



MEAL PREP • JUICES • CATERING

Welcome to our new Winter 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

on Facebook at www.facebook.com/healthynow40/

or on Instagram at www.instagram.com/healthynow_40/



Healthy Now

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HealthyNow Lunch Boxes Includes

Choice of Wrap, Soup OR Salad and

Fresh Fruit Cup - \$20 pp

Wraps

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

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

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

Roasted Vegetables and Basil goat cheese or basil cashew cheese

Grilled chicken with chipotle aioli, lettuce, shredded carrot, cucumber and red onion

Philly Cheese Steak, sirloin, peppers, onions, mushroom, philly sauce, mozzarella

Salads

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

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

Winter Salad, mixed greens, roasted squash, radicchio, pumpkin seeds and apple cider vinaigrette

Soups

Broccoli and Cheddar

Chicken and Brown Rice

Butternut Squash

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HealthyNow Power Bowls - \$17 pp

Jerk Chicken Bowl-coconut rice and coleslaw

Turkey Taco Bowl-brown rice, lettuce, diced tomato, green onion, cheddar and sour cream

Chipotle Lime Chicken Bowl- brown rice, lettuce, diced tomato, feta cheese and verde sauce.

Korean Beef Bowl- brown rice, shredded carrot, broccoli, cucumber pickled onion, kimchi and gojujang aioli

Shrimp Taco Bowl-brown rice, pico de gallo, diced mango, lettuce, coleslaw and chipotle aioli

Veggie Power Bowl-quinoa, lentil and chickpea mix, shredded beet, shredded carrot, edamame, coleslaw, and honey mustard vinaigrette.

HealthyNow Salads - \$17 pp

Greek Chicken Salad- romaine, diced tomato, red onion, olives, feta and vinaigrette

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, pickled 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 Winter Salad

Drinks - \$1 pp

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

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