

Healthy Home Catering Menu

Cold Appetizers & Platters

Fresh Veggie Crudite

the freshest vegetable platter with lowfat dip
{small (8-10 ppl): \$37, medium (20-30 ppl): \$70}

South of the Border Multi-Layered Dip

layers of homemade guacamole, salsa, low-fat sour cream, and black bean dip, topped with all natural cheddar cheese, with organic tortilla chips
{small (6-8 ppl): \$30, medium (10-15): \$55}

Mediterranean Delight

our famous homemade hummus and tuscan white bean dips, with toasted whole grain pita bread and baby carrots
{small (6-8 ppl): \$30, medium (10-15): \$55}

Healthy Sides

can be served hot or cold, price/lb, 3 lb min.

- ~ Wild Rice w Toasted Almonds & SDT \$12
- ~ Mediterranean Chickpea Salad w Feta & Dill \$12
- ~ Sesame Soba Noodles \$12
- ~ Wheatberry Salad w Dried Crans & Pecans \$12
- ~ Four Seed Asian Quinoa \$12
- ~ Organic Brown Rice, Black Bean, & Avocado \$12
- ~ Black Bean Salsa Fresca \$12
- ~ Homemade Guacamole \$12
- ~ Garlicky Cauliflower & Edamame \$12
- ~ Edamame, Black Bean, Corn & SDT \$12
- ~ Tuscan White Bean w Basil & Roasted Peppers \$12
- ~ Summer Squash & Barley \$12
- ~ Dijon French Lentils with Colored Peppers \$12
- ~ Sesame Adzuki Bean & Brown Rice \$12
- ~ Lowfat Sweet Potato Salad \$12
- ~ Lowfat Whole Wheat Macaroni Salad \$12
- ~ Tri-Colored Asian Slaw \$12

Hot Specialties

may require 1-2 day advance notice

- ~ Healthy Eggplant Parm {half: \$55, full: \$95}
- ~ WW Turkey Lasagna {half: \$65, full: \$105}
- ~ Artichoke Chix Sausage Bake {half: \$60, full: \$100}
- ~ Torta Rustica {half: \$60, full: \$100}
- ~ Egg Frittata w/ Spinach & SDT {\$45}

half tray feeds 5-6 people, full tray feeds 10-12

Hot Appetizers & Platters

Thai Peanut Spring Rolls

served with thai peanut dipping sauce
{chicken-filled: \$35/dozen, shrimp-filled: \$45/dozen}

Bison / Turkey Burger Sliders

{\$30/dozen}

Chicken, Cheddar & Grilled Veggie Quesadillas

served with salsa and low-fat sour cream
{half tray: \$55, full tray: \$95}

Turkey-Veggie Meatballs

served with mild-wild BBQ Sauce. {\$18/dozen}

Mini Organic Spinach Pies

{\$20/dozen}

Grilled Vegetables

assortment of zucchini, yellow squash, portobello mushrooms, and multi-colored peppers
{\$9.99/lb}

Teriyaki Pineapple Chicken Skewers

free range teriyaki-grilled chicken breast with pineapple and non-fat double garlic & ginger dipping sauce
{\$27/dozen}

Spinach, Artichoke & Ricotta Stuffed Portobello Mushrooms

{\$18/dozen}



FeelGoods Cafe

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