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Email: info@vitalflair.com or visit us at: www.vitalflair.com

BREAKFAST

(Minimum order of 10 per item)

Continental Breakfast

Chef's assortment of muffins, fruit & cheese danishes and fresh baked bagels; served with cream cheese, butter & jelly. Includes a fresh sliced fruit platter and assorted fruit juices**\$7.25**

Sweet & Savory

Assorted filled croissants (parmesan leek, egg, strawberry cream cheese and chocolate). Includes a fresh sliced fruit platter and assorted fruit juices.....**\$9.25**

Traditional Hot Breakfast

Scrambled eggs, country link sausage and/or crispy bacon, seasoned hash browns and freshly baked biscuits. Includes assorted fruit juices.....**\$9.50**

Pancake Breakfast

Buttermilk pancakes, scrambled eggs, seasoned hash browns, country link sausage and/or crispy bacon. Includes assorted fruit juices.....**\$10.75**

Add to Any Breakfast

Individual Greek Yogurt.....	\$2.00
Monkey Bread.....	\$25.00
Individual Yogurt.....	\$1.50
Oatmeal with Toppings.....	\$3.25
Bacon, Sausage or Turkey Sausage.....	\$2.50
Muffins.....	\$1.75
Strawberry Croissants.....	\$2.25
Danish.....	\$1.50
Plain Coffee Cake, Streusel Coffee Cake.....	\$2.50
Grits.....	\$1.00
Cheesy Potato Casserole.....	\$1.75

BRUNCH

(Minimum order of 25)

Assorted Quiches (bacon, onion & cheese / turkey Sausage, spinach & mozzarella / sun-dried tomato, mushroom & Boursin cheese). Also includes cheesy potato casserole, monkey bread, a fresh sliced fruit platter and assorted fruit juices.....**\$10.75**

Breakfast Sandwich

Assorted bagels with bacon, fried egg & cheddar cheese. Also includes plain Greek yogurt, diced fruit, granola and assorted Fruit Juices.....**\$9.75**

Croissant Sandwiches

Assorted croissants (egg & cheese / ham, egg & cheese / sausage, egg & cheese). Includes a fresh sliced fruit platter and assorted fruit juices.....**\$9.50**



Coffee Service

Regular and decaffeinated coffee (hot tea available upon request). Each Pot Serves 8-10 people.
\$15.25 per air pot

Soda, Ice Tea, Lemonade & Water Service

Assorted Sodas (Coke, Sprite & Diet Soda Options). Ice Tea (Sweet tea upon request), Lemonade and Bottled Water. All beverage service includes disposable cups, ice and straws (Ice tea includes fresh lemon and sugar)
\$1.50 per person

SANDWICHES & WRAPS

(Minimum order of 10 per item. A \$20 Charge is added for orders below 10 guests)

Box Lunch Sandwich

Turkey & Provolone; Ham & Swiss; Beef & Cheddar on assorted fresh baked breads with lettuce, tomato, pickle, condiments & utensils. Includes rotini pasta salad or red bliss potato salad and a gourmet cookie..... **\$9.00**

Premium Box Lunch Wrap

Fresh flour tortillas with an assortment of turkey breast, roast beef or grilled chicken; our signature dressing, lettuce, tomato, cheese and utensils. Includes pasta primavera salad, cheesecake brownies and individual chips..... **\$10.50**

Selections below include a choice of a side salad and choice of dessert

Create-Your-Own Sandwich

Shaved ham, turkey and our signature lean beef, assorted fresh baked breads & rolls; served with lettuce, tomato, pickle, assorted cheese, mayonnaise and mustard..... **\$9.75**

Pre-Made Sandwiches

Ham & Swiss; Turkey & Provolone; Roast Beef & Cheddar served on assorted fresh baked breads with lettuce, tomato, pickle, mayonnaise and mustard..... **\$9.50**

Cajun Chicken Sandwich

Chilled Cajun grilled chicken breast, mango chutney and brie with spring mix on Ciabatta bread..... **\$10.95**

Italian Meat Panini

Pepperoni, salami, ham and provolone with banana peppers, marinated artichokes and roasted peppers on French bread.....**\$10.75**

Chicken and Vegetable Panini

Grilled chicken and Ratatouille topped with goat cheese and provolone on French Bread..... **\$10.95**

Croissant Sandwich

Pepper crusted beef topped with arugula, pickled red onions & feta cheese on a flaky croissant.....**\$9.75**

Gourmet Wraps

Fresh flour tortillas with an assortment of turkey breast, our signature lean beef or grilled chicken. Made with our signature dressing, cheese, lettuce and tomato..... **\$9.95**

Southwest Chicken Wrap

Seasoned grilled chicken, black bean & corn salsa, Mexican cheese blend and lettuce with avocado ranch dressing.....**\$10.50**

Vegetarian Wrap

Fresh flour tortilla with quinoa, sweet potatoes, dried fruits, glazed nuts, lentils, champagne dressing and lettuce.....**\$9.95**



Choice of Homemade Side Salad:

Rotini Pasta Salad, Red Bliss Potato, Quinoa Salad, Cole Slaw and Pasta Prima Vera Salad

Choice of Dessert:

Chocolate or Lemon Bundt Cake, Freshly Baked Otis Spunkmeyer Cookies, Homemade Brownies, Chocolate Bread Pudding or Oatmeal Caramelitas

Vegetarian options such as a garden veggie sandwich or wrap are available upon request for an additional charge.

BARBEQUE SELECTIONS

(We smoke all of our own meats. To ensure the best quality, we require a 48 hour notice for brisket and ribs)

All barbeque items are served with a side of Coleslaw, Macaroni & Cheese, Potato Rolls, Extra BBQ Sauce and Brownies.

Single Choice Combos

Pulled Pork.....	\$11.45
Pulled Pork & BBQ Chicken.....	\$12.95
BBQ Chicken.....	\$11.45
Pulled Pork or BBQ Chicken & Beef Brisket.....	\$15.95
Smoked Beef Brisket.....	\$14.95
Pulled Pork or BBQ Chicken & St. Louis Ribs ...	\$14.95
St. Louis Ribs.....	\$13.95
Smoked Beef Brisket & St. Louis Ribs.....	\$16.95

THEMED BUFFETS

(Minimum order of 20 per buffet. A \$20 charge will be added to orders below 20)

Luau Buffet

Huli Huli chicken, oven roasted Kalua pork, sweet potatoes, toss salad with house & ranch dressing, corn soufflé and mango pineapple cobbler with coconut whip cream..... **\$14.50**

Italian Buffet

Chicken marsala, baked ziti with homemade meatballs, vegetable medley, classic Caesar salad, garlic bread and tiramisu..... **\$14.50**

Caribbean Buffet

Grilled jerk chicken, pork kebobs, yellow rice, black beans, toss salad with mango vinaigrette, key lime bars..... **\$14.25**

Oriental Buffet

Sweet and sour chicken, pork fried rice, stir-fry vegetables, Asian slaw and wonton kisses..... **\$14.25**

All-American Cookout

Grilled quarter lb. hamburgers with rolls, all beef hotdogs and buns, coleslaw, red bliss potato salad, lettuce, tomato, pickle, onion and cheese platter, condiments and homemade brownies..... **\$10.95**

Soup, Salad and 1/2 Sandwich Buffet

Choice of 1 of our homemade soup, gourmet garden salad and a choice of premade sandwiches or gourmet wraps served with individual assorted chips and freshly baked Otis Spunkmeyer cookies ... **\$10.75**

Substitutions may be subject to additional charges.

HOT ENTREES

(Minimum order of 10 per item. A \$20 charge will be added to orders below 10)

Selections below include fresh baked rolls & butter, a choice of tossed garden salad or Caesar salad and choice of dessert.

Chicken & Turkey

Stuffed Chicken

Roasted chicken stuffed with spinach & feta cheese, wrapped in Prosciutto and topped with grape tomatoes. Served with wild rice pilaf..... **\$14.25**

Chicken Caprese

Marinated grilled chicken topped with Roma tomatoes, fresh mozzarella, light pesto cream sauce and finished with balsamic glaze. Served with Couscous..... **\$13.25**

Coq Au Vin

Boneless chicken pieces braised with mushrooms, onions and bacon in red wine. Served with egg noodles..... **\$12.95**

Lemon Pepper Chicken

Grilled lemon pepper chicken breast topped with a corn, bacon and avocado salsa. Served with basmati rice **\$13.25**

Chicken Piccata

Lightly breaded and sautéed chicken. Topped with white wine, lemon & caper sauce. Served with herb roasted potatoes **\$13.50**

Grilled Chicken with Chorizo

Seasoned grilled chicken breast topped with chorizo, peppers & onions in a light cheese sauce. Served with penne pasta **\$13.25**

Cajun Grilled Chicken

Grilled Cajun chicken topped with mango jicama salsa and drizzled with mango cream sauce. Served with Basmati Rice..... **\$12.95**

Bourbon Chicken

Marinated chicken thigh pieces cooked in a bourbon sauce. Served over Basmati rice with bell peppers & green onions..... **\$11.95**

Grilled Turkey

Marinated grilled turkey filets topped with sun-dried tomatoes, mushrooms, goat cheese and lemon herb butter sauce. Served with egg noodles..... **\$13.25**

Bacon Wrapped Turkey

Turkey filet wrapped in bacon with maple bourbon glaze. Served with Couscous blended with sweet potatoes, dried fruit and glazed nuts..... **\$14.25**

Beef & Pork

Southwestern Shepherd's Pie

Seasoned ground beef with peppers, onions, jalapenos, corn, tomatoes and black beans. Topped with whipped sweet potatoes **\$11.95**

Beef Tip Marsala

Sautéed beef tender tips with mushroom cream sauce, finished with Marsala wine. Served with egg noodles **\$13.25**

Grilled Beef Tender

Grilled beef tenders topped with garlic herb butter, over marinated mushrooms drizzled with a red wine reduction. Served with mashed potatoes..... **\$14.25**

Shredded Beef

Seasoned beef, slow cooked in its own juices. Served with grilled pita bread and Tzatziki sauce..... **\$11.95**

Beef Short Ribs

Boneless beef short ribs, braised in red wine & herbs. Served with shredded parmesan potatoes..... **\$14.95**

Caribbean Jerk Pork Chops

Jerk seasoned pork chops topped with mango and black bean salsa. Served with roasted sweet potatoes **\$13.25**

Tex-Mex

Grilled Fajitas

Chicken breast strips, sautéed peppers & onions, warm flour tortillas, seasoned black beans, Spanish rice, shredded cheese, lettuce, sour cream, tri-colored tortilla chips and tomato salsa.....**\$12.95**
(Grilled Beef Add \$2.50 pp)

Taco Bar

Seasoned ground beef, sautéed peppers & onions, warm flour tortillas, seasoned black beans, Spanish rice, shredded cheese, lettuce, sour cream, tri-colored tortilla chips and tomato salsa.....**\$12.25**

Pasta

All Pasta dishes are served with garlic bread, choice of fresh tossed Garden salad or Caesar salad & choice of dessert.

Meat Lasagna

Sheets of pasta layered with ricotta cheese, homemade classic Italian meat sauce, mozzarella & parmesan cheese.....**\$11.50**

Mascarpone Chicken Pasta

Tender chicken and bowtie pasta tossed in a mascarpone cream sauce with Prosciutto, sun-dried tomatoes, spinach, bell Peppers, onions & basil.....**\$12.95**

Tomato-Basil Pasta

Bowtie pasta and spinach tossed in a tomato basil cream sauce.....**\$11.25**
(Grilled Chicken Add \$2.00 pp)

Italian Sausage & Vegetable Pasta

Marinated grilled vegetables tossed in marinara sauce with penne pasta & sweet Italian sausage.....**\$11.95**

Vegetarian options such as vegetable parmesan cutlet or pasta, are available upon request for an additional charge.

Choice of Dessert:

Chocolate or Lemon Bundt Cake, Freshly Baked Otis Spunkmeyer Cookies, Homemade Brownies, Chocolate Bread Pudding or Oatmeal Caramelitas

SPECIALTY DESSERTS

- Marble Pound Cake**..... \$2.50
Orange Poppy Seed Pound Cake..... \$2.50
Angel Food Cake with sliced strawberries
and whipped topping..... \$2.00
**Insane Oreo Peanut Butter Cupcakes or Cupcakes
with butter cream frosting**
(must be ordered 48 hours in advance)..... \$1.95
Chocolate, Vanilla, Red Velvet, Espresso or Strawberry
Dessert Bars
Chubby Hubby, Smores, Luscious Lemon,
Key Lime or Toffee Squares..... \$2.25
Assorted Mini Pastries
Assortment of Miniature Éclairs, Cream Puffs, Toffee
Squares, Cheesecake Bites & Lemon Squares.... \$2.95
Berry Trifle (Serves 25)
Layers of pound cake, seasonal berries
and white fluff..... \$50.00
Shot Glass Desserts
Assortment of Chocolate, Nutella,
Peanut Butter, Mint and Fruit..... \$3.50

LUNCH ADD-ONS

- Homemade Soup**
Tomato Basil, Potato Leek, Chili, Vegetarian Chili,
Italian White Bean and Chicken Vegetable..... \$2.50
Marinated Grilled Vegetables..... \$2.95
Garden Salad
Romaine and Iceberg lettuce, tomatoes, cucumbers,
red onions, olives, homemade croutons with house
and ranch dressing..... \$1.95
Greek Salad
Romaine lettuce with tomatoes,
cucumbers, Kalamata olives,
red onions, feta & oregano Dressing..... \$2.25
Gourmet Greens Salad
Spring mix, artichoke hearts, cucumbers, grape
tomatoes, mandarin oranges, toasted almonds with
house and ranch dressing \$2.50
Pear Salad
Spring mix, sliced pears, goat cheese, grape tomatoes
and sugared walnuts with low-fat raspberry and
ranch dressing..... \$3.00
Winter Salad
Spring mix, dried cranberries, apples, Boursin cheese
crumbles, glazed walnuts with low-fat raspberry
dressing..... \$3.00

- Steamed Seasonal Vegetables**
(Chef's selection) \$1.95
Homemade Side Salad
Rotini pasta, Red Bliss Potato, Pasta Prima Vera and
Classic Coleslaw..... \$1.50

SNACKS

- Assortment of Granola Bars**..... \$1.50
Individual Assorted Chips..... \$1.25
Otis Spunkmeyer Cookies..... \$12.95 (dozen)
*Chocolate Chunk, White Chocolate Macadamia Nut,
Oatmeal Raisin, Double Chocolate Chip*
Homemade Brownies.....\$10.95 (dozen)
Individual Mixed Nuts..... \$1.50
Chips with French Onion Dip..... \$2.50
Pita Chips with Spinach & Artichoke Dip..... \$3.50
Jumbo Soft Pretzels with Asst. Mustards..... \$1.75
Basket of Sweet Potato & Beet Chips..... \$10.00
7 Layered Taco Dip..... \$3.50
*Layers of refried beans, guacamole, salsa, sour cream,
black olives, jalapenos and cheddar & Monterey Jack
Cheese Blend*

Fresh Fruit Platter

- A fresh assortment of sliced seasonal fruits
Small (10-15p)..... \$29.95
Medium (15-25p)..... \$39.95
Large (25-35p)..... \$49.95

Cheese & Assorted Gourmet Crackers

- Assorted cubed cheeses with gourmet crackers
Small (10-15p)..... \$29.95
Medium (15-25p)..... \$39.95
Large (25-35p)..... \$49.95

Pinwheels

- Platter of 100**..... \$75.95
*Assortment of turkey, roast beef and grilled vegetables
with lettuce, tomato and specialty dressing in flour
tortillas cut into thick slices*

Antipasta Skewers

- Platter of 50**..... \$100.00
*Fresh mozzarella, tomato, olives, prosciutto and cheese
tortellini with balsamic glaze*