Congri (rice with black beans), House Salad \$13.45
- Arroz con Pollo, Sweet Plantains, Salad \$10.95
- Churrasco Steak marinated with Chimi-Churri, Yellow Rice, Beans \$13.25

Sides: - Black Beans - Sweet Plantains - Cassava (fried or with garlic sauce)
- Rice (Yellow, Congri, White) - Salad - Grilled Vegetables

Signature Dishes

- Caribbean Grilled Chicken or Fish, Coconut Rice, & Fresh Fruit Salad \$11.40
- Grilled Asian Salmon season with Honey & Ginger, Veggie Fried Rice, & Asian Salad \$15.95
- Homemade Meatloaf (turkey or beef), mashed potatoes & gravy & Seasonal veggies \$11.95
- Chicken Fricassee, Cassava with Avocado Sauce, House Salad \$11.95
- Coconut White Fish, Sweet Plantains & Fruit Salad \$11.95
- Meatballs (turkey or beef) in Marinara Sauce, Spaghetti, & Caesar Salad \$10.95
- Beef Stew, Sweet Mashed Potatoes, Roasted Veggies \$11.95
- Chicken Pad Thai, Coconut Rice, Oriental Salad \$11.95
- Shepard's Pie, Garlic Green Beans, Cucumber & Parsley Salad \$10.95
- Mediterranean Chicken, Couscous vegetables, Greek Salad \$10.95
- Stuffed pork loin, mashed potatoes, sauté spinach \$11.95
- Peruvian Fish Ceviche, Sweet Potato, Yellow Rice \$11.95

Extra Sides: -Pasta Salad - Grilled Vegetables (zucchini, peppers, and squash)
- Roasted potatoes - Sweet Potatoes (mashed, cubed with rosemary)
- Garbanzo & cucumber salad - Mashed carrots & Sweet Potato
- Veggie Fries - Guacamole

Desserts

Minimum order of 15 people

- Oatmeal, Chocolate, White Macadamia Cookies \$0.95 pp
- Lemon Pie (individual) \$1.95 pp
- Tres Leches \$1.95 pp
- Brea Pudding \$1.95 pp
- Chocolate Brownies \$1.50
- Paleo Muffins \$1.95 pp
- Paleo Chocolate Cookies \$2.50 pp
- Fruit Bowl \$2.45 pp



There is a Delivery Charge of 10% of the fee

All Deliveries Include:

Disposable Table covers, Premium Disposable Ware, Disposable Serving Utensils & Serving Containers.

There is an equipment pick up fee for all menus requiring Chafing Dishes, Service Ware, and Coffee Urns.

Fee varies by location.

Service personnel are available: 5-hour minimum @ \$100.00 Additional service time is available at \$20.00 per hour.

Chafing dishes, china, glassware, flatware and linen are available. Prices will be quoted upon request.

Healthy Xpress

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Kids Friendly Menu

Minimum order of 15 people

Small Platter (feeds 8 – 12)

Medium Platter (feeds 16-20)

Large Platter (feeds 26-30)

- Veggie Nugget Platter with dipping sauces Sm \$30
Med: 45 Large:60
- Gluten Free Chicken Tenders with dipping Sauces
Sm \$40 Med: 55 Large:65
- Mac & Cheese (1 pan serves 20) \$45
(made with wheat pasta)
- Mini Sandwich Tray
Sm \$40 Med: 55 Large:65
- Fruit Kabobs
Sm \$30 Med: \$45 Large: \$55



Drink Menu

Minimum order of 15 people

- Apple Juice \$1.95 pp
- Assorted Ice Teas (Arizona) \$1.95 pp
- Water \$0.95 pp
- Organic Coconut Water \$1.95 pp
- Drink Package (assorted drinks) \$1.50 pp
- Coffee (additional pick up my apply) \$1.00 pp
- Organic Juices (24 oz) \$5.0 pp
- Fuigi Sparkling Water \$4.0pp

