

## SALADS

### Caribbean Chicken Salad

Romaine lettuce, shredded carrots, tomatoes, cucumbers & pineapples.

*Approx. 1 Serv. – Cal: 279 Carbs: 30 Prot: 44 Fat: 3.5*  
*(4-6 Servings) \$36.00 (8-12 Servings) \$66.00*

### Mexican Ground Turkey Salad

Lean ground turkey cooked in our lite tomato sauce with diced tomatoes, corn, pico de gallo and low-fat sour cream over romaine lettuce.

*Approx. 1 Serv. – Cal: 225 Carbs: 25 Prot: 40 Fat: 3.0*  
*(4-6 Servings) \$36.00 (8-12 Servings) \$66.00*

### Garden Salad

Assortment of fresh vegetables over a bed of romaine lettuce.

*Approx. 1 Serv. – Cal: 67 Carbs: 12 Prot: 1 Fat: 1.5*  
*(4-6 Servings) \$27.00 (8-12 Servings) \$48.00*

### Cesar Salad

Romaine lettuce, fresh croutons, low-fat parmesan cheese & ceasar dressing.

*Approx. 1 Serv. – Cal: 67 Carbs: 12 Prot: 1 Fat: 1.5*  
*(4-6 Servings) \$24.00 (8-12 Servings) \$42.00*

## WRAPS

### Southern Chicken Fajita

Grilled chicken breast, strips of pepper, onions and low-fat sour cream served in a garlic wrap with pico de gallo and guacamole.

*Approx. 1 Serv. – Cal: 372 Carbs: 50 Prot: 44 Fat: 4.0*  
*(4-6 Servings) \$34.50 (8-12 Servings) \$66.00*

### Chicken Quesadilla

Chicken breast, low-fat mozzarella cheese & cajun spices served in a tomato wrap.

*Approx. 1 Serv. – Cal: 432 Carbs: 60 Prot: 44 Fat: 6.0*  
*(4-6 Servings) \$34.50 (8-12 Servings) \$66.00*

### Ground Turkey Quesadilla

Lean ground turkey, low-fat mozzarella cheese, low-fat sour cream, scallions, black beans & guacamole served in a tomato wrap.

*Approx. 1 Serv. – Cal: 432 Carbs: 55 Prot: 50 Fat: 8.2*  
*(4-6 Servings) \$34.50 (8-12 Servings) \$66.00*

### Combo Wrap

Includes an assortment of the following wraps:

*Sofrito Mex Express - Lean ground turkey, brown rice, kidney beans & black beans.*

*Southern Chicken Fajita - Grilled chicken breast, low-fat sour cream, strips of pepper, onions, pico de gallo and guacamole.*

*Veggie Delight - Tomatoes, spinach, broccoli & carrots all sauteed with fresh garlic.*

*(4-6 Servings) \$36.00 (8-12 Servings) \$69.00*

## FLAT BREADS

### Chicken and Spinach Flat Bread

Thin foccacia bread baked to perfection, filled with chicken breast, spinach, mushrooms, white onions, tomatoes and low-fat mozzarella cheese.

*Approx. 1 Serv. – Cal: 486.4 Carbs: 50 Prot: 48.6 Fat: 9.3*  
*(12 Servings) \$78.00*

### 7 Layer Ground Turkey open face Sandwich

Oven baked bread topped with ground turkey, low-fat mayonnaise, low-fat sour cream, scallions, guacamole and low-fat cheddar cheese.

*Approx. 1 Serv. – Cal: 497 Carbs: 50 Prot: 50 Fat: 9.8*  
*(12 Servings) \$75.00*

## CHICKEN PLATTERS

*All chicken platters are served with one choice of either, brown rice, steamed vegetables, sweet mashed potatoes, corn on the cob or mashed potatoes.*

### Spanish Chicken and Rice

Chicken breast cooked with yellow rice, red bell peppers & diced tomatoes with a dash of fresh oregano and black pepper.

*Approx. 1 Serv. – Cal: 391 Carbs: 40 Prot: 35 Fat: 3.5*  
*(6-8 Servings) \$48.00 (10-16 Servings) \$92.00*

### Oven Baked Chicken Breast

Stuffed with spinach and low-fat ricotta cheese.

*Approx. 1 Serv. – Cal: 211 Carbs: 2.0 Prot: 44 Fat: 5.0*  
*(4-6 Servings) \$42.00 (8-12 Servings) \$78.00*

**NOTE: Nutritional information provided is an approximation.**

### **Honey BBQ Chicken**

Diced chicken breast served with peppers & onions cooked in our homemade BBQ sauce.

*Approx. 1 Serv. – Cal: 224 Carbs: 12 Prot: 44 Fat: 4.0  
(6-8 Servings) \$48.00 (8-12 Servings) \$92.00*

### **Lemon Basil Chicken Breast**

Grilled chicken breast seasoned with lemon, basil and low-fat parmesan cheese.

*Approx. 1 Serv. – Cal: 221 Carbs: 0 Prot: 44 Fat: 4.5  
(4-6 Servings) \$42.00 (8-12 Servings) \$78.00*

### **Chicken Teriyaki**

Chicken breast sauteed with strips of peppers & onions cooked in a lite teriyaki sauce.

*Approx. 1 Serv. – Cal: 233 Carbs: 5.5 Prot: 44 Fat: 3.5  
(4-6 Servings) \$42.00 (10-16 Servings) \$104.00*

## **TURKEY PLATTERS**

*All turkey platters are served with one choice of either, brown rice, steamed vegetables, sweet mashed potatoes, corn on the cob or mashed potatoes.*

### **Turkey Meatballs**

Our homemade lean ground turkey meatballs served in our lite tomato sauce.

*Approx. 1 Serv. – Cal: 210 Carbs: 0 Prot: 45 Fat: 4.0  
(6-10 Servings) \$55.00 (12-16 Servings) \$80.00*

### **Bean Sofrito Ground Turkey**

Lean ground turkey cooked with black beans & kidney beans cooked in our lite tomato sauce.

*Approx. 1 Serv. – Cal: 225 Carbs: 10 Prot: 40 Fat: 4.0  
(6-12 Servings) \$66.00 (12-16 Servings) \$100.00*

### **Oven Baked Turkey Breast**

Served in a raspberry sauce.

*Approx. 1 Serv. – Cal: 211 Carbs: 0 Prot: 44 Fat: 4.0  
(8-12 Servings) \$96.00*

### **Turkey Meatloaf**

*Approx. 1 Serv. – Cal: 210 Carbs: 10 Prot: 45 Fat: 4.0  
(10-14 Servings) \$84.00*

*Pies do not come with a side dish.*

### **Shepherd's Pie**

Fresh mashed potato pie filled with lean ground turkey.

*Approx. 1 Serv. – Cal: 418 Carbs: 50 Prot: 30 Fat: 4  
(10-14 Servings) \$96.00*

### **Sweet Plantain Pie**

Sweet plantain pie filled with lean ground turkey.

*Approx. 1 Serv. – Cal: 225 Carbs: 35 Prot: 30 Fat: 4  
(8-14 Servings) \$90.00*

## **BEEF PLATTERS**

*All beef platters are served with one choice of either, brown rice, steamed vegetables, sweet mashed potatoes, corn on the cob or mashed potatoes.*

### **Ground Beef Supreme**

Lean ground beef, spinach, tomatoes, mushrooms, scallions & red pepper.

*Approx. 1 Serv. – Cal: 265 Carbs: 10 Prot: 40 Fat: 10  
(8-12 Servings) \$72.00*

### **Grilled Lean Beef Stir Fry**

Sauteed with peppers and onions.

*Approx. 1 Serv. – Cal: 265 Carbs: 5 Prot: 40 Fat: 10  
(8-12 Servings) \$72.00*

## **PASTA**

### **Turkey Lasagna**

Fresh lasagna filled with lean ground turkey and low-fat ricotta and mozzarella cheese.

*Approx. 1 Serv. – Cal: 475 Carbs: 102 Prot: 39 Fat: 5.5  
(10-12 Servings) \$72.00*

### **Chicken and Spinach Pasta**

Chicken breast, spinach, diced tomatoes & penne pasta sauteed with fresh basil & garlic.

*Approx. 1 Serv. – Cal: 442 Carbs: 90 Prot: 44 Fat: 4.5  
(4-6 Servings) \$36.00 (8-12 Servings) \$69.00*

## **SEAFOOD**

### **Seafood Medley**

Fresh catch of the day & shrimp cooked with mixed vegetables and yellow rice.

*Approx. 1 Serv. – Cal: 335 Carbs: 40 Prot: 35 Fat: 3.5  
(4-8 Servings) \$72.00 (10-16 Servings) \$128.00*

## HOMEMADE SOUPS

Pumpkin, Vegetable, Carrot, White Bean or Lentil  
(10-15 Servings) \$30.00

## DESSERTS

### Low-Fat Yogurt Loaf & Muffin Platter

Assortment of low-fat yogurt loaves. Flavors may include Chocolate, marble & cappuccino chocolate chip, cranberry, carrot, chocolate & banana chocolate chip.  
(6-10 Servings) \$35.00

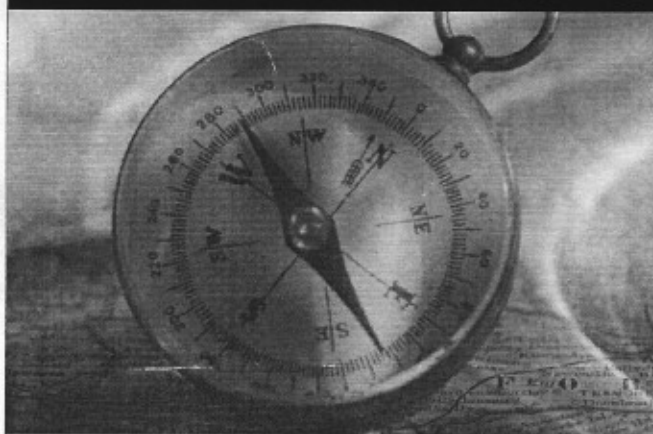
## BEVERAGES

Assorted regular and diet Snapples	\$1.25 each
Sodas	\$1.00 each
Bottled Water	\$1.25 each
Vitamin Water	\$2.00 each

## PLACING AN ORDER

- Call us at any of our three store locations: 305.374.0047, 305.461.1554 or 305.538.1270.
- Twenty-four (24) hour notice is required. Rush orders are subject to approval and a 30% surcharge.
- 50% deposit required with order. We accept Visa, Mastercard, American Express, company check or cash. Personal checks will not be accepted.
- Cancellations require a minimum twelve-hour (12) hour notice. Deposits will be forfeited on cancellations not meeting this requirement.

## THREE LOCATIONS TO SERVE YOU.....



brickell

26 SW 8 Street • 305.374.0047

coral gables

2342 Ponce de leon Blvd • 305.461.1554

south beach

1751 Alton Road • 305.538.1270

bites on wheels