



# PhillyFIT Menu

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

Overnight Oats (minimum order of 10, in increments of 5) . . . . . \$5.75ea  
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

## PHILLYFIT LUNCHEON

Choose 1 entrée and 2 sides . . . . . \$13.95pp (15 guest minimum per entrée)  
Add additional sides . . . . . \$2.95pp (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 • Baby greens salad with lite balsamic vinaigrette • Marinated tomato cucumber salad • Moroccan carrot salad

