

CATERING MENU



fit foodz

Café

561 451 1420 Fax 561 451 9520
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. **\$85**

TUNA TARTAR

Diced rare tuna, hot sweet chili sauce, diced avocados, served with cucumber rounds. **\$105**

QUINOA CHEESE STICKS

Baked quinoa with garlic, parmesan, egg whites, topped w/ skim milk mozzarella, served with tomato sauce. **\$75**

CHICKEN FINGERS

Honey mustard or ketchup. Baked. **\$75**

HUMMUS

Vegetable crudité. **\$55**

STUFFED AVOCADO

Stuffed with chicken salad. **\$85**

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

A LA CARTE COLD ITEMS

WRAP PLATTERS \$85

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, raisins, goat cheese, house SUE-per sauce. **\$90**

BUDDHA BOWL

Mixed greens, chopped sweet potato, roasted chick peas, cabbage, carrots, quinoa, hummus, house SUE-per sauce. **\$90**

MEDITERRANEAN SALAD

Mixed greens, tomato, red onion, cucumber, chickpeas, roasted peppers, feta cheese, house vinaigrette. **\$85**

FIT COBB

Mixed greens, red cabbage, grilled chicken, skim milk mozzarella, avocado, tomatoes, red onions, turkey bacon, house vinaigrette. **\$95**

SIDES BY THE TRAY

SERVES 8-10 PEOPLE

BROCCOLI Steamed or sautéed. **\$55**

SPINACH Steamed or sautéed. **\$55**

BAKED SWEET POTATO ROUNDS \$50

A LA CARTE HOT ITEMS

QUINOA FRIED RICE

Peas, carrots, egg whites, red onions, corn, bean sprouts, low sodium soy. **\$90**

SUZY Q QUINOA

Mushrooms, spinach, roasted garlic, topped with goat cheese. **\$95**

SPAGHETTI SQUASH TURKEY BOLOGNESE \$95

HARV'S HEALTHY PASTA

Whole grain spaghetti, artichoke hearts, asparagus, tomato, spinach, mushroom, roasted garlic. **\$95**

PROTEIN OVERLOAD

Grilled chicken, turkey bolognese, skim milk mozz. **\$95**

GRILLED CHICKEN PARM

Grilled chicken, skim milk mozzarella, plum tomato sauce. **\$90**

TURKEY MEATBALL PARM PLATE

Topped with skim milk mozzarella cheese, plum tomato sauce. **\$90**

CATERING PACKAGE SERVICE

\$18 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

GRILLED CHICKEN PARM

CHICKEN ENERGY BOWL

TOFU ENERGY BOWL

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