

Nitrate-Free
No
Preservatives



Healthy,
Fresh &
Delicious!

FUELING TOP ATHLETES SINCE 2006

Standard Athletic Dinner Menus

PLEASE CHECK YOUR SELECTION. *All dinners come with either artisan breads & Sweet Cream Butter*

Gluten Free—Vegan—Vegetarian also available

- ☐ **Chicken Shish Kebab with Peppers and Onions**
Quinoa & Brown Basmati or
Mediterranean Rice Pilaf Chef's
Vegetable Medley

Grilled Salmon Fillet with Citrus Glaze
Toasted Farro Salad with Florida Citrus
Or Roast- ed Sweet Potato
Chef's Vegetable Medley

- ☐ **Meatloaf w/Grass-fed Beef & Turkey**
Roasted Butternut Squash and Sweet Potato Or
Creamy Mashed Potato
Green Beans
Organic Garden Salad w/ House Dressing

- ☐ **Herb Lemon Chicken with Light Sauce**
Mediterranean Rice Pilaf
Honey Glazed Carrot and Sweet Peas
Mixed Green Salad with Vinaigrette Dressing

- ☐ **BBQ Pulled Pork or Chicken Super Slaw**
with Kale and Kohlrabi Mashed Sweet
Potato
Organic Garden Salad w/House Dressing

Asian Stir Fry
Quinoa and Brown Basmati Fried Rice
Stir Fry Vegetables with Fresh Ginger Soy
Sauce Soy Sesame Glazed Chicken
Spinach Salad with Yellow Miso Dressing

- ☐ **Whole Grain Pasta with Chicken, Broccoli and Kale Pesto**
Baby Spinach Salad w/ House Citrus
Dressing

Baked Stuffed Cod
Pasta Marinara
Chef's Vegetable Medley
Organic Salad with House Dressing

- ☐ **Chicken Roulade Stuffed with Shaved Brussel Sprouts, Caramelized Onion and Roasted Red Peppers**
Tri-Color Herb Roasted Potato
Spring Mix Salad

Meatballs with Grass-fed Beef & Turkey Whole Grain Penne Pasta
with Marinara Chef's Vegetable
Chef's Mixed Greens Salad with Italian Dressing

Turkey Burgers on Whole Wheat Rolls
Herb Roasted Sweet
Potato Chef's
Vegetable Medley
Spinach Salad with Golden Raisin and
Carrots Citrus Vinaigrette

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Specialty Athletic Dinner Menus

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☐ BBQ Chicken Breasts

Roasted Sweet Potato
Green Beans Almandine
Organic Garden Salad with House Dressing

Marinated Chicken With Fresh Herbs

Toasted Farro and Wilted Kale with
Lentils Tuscan Black & White Bean Salad
Roasted Vegetables

☐ Cilantro Lime Chicken Black
Beans and Rice with Peppers
& Onions Plantains
Organic Garden Salad with House Dressing

Vegetarian Black Bean Burgers on Whole Wheat Burger Buns

Feta with Roasted Peppers & Onion topping
Super Slaw with Kohlrabi, Brussel Sprouts &
Kale Fresh Garden Salad with Basil
Vinaigrette

☐ Beef Kebab Skewers with Peppers &
Onions
Mediterranean Pilaf
Green Beans with Tomato
Mixed Greens with House Dressing

☐ Vegetarian Options

Marinated Tofu
Vegetarian Stuffed
Peppers Roasted Red
Pepper Hummus Black
Bean Burgers
Quinoa Orzo, Tomato &
Chickpea Salad
Pasta Marinara w/ Roasted
Vegetables

MENU PRICING IS ALL INCLUSIVE :

PAPER GOODS—EQUIPMENT -DELIVERY

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Box Lunches -All Inclusive

**Whole Wheat Wraps
OR Subs with Lettuce &
Tomato**

- ☐ Hummus Vegetarian
- ☐ Nitrate-Free Roasted Turkey
- ☐ Grilled Chicken Salad
- ☐ Grilled Chicken Caesar
- ☐ Marinated Grilled Chicken
- ☐ Nitrate-Free Smoked Ham
- ☐ Nitrate-Free Roasted Beef
- ☐ Turkey Avocado Sprouts
- ☐ Traditional Egg Salad
- ☐ Chefs Salad Sub

Choice of Sides

- ☐ Energy Granola Bites
- ☐ Fresh Fruit
- ☐ Hummus Noodle Salad
- ☐ Whole Wheat Pasta Primavera with Pesto
- ☐ Brown Rice and Quinoa Salad
- ☐ Asian Slaw
- ☐ Traditional or Caribbean Style Cole Slaw
- ☐ Red Bliss Potato Salad
- ☐ Roasted Mixed Nuts
- ☐ House Garden Salad

***** Please note*****

Each box lunch will contain:
1 Wrap/Sub / 1 Fruit / 1 SIDE