

## CATERING MENU

**fit foodz**  
café



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

## FINGER FOODS 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. **\$55**

### TUNA TARTAR

Diced rare tuna, hot sweet chili sauce, diced avocados, served with cucumber rounds. **\$70**

### STUFFED MUSHROOMS

Vegetable stuffing. **\$40**

### MOZZARELLA CAPRESE

Sliced tomatoes, fresh mozzarella with basil, balsamic reduction. **\$40**

### QUINOA CHEESE STICKS

Baked quinoa with garlic, parmesan, egg whites, topped w/ skim milk mozzarella, served with tomato sauce. **\$45**

### CHICKEN FINGERS

Honey mustard or ketchup. Baked. **\$45**

### HUMMUS

Vegetable crudité. **\$30**

### STUFFED AVOCADO

Stuffed with chicken salad. **\$55**

Hot items served in half aluminum trays and cold items served in 12" round platters

## A LA CARTE COLD ITEMS

### WRAP PLATTERS \$50

Pick two choices

#### TURKEY, TURKEY CLUB

Sliced turkey, turkey bacon, lettuce, tomato, roasted peppers, reduced fat mayo.

#### PESTO CHICKEN

Pesto chicken, fresh spinach, roasted peppers.

#### CHICKEN SALAD

Lettuce, tomato, cucumbers.

#### HUMMUS VEGGIE

Fresh spinach, homemade hummus, roasted peppers, tomatoes, onions, carrots.

## SALAD PLATTERS

#### POWER BOWL

Mixed greens, avocado, hard boiled egg, unsalted pistachios, roasted chick peas, craisins, goat cheese, house SUE-per sauce. **\$60**

#### BUDDHA BOWL

Mixed greens, chopped sweet potato, roasted chick peas, cabbage, carrots, quinoa, hummus, house SUE-per sauce. **\$60**

#### MEDITERRANEAN SALAD

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

#### FIT COBB

Mixed greens, red cabbage, grilled chicken, skim milk mozzarella, avocado, tomatoes, red onions, turkey bacon, house vinaigrette. **\$60**

## SIDES BY THE TRAY

SERVES 8-10 PEOPLE

**BROCCOLI** Steamed or sautéed. **\$30**

**SPINACH** Steamed or sautéed. **\$35**

**BAKED BUTTERNUT SQUASH FRIES** **\$40**

**BAKED SWEET POTATO ROUNDS** **\$35**

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## A LA CARTE HOT ITEMS

#### QUINOA FRIED RICE

Peas, carrots, egg whites, red onions, corn, bean sprouts, low sodium soy. **\$50**

#### SUZY Q QUINOA

Mushrooms, spinach, roasted garlic, topped with goat cheese. **\$50**

#### SPAGHETTI SQUASH TURKEY BOLOGNESE \$50

#### BURRITO BOWL

Brown rice, fresh salsa, skim milk mozzarella, corn and black beans topped with grilled chicken or tofu. **\$50**

#### HARV'S HEALTHY PASTA

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

#### 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. **\$50**

#### TUSCAN CHICKEN

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

#### CALIFORNIA CHICKEN

Sliced tomato, silky avocado slices, fresh mozzarella. **\$55**

## 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 MEATBALL PARM

SPAGHETTI SQUASH WITH TURKEY BOLOGNESE

CHICKEN FINGERS

HARVS HEALTHY PASTA

TUSCAN CHICKEN

GRILLED CHICKEN PARM

BURRITO BOWL: CHICKEN OR TOFU

CHICKEN SALAD WRAP PLATTER

Racks and Sternos available upon request and must be returned within a week.

If not returned, a \$5 charge per rack will be charged to your card.