

# BUILD YOUR PROTEIN BOWLS

(Serves SMALL: 10-15 | M: 15-20 | LARGE: 20-30)

## PICK A PROTEIN

- **Lemon Pepper Chicken** -  
grilled chicken topped w/ lemon pepper
- **Ground turkey** -  
lean ground Turkey stir fried w/ bell peppers, onions, and mushrooms
- **Ground Beef** -  
fresh ground beef stir fried w/ bell peppers, onions, and mushrooms
- **Stir fry Steak** -  
lean top sirloin steak stir fried w/ bell peppers, onions, and mushrooms
- **Garlic Soy Pork** -  
grilled bone-in pork chop marinated with a soy garlic blend
- **Lemon Pepper Tilapia** -  
grilled tilapia filet seasoned with lemon pepper
- **Honey Soy Or Lemon Pepper Salmon** -  
pan fried salmon topped with honey soy or lemon pepper and garlic
- **Garlic onion Shrimp** -  
shrimp stir fry with garlic, onions, and spices
- **Tofu** -  
premium crisped tofu paired with our house made tofu sauce
- **Plant Based Protein** -  
Beyond Meat stir fried with bell peppers, onions, and mushrooms

## PICK A BASE

Choose From:

Brown rice, jasmine rice, sweet potatoes, or red potatoes

All bowls are served with:

Our stir fry of assorted vegetables (broccoli, carrots, onions, mushrooms)

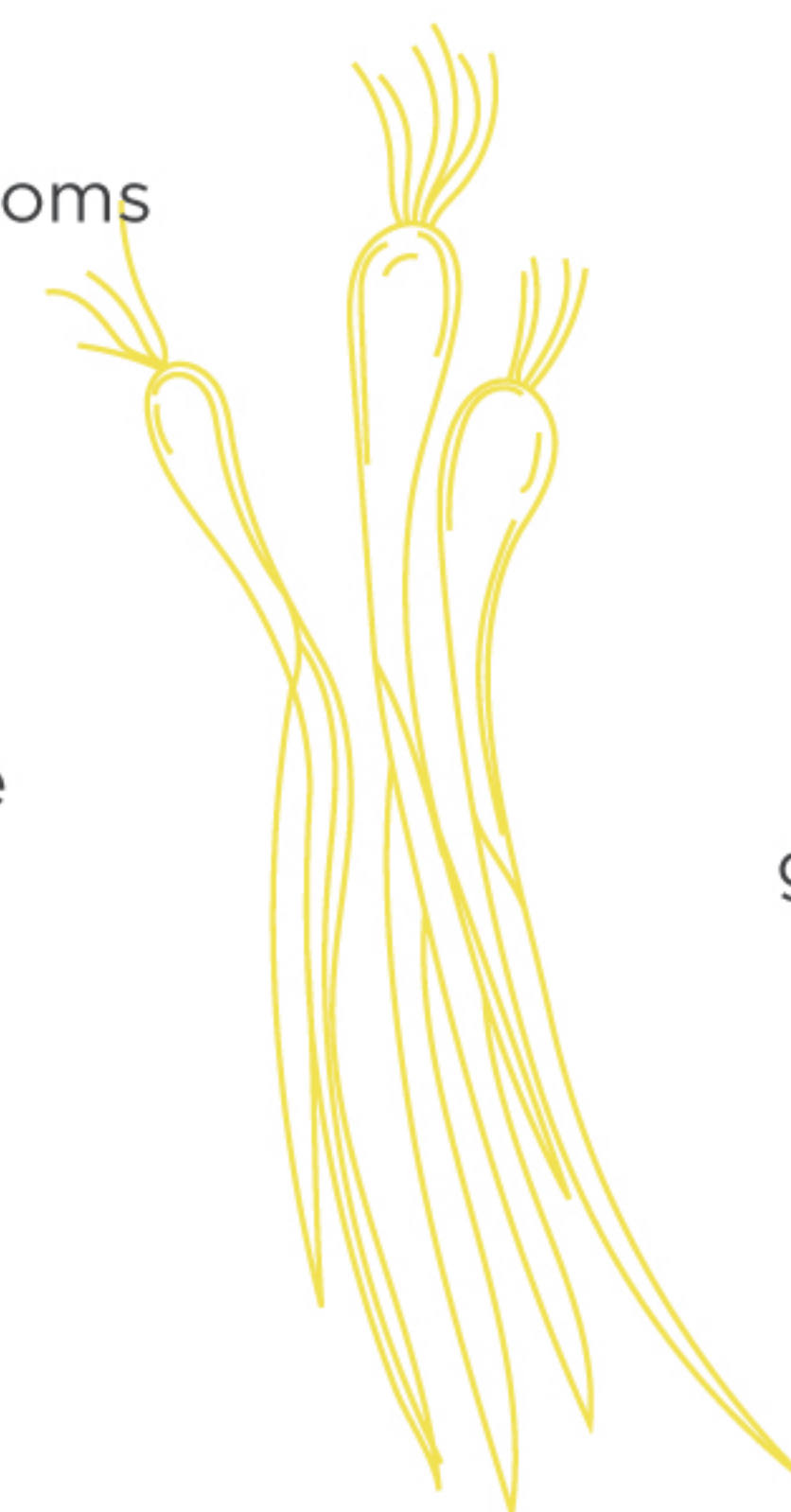


peanut chicken bowl

# HOUSE FAVORITES

(Serves SMALL: 10-15 | M: 15-20 | LARGE: 20-30)

- **House Noodles** -   
assorted vegetables with chow mein noodles and optional chicken or shrimp
- **Sweet & Spicy Noodles** -  
chow mein noodles stir fried with grilled onions, bell peppers, peanuts, and chilis with optional chicken or shrimp
- **Pineapple fried rice** -   
diced carrot and green beans, egg, pineapple and choice of white or brown rice stir fried on wok. Chicken or shrimp optional/additional
- **Teriyaki Beef** -  
lean center cut beef over a bed of white or brown rice topped with teriyaki sauce
- **Veggie** -   
broccoli cabbage, green beans, carrots, bell peppers, mushrooms
- **Teriyaki Chicken** -  
grilled chicken topped with teriyaki sauce
- **Peanut Chicken** -  
grilled chicken tossed with our house made peanut sauce
- **Orange Chicken** -   
grilled chicken tossed in our house made orange sauce
- **Kung Pao Chicken** -  
chicken stir fry in our house made kung pao sauce with toasted chili, peanuts, onions and bell peppers
- **Beef & Broccoli** -   
lean cut steak, broccoli, and carrot stir fried on wok over a bed of white or brown rice
- **Protein Pasta** -  
protein penne pasta cooked in a roasted garlic tomato sauce mixed with choice of ground beef, ground turkey, or plant protein



  **GARDEN SALAD**

# SALADS & WRAPS

**DRESSINGS: RANCH, ASIAN SESAME, BALSAMIC**

- **Garden** -  
Fresh grape tomatoes, carrots, corn, sliced cucumbers, red onions, bell peppers, diced avocado, over a bed of freshly chopped romaine 
- **House** -  
grilled chicken breast, shrimp, fresh grape tomatoes, carrots, corn, sliced cucumbers, red onions, bell peppers, diced avocado, over a bed of freshly chopped romaine
- **Asian** -  
grilled chicken breast, chopped red cabbage, mandarin oranges, sliced almonds, over a bed of freshly chopped romaine.
- **Caesar Chicken** -  
grilled chicken breast, parmesan cheese, croutons, and romaine lettuce
- **Pescatarian** -  
pan fry salmon, grape tomatoes, cucumbers, red cabbage, carrots, and romaine lettuce
- **Chipotle Chicken Wrap** -  
grilled chicken, spinach, grape tomatoes, red onions, bell peppers, paired w/ house chipotle sauce
- **Chicken Caesar Wrap** -  
grilled chicken, turkey bacon, romaine lettuce, parmesan cheese, tossed with our caesar dressing

## SIDES

SMALL: (serves 8-10) | LARGE: (serves 15-20)

all sides are  

- **Stir fry vegetables** -
- **Sweet mashed potatoes** -
- **Brown Rice** -
- **Jasmine Rice** -
- **Sliced red potatoes** -
- **Seasonal fresh fruit** -
- **Steamed assorted veggies** -



# MORNING GOODNESS BREAKFAST BURRITO / WRAPS

all burritos/wraps are served with house made green and red salsa

SMALL: (serves 8-10) | LARGE: (serves 15-20)

assortment of half wraps.  
pick 2 options

assortment of half wraps.  
pick 4 options

## - Breakfast Burrito Wrap -

turkey sausage, turkey bacon, eggs, cheddar cheese, bell peppers, onions, hash browns, and beans in whole wheat tortilla

## - Healthy Starter Wrap -

egg whites, grape tomato, red onion, cheddar cheese, spinach, avocado in a spinach wrap

## - Breakfast Tortilla Wrap -

scrambled eggs, bacon, avocado, cheddar cheese

# BREAKFAST PLATES & BOWLS

Serves 8-10

## - Powerful Protein Pancakes -

plain, chocolate chip or blueberries, with eggs and turkey bacon

## - Chicken Hash -

diced red potatoes, bell peppers, onions, chicken sausage, and choice of style eggs

## - Breakfast Quesadilla -

grilled chicken breast, eggs, and cheddar cheese in whole wheat tortilla

# HOT COFFEE

Serves 10  
Regular or Decaf

served with half & half

# DESSERTS

Almond or Cookie  
Butter Bites

Small Energy Bites (20 bites)

Large Energy Bites (40 bites)

# BEVERAGES

1 gallon (serves 8-10)

- Traditional Iced Tea -

- Cold Brew -

- Bottled Water -

# OVERNIGHT OATS & PARFAIT

## - Berry Oats -

chia seeds, vanilla whey protein, almond milk, topped with blueberries and strawberries

## - PB Banana Oats -

chia seeds, peanut butter, honey, and almond milk

## - Vanilla Cinnamon -

vanilla whey protein, cinnamon, almond milk

## - Berry Greek Yogurt -

non-fat greek yogurt, strawberries, blueberries, granola

## Dietary key

 - GLUTEN FREE

 - VEGETARIAN

## ALLERGY WARNING:

Although efforts are made to avoid cross-contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation.

\*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.



B NUTRITIOUS

EAT GOOD,  
FEEL GOOD

Catering

For more information or to place your order  
visit us at: [www.bnutritiousmeals.com](http://www.bnutritiousmeals.com)