



PhillyFIT

From the Philadelphia
Catering Company

Our **PhillyFit** Menu takes the guesswork out of choosing healthy options for your guests. We give priority to freshness, nutritious value and most importantly, great taste.

PhillyFit options are low in fat and healthful, while still being satisfying and delicious.

At your event, **PhillyFit** items will be clearly marked, and nutritional information provided.

Order **PhillyFit** items as an entire menu or as add on items to our existing menu packages.

PHILLYFIT LUNCHEON MENU

Choose 1 entrée and 2 sides \$10.95pp (15 guest minimum per entrée)

Add additional sides \$1.75/guest (min 15)

ENTREES

Grilled chicken breast w/ artichoke hearts & grape tomatoes in lemon herb sauce

Grilled chicken breast w/ spinach, peppers and olives in white wine herb sauce

Grilled chicken breast w/ lime, brown sugar and whole grain mustard sauce

Chicken basil chili

Vegetarian chili

Grilled marinated tofu with baby bok choy and black bean sauce

Baked flounder with orange ginger glaze *(add \$1 pp)*

Baked tilapia with pineapple red pepper sauce *(add \$1 pp)*

Baked Cajun catfish with creole sauce *(add \$1 pp)*

SIDES

Brown rice

Basmati rice

Couscous

Roasted vegetable medley

Braised red cabbage w/apple cider and balsamic vinegar

Braised kale w/ smoked paprika

Spaghetti squash w/ diced tomato and mushroom

Sautéed spinach and white beans

Roasted acorn squash w/ maple glaze

Chilled marinated green bean salad

Moroccan carrot salad

Baby greens salad with lite balsamic vinaigrette

Marinated tomato cucumber salad