



PhillyFIT

From the Philadelphia
Catering Company

Our **PhillyFit** Menu takes the guesswork out of choosing healthy options for your guests. We give priority to freshness, nutritious value and most importantly, great taste. **PhillyFit** options are low in fat and healthful, while still being satisfying and delicious. At your event, **PhillyFit** items will be clearly marked, and nutritional information provided. Order **PhillyFit** items as an entire menu or as add on items to our existing menu packages.

PHILLYFIT BREAKFAST OFFERINGS

Overnight Oats (minimum order of 10, in increments of 5)\$2.95 ea
Healthy, high energy, breakfast option (vegan, served chilled). **Must be ordered 48 hours in advance.**
Ingredients: Banana, Almond Milk, Old Fashioned Oats, Peanut Butter, Vanilla

Choose your topping combination:

(MINIMUM ORDER: 5 OF ANY TYPE)

Peanut Butter / Chocolate Chip • Strawberry / Almond • Blueberry / Walnut
Raisin / Brown Sugar • Peanut Butter & Jelly

PHILLYFIT LUNCHEON MENU

Choose 1 entrée and 2 sides \$12.50pp (15 guest minimum per entrée)
Add additional sides \$1.75/guest (min 15)

ENTREES

Grilled chicken breast w/ artichoke hearts & grape tomatoes in lemon herb sauce
Grilled chicken breast w/ spinach, peppers and olives in white wine herb sauce
Grilled chicken breast w/ lime, brown sugar and whole grain mustard sauce
Chicken basil chili
Vegetarian chili
Grilled marinated tofu with baby bok choy and black bean sauce
Baked flounder with orange ginger glaze (add \$1 pp)
Baked tilapia with pineapple red pepper sauce (add \$1 pp)
Baked Cajun catfish with creole sauce (add \$1 pp)

SIDES

Brown rice • Basmati rice • Couscous • Roasted vegetable medley • Braised red cabbage w/apple cider and balsamic vinegar • Braised kale w/ smoked paprika • Spaghetti squash w/ diced tomato and mushroom • Sautéed spinach and white beans • Roasted acorn squash w/ maple glaze • Chilled marinated green bean salad • Moroccan carrot salad • Baby greens salad with lite balsamic vinaigrette • Marinated tomato cucumber salad

