

Wraps

GLUTEN-FREE AVAILABLE



Individual (I) or Tray (T). Tray serves 5-8.

SOUS-VIDE, ALL NATURAL CHICKEN AND GRASS-FED STEAK

Avocado Chicken Wrap • (810 cal)

All-natural sous-vide chicken, seasoned avocado, mixed lettuce, rice & quinoa blend, pickled red onions, roasted tomatoes, feta cheese, sunflower seeds, tahini vinaigrette, and pesto in a tomato & basil tortilla.

Steak Wrap • (970 cal)

Grass-fed sous-vide steak, rice & quinoa blend, mozzarella, pickled red onions, roasted tomatoes, superseed crunch, garlic aioli, and chimichurri sauce in a tomato & basil tortilla.

Breakfast Power Wrap • (780 cal)

3 scrambled eggs, roasted potatoes, roasted tomatoes, seasoned avocado, mozzarella cheese, and pickled red onions in a tomato & basil tortilla.



Smoothies

Tropical Mint Smoothie (250 cal)

Mango, pineapple, bananas, fresh mint, mango juice, coconut milk, and a hint of honey.

Berry Protein Boost • (350 cal)

Blueberries, raspberries, strawberries, bananas, almond butter, whey protein, almond milk, and apple juice.

Heaven • (220 cal)

Bananas, strawberries, pitaya, raspberries and mango juice.

Protein Pack • (400 cal)

Peanut butter, bananas, graviola*, dates, whey protein, and almond milk.

Coconut Craze • (320 cal)

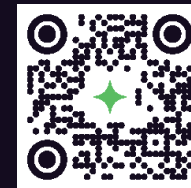
Organic coconut blend, bananas, pineapple, mango, mango juice, and coconut milk.

*Graviola is not recommended for pregnant women.



Harvest Kitchen

BY VITALITY BOWLS



CATERING MENU

Our catering trays each serve 5-8 people.
Please allow 48 hours for all catering orders.

DELIVERY AND PICKUP AVAILABLE!

email catering@vitalitybowls.com

Salads

GLUTEN-FREE AVAILABLE



Individual (I) or Tray (T). Tray serves 5-8.

SOUS-VIDE, ALL NATURAL CHICKEN AND GRASS-FED STEAK

Harvest Greens Salad • (510 cal)

Lettuce mix, roasted potatoes, carrots, gourmet brined purple hardboiled egg, cucumber, seasoned avocado, grape tomatoes, sunflower seeds, and green goddess dressing. (Add all-natural sous-vide chicken or grass-fed sous-vide steak).

Berry Salad • (460 cal)

Lettuce mix, strawberries, blueberries, almond slices, feta cheese, superseed crunch, and pesto dressing. (Add all-natural sous-vide chicken or grass-fed sous-vide steak).

Mediterranean Salad • (520 cal)

Lettuce mix, cucumbers, grape tomatoes, pickled red onions, celery, hummus, feta cheese, superseed crunch, and lemon tahini vinaigrette dressing. (Add all-natural sous-vide chicken or grass-fed sous-vide steak).



Protein Bowls

GLUTEN-FREE AVAILABLE

Individual (I) or Tray (T). Tray serves 5-8.

SOUS-VIDE, ALL NATURAL CHICKEN AND GRASS-FED STEAK

Steak Bowl • (840 cal)

Grass-fed sous-vide steak, rice & quinoa blend, lettuce mix, roasted tomatoes, feta, chimichurri, pickled red onions, gourmet brined purple hardboiled egg, pepitas, and lemon tahini vinaigrette dressing.



Chicken Bowl • (660 cal)

All-natural sous-vide seared chicken, rice & quinoa blend, lettuce mix, seasoned avocado, grape tomatoes, feta, pickled red onions, pesto, superseed crunch, and lemon tahini vinaigrette dressing.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat. Need it gluten-free? Just ask.



Sandwiches

GLUTEN-FREE AVAILABLE

Individual (I) or Tray (T). Tray serves 5-8.

SOUS-VIDE, ALL NATURAL CHICKEN AND GRASS-FED STEAK



Garden Veggie Sandwich • (500 cal)

Hummus, pesto, mozzarella, sliced cucumbers, lettuce mix, roasted tomatoes, and pickled red onions on toasted sweet multigrain bread (toasted white telera roll or toasted gluten-free bread available).

Steak Sandwich • (620 cal)

Grass-fed sous-vide steak, roasted tomatoes, mozzarella cheese, pickled red onion, lettuce mix, garlic aioli, and chimichurri on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

Chicken Sandwich • (530 cal)

All-natural sous-vide sliced chicken, mozzarella cheese, lettuce mix, pesto, grape tomatoes, pickled red onions, and dijon on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

