



# Healthy Now

MEAL PREP • JUICES • CATERING

## Welcome to our 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**, and have a minimum of 10 portions, 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**, and have a minimum of 10 portions, select a variety of 5 different options for team members to choose from and us let 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 very large or smaller groups, or if you have questions, please 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/)

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**HealthyNow Lunch Boxes Include Choice of Wrap, 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

**Summer Salad**, mixed greens, strawberries, blueberries, roasted sweet potato, honey mustard vinaigrette

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## HealthyNow Bowls - \$17

**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 gojuzang 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

**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**

Fresh Fruit Cup

Homemade Cookie

Side Caesar Salad

Side Garden Veggie Salad

Side Summer Salad

## **Drinks - \$1**

Bubbly

Bottled Water

Cola

Diet Cola

Ginger ale

Iced tea

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