



MEAL PREP • JUICES • CATERING

### **Welcome to our new Fall Catering Menu!**

At HealthyNow we understand how hectic the ordering process can be for team lunches, meetings and events, so we want to make the process as seamless as possible. If your team members are individually choosing their own selections, we create a spreadsheet to send to your group for easy selection and label each meal with their names for easy distribution!

#### **To Order:**

- Choose which menu you would like to order from - Boxed Lunches **OR** HealthyNow Power Bowls and Salads
- If you are ordering from the **Boxed Lunch Menu** - select a variety of 4 different wraps and 3 sides (can be a combination of soups and salads) for team members to choose from
- If you are ordering from the **HealthyNow Power Bowls and Salads Menu** - select a variety of 5 different options for team members to choose from and let us know if you would like a side option (ex. fruit cup or homemade cookie)
- Send us the date/time/location of your event and menu selections you would like to offer your team members and we will create a spreadsheet for easy selection.

**For larger groups or if you have any questions, don't hesitate to reach out to Christine!**

To order or for more information, contact Christine at 647-210-0047

Check us out at [www.HealthyNow.ca](http://www.HealthyNow.ca)

on Facebook at [www.facebook.com/healthynow40/](https://www.facebook.com/healthynow40/)

or on Instagram at [www.instagram.com/healthynow\\_40/](https://www.instagram.com/healthynow_40/)



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**Lunch Boxes include Choice of Wrap or Sandwich, Soup OR Salad and Fresh Fruit Cup - \$20 pp**

## **Wraps and Sandwiches**

**Roast Beef and Havarti Wrap** with a creamy garlic, grain dijon sauce, red onion, field greens

**Smoked Salmon Wrap** with Dill cream cheese, cucumber, red onion, field greens

**Roast Turkey Wrap** with aged cheddar, honey mustard aioli, lettuce, tomato

**Roasted Vegetables Wrap** and Basil goat cheese or basil cashew cheese

**Grilled Chicken Sandwich** with marinara sauce, grilled veggies, and mozzarella

**Philly Cheese Steak Sandwich**, sirloin, peppers, onions, mushroom, philly sauce, provolone

## **Salads**

**Baby Kale Caesar** sourdough crouton, double smoked bacon, shaved parmesan.

**Garden Veggie** with carrot, radish, tomato, red onion, cucumber, and honey Dijon vinaigrette

**Harvest Fall Salad**, mixed greens, radicchio, roasted butternut squash, pumpkin seeds

## **Soups**

Potato and Leek

Minestrone

Butternut Squash  
Soup

Turkey Split Pea

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## HealthyNow Power Bowls - \$17 pp

**Jerk Chicken Bowl**-coconut rice and coleslaw

**Turkey Chili Bowl**-brown rice, turkey chili, diced tomato, green onion, cheddar, and sour cream

**Fall Chicken Bowl**- brown rice, grilled chicken, shredded carrot, kale, apple, pumpkin seeds, and cider-mustard dressing

**Egg Roll Bowl**- brown rice, shredded carrot, broccoli, bean sprouts, napa cabbage, green onion, plum dressing

**Firecracker Shrimp Bowl**-brown rice, sweet and spicy shrimp, cabbage, carrot, tomato, and green onion

**Fall Veggie Power Bowl**-brown rice, lentils, shredded carrot and beet, roasted butternut squash, kale, apple, pumpkin seeds, and cider-mustard dressing.

## HealthyNow Salads - \$17 pp

**Fall Harvest Salad with Chicken**- Field Greens, radicchio, roasted butternut squash, pumpkin seeds, red onion, and cider-mustard dressing.

**Shrimp Cobb Salad**-romaine, cucumber, chopped tomato, shredded carrot, boiled egg, bacon, and honey mustard vinaigrette.

**Chicken Caesar Salad**- sourdough crouton, double smoked bacon, shaved parmesan

**Turkey Taco Salad**- Diced tomato, picked jalapeno, green onion, avocado dressing.

**Vegan Cobb Salad**- Chickpea and lentil mix, romaine, cucumber, tomato, shredded carrot, and honey mustard vinaigrette

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## **Add Ons - \$3 pp**

Fresh Fruit Cup

Homemade Cookie

Side Caesar Salad

Side Garden Veggie Salad

Side Fall Harvest Salad

## **Drinks - \$1 pp**

Bubbly, Bottled Water, Pepsi, Diet Pepsi, Ginger Ale, Iced Tea

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