

CATERING PACKAGE SERVICE

\$12 PER PERSON - MINIMUM 10 PEOPLE

Our catering package includes different popular menu items specifically designed to simplify your planning process.

INCLUDES A TOSSED SALAD WITH OUR HOUSE DRESSING

10 PEOPLE - 2 TRAYS

15 PEOPLE - 3 TRAYS

20 PEOPLE - 4 TRAYS

25 PEOPLE - 5 TRAYS

30 PEOPLE - 6 TRAYS

35 PEOPLE - 7 TRAYS

40 PEOPLE - 8 TRAYS

45 PEOPLE - 9 TRAYS

PACKAGE ITEMS

TURKEY MEATBALLS WITH TOMATO SAUCE

TURKEY MEATBALL PARM

TURKEY CHILI

VEGGIE CHILI

SPAGHETTI SQUASH WITH TURKEY BOLOGNESE

CHICKEN FINGERS

HARVS HEALTHY PENNE PASTA

WHOLE GRAIN PENNE WITH TOMATO SAUCE

TUSCAN CHICKEN

GRILLED CHICKEN PARM

CHELSEAS CHICKEN

SUZY Q QUINOA

TEX MEX QUINOA

Racks and sternos are available if needed.



SIDES BY THE TRAY

SERVES 8-10 PEOPLE

BROCCOLI Steamed or sautéed. \$25

SPINACH Steamed or sautéed. \$30

BAKED BUTTERNUT SQUASH FRIES \$35

BAKED SWEET POTATO ROUNDS \$35

ASK ABOUT OUR FRESHLY PREPARED BAKED GOODS AVAILABLE FOR ALL CATERINGS

CHOOSE FROM AN ASSORTMENT OF HEALTHY
COOKIES - PROTEIN BARS - GRANOLA - MUFFINS
RAW ITEMS - GLUTEN FREE ITEMS - MANY MORE



Hours of Operation
Mon - Fri 9 am - 8 pm
Sat - Sun 9:30 am - 7 pm

561 451 1420

Fax 561 451 9520

9704 Clint Moore Rd. A 108, Boca Raton, FL 33496

CATERING MENU

fit foodz
café



LUNCHEONS, HOLIDAY PARTIES,
OFFICE MEETINGS & CORPORATE FUNCTIONS

FITFOODZCAFE.COM



FINGER FOODZ BY THE TRAY

SERVES 8-10 PEOPLE

Select from our catering packaged menu or let us help you create a custom menu that perfectly fits your event and personal taste.

AVOCADO BOWLS

Avocado halves, fresh salsa, feta cheese, extra virgin olive oil, reduced balsamic vinegar. **\$50**

TUNA TARTAR

Diced rare tuna, hot sweet chili sauce, diced avocados, served with cucumber rounds. **\$60**

TURKEY MEATBALLS

Plum tomato sauce. **\$40**

SLICED TUNA

Sesame crusted, pan seared served over seaweed salad. **\$75**

BAKED ZUCCHINI STICKZ

Whole grain crumbs, baked till crisp, served with tomato sauce. **\$35**

GREEK SALAD ON A STICK

Diced cucumber, tomato, feta and olives topped with herbs and EVOO. **\$35**

STUFFED MUSHROOMS

Vegetable stuffing. **\$35**

MINI CAPRESE

Mini tomato and fresh mozzarella with basil and balsamic reduction. **\$35**

QUINOA CHEESE STICKS

Baked, garlic, parmesan, egg whites, topped w/ skim milk mozzarella. **\$40**

CHICKEN SKEWERS

With peanut glaze. **\$40**

CHICKEN FINGERS

Honey mustard. Baked. **\$40**

COCONUT CHICKEN SKEWERS

Served with a sweet/spicy chili sauce. **\$40**

HUMMUS

Vegetable crudité. **\$25**

TUNA SALAD

Served on cucumber rounds. **\$35**

“ WE ARE HAPPY TO DESIGN COMPLETELY CUSTOMIZED MENUS TO PERFECTLY ENHANCE YOUR EVENT. FEEL LIKE GOING OFF YOUR DAILY DIET AND WANT SOMETHING EXTRA DELECTIBLE? LET US KNOW! ANYTHING YOU WANT, WE CAN PREPARE.



A LA CARTE COLD FOODZ

TURKEY, TURKEY CLUB WRAP

Sliced turkey, turkey bacon, lettuce, tomato, roasted peppers, reduced fat mayo. **\$45**

PESTO CHICKEN WRAP

Pesto chicken, fresh spinach, roasted peppers. **\$45**

TUNA SALAD WRAP

Lettuce, tomato, cucumbers. **\$40**

HUMMUS VEGGIE WRAP

Fresh spinach, homemade hummus, roasted peppers, tomatoes, onions, carrots. **\$40**

CHICKEN BLT WRAP

Grilled chicken, turkey bacon, lettuce, tomatoes. **\$45**

STACEYS STRAWBERRY SALAD

Mixed greens, strawberries, walnuts, goat cheese, mushrooms, red onions, house vinaigrette. **\$50**

ROBYN'S "NO SALAD" SALAD

Fresh mushroom, red onion, chopped tomato, cucumber, feta cheese, artichoke hearts, roasted peppers, capers, house vinaigrette. NO LETTUCE. **\$45**

MEDITERRANEAN SALAD

Mixed greens, tomato, red onion, cucumber, chickpeas, roasted peppers, feta cheese, house vinaigrette. **\$50**

TEX-MEX QUINOA

Corn, fresh tomato, cilantro, black beans. **\$40**

THAI KALE SALAD

Chopped raw kale, carrots, scallions, red cabbage, chopped tomatoes, toasted almonds, thai peanut dressing. **\$55**

FIT COBB

Mixed greens, red cabbage, grilled chicken, skim milk mozzarella, avocado, tomatoes, red onions, turkey bacon, house vinaigrette. **\$55**

A LA CARTE HOT FOODZ

STIR FRY QUINOA

Mixed veggies, low sodium soy sauce. **\$45**

SUZY Q QUINOA

Mushrooms, spinach, roasted garlic, topped with goat cheese. **\$45**

GREGORY'S QUINOA

Grilled chicken, broccoli, roasted garlic, extra virgin olive oil. **\$50**

GARDEN QUINOA

Cucumber, tomato, carrots, broccoli, goat cheese, extra virgin olive oil. **\$45**

SPAGHETTI SQUASH TURKEY BOLOGNESE \$45

BURRITO BOWL

Layers of brown rice, fresh salsa, skim milk mozzarella, corn and black beans topped with grilled chicken or tofu. **\$45**

HARV'S HEALTHY PENNE PASTA

Whole grain penne pasta, artichoke hearts, asparagus, tomato, spinach, mushroom, roasted garlic. **\$50**

TURKEY MEATLOAF

Sweet, tangy sauce. **\$45**

PENNE WITH MEATBALLS

Whole grain penne pasta, turkey meatballs, plum tomato sauce. **\$45**

PASTA-LESS LASAGNE

Layers of eggplant, portabello mushroom, zucchini, yellow squash, reduced fat ricotta, skim milk mozz, light plum tomato sauce. **\$50**

WHOLE GRAIN LASAGNA

Layers of ricotta, skim milk mozz, homemade tomato sauce, lean ground turkey. **\$50**

WHOLE GRAIN PESTO LASAGNA

layers of ricotta, skim milk mozz, homemade pesto sauce, sautéed spinach **\$45**

ADD GRILLED CHICKEN OR GROUND TURKEY \$10 ADDITIONAL

PROTEIN OVERLOAD

Grilled chicken, turkey bolognese, skim milk mozz. **\$55**

GRILLED CHICKEN PARM

Grilled chicken, skim milk mozzarella, plum tomato sauce. **\$45**

TURKEY MEATBALL PARM PLATE

Topped with skim milk mozzarella cheese, plum tomato sauce. **\$45**

GRILLED EGGPLANT ROLLATINI

Stuffed with ricotta, topped with homemade tomato sauce, skim milk mozzarella. **\$45**

TUSCAN CHICKEN

Chopped fresh tomato, capers, red onion, balsamic, extra virgin olive oil. **\$45**

CHELSEA'S CHICKEN

Grilled chicken, balsamic caramelized red onions. **\$45**

CALIFORNIAN CHICKEN

Sliced tomato, silky avocado slices, fresh mozzarella. **\$50**

