



HEALTHY.EAT
HEALTHY.LIVE

Catering MENU

  @SOUZAFITOFFICIAL SOUZAFITRESTAURANT.COM | EAT HEALTHY. LIVE HEALTHY.





APPETIZERS

Serves 10-12 people.

TUNA BRUSCHETTA	\$55
CHICKEN SALAD BRUSCHETTA	\$55
VEGGIE BRUSCHETTA (ARUGULA, PICO DE GALLO, PESTO SAUCE)	\$50
TURKEY MEATBALLS SLIDERS	\$55



BREAKFAST

Half tray - Serves 6-9 people.

Full tray - Serves 10-14 people.

SCRAMBLED EGGS

Half tray - **\$30**

Full tray - **\$50**

TURKEY BACON AND CHEDDAR EGG BITES

Half tray - **\$45**

Full tray - **\$60**

VEGGIE EGG BITES (SPINACH, MUSHROOMS AND FETTA CHEESE)

Half tray - **\$45**

Full tray - **\$60**

ROASTED POTATOES

Half tray - **\$30**

Full tray - **\$45**

VANILLA PROTEIN FRENCH TOAST

Half tray - **\$45**

Full tray - **\$70**

SWEET POTATO PANCAKES

Half tray - **\$45**

Full tray - **\$70**

EAT HEALTHY. LIVE HEALTHY.



DARK CHOCOLATE CHIP WHOLE WHEAT PANCAKES

Half tray -
Full tray -

\$40
\$65

TURKEY BACON

Half tray -
Full tray -

\$25
\$35

CHICKEN SAUSAGE OR TURKEY SAUSAGE

Half tray -
Full tray -

\$35
\$50



FRUIT SALAD BOWL SEASONAL FRUITS

Half tray -
Large tray -

\$30
\$45



ASSORTED WRAPS

SERVES 7-10 PEOPLE

Gourmet Chicken Salad \$85
Gourmet Tuna Salad \$80
Grilled Chicken Wrap (Grilled Chicken, LF Mozzarella, Lettuce and Tomato) \$85



ENTREES

Half tray - Serves 6-9 people.
Full tray - Serves 10-14 people.

PROTEIN:

Grilled Chicken

Half tray -
Full tray -

\$35
\$55

Chicken Teriyaki with Broccoli

Half tray -
Full tray -

\$55
\$85

EAT HEALTHY. LIVE HEALTHY.



STEAK STIR FRY WITH MIXED VEGETABLES

Half tray - \$65
Full tray - \$95

FRESH BAKED SALMON (CHOOSE YOUR SAUCE – LOW SODIUM

TERIYAKI, MANGO SALSA, CAJUN, OR LEMON GARLIC)

Half tray - \$110
Full tray - \$150

WILD BLACKENED CODFISH

(CHOOSE YOUR SAUCE - MANGO, OR LEMON GARLIC SAUCE)

Half tray - \$95
Full tray - \$115

MEXICAN GROUND BEEF (LEAN GROUND BEEF MIXED WITH

ONIONS, PEPPERS, CORN AND TURKEY BACON)

Half tray - \$60
Full tray - \$90

THE CHILI (CHOOSE LEAN BEEF OR LEAN GROUND TURKEY)

Half tray - \$60
Full tray - \$90

CARBS:

WHITE/BROWN RICE

Half tray - \$30
Full tray - \$45

ROASTED POTATOES

Half tray - \$30
Full tray - \$45

MASHED SWEET POTATOES

Half tray - \$35
Full tray - \$55

QUINOA

Half tray - \$35
Full tray - \$55

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FRESH VEGETABLES

Half tray - Serves 6-9 people. Full tray - Serves 10-14 people.

Mixed Vegetables

Half tray - \$30

Full tray - \$40

Broccoli

Half tray - \$30

Full tray - \$40

String beans

Half tray - \$30

Full tray - \$40



PASTA

You can substitute Whole Wheat Pasta for Gluten Free Pasta for an extra \$10

Half tray - Serves 6-9 people.

Full tray - Serves 10-14 people.

Turkey Meatballs with Wheat Penne Pasta

Half tray - \$75

Full tray - \$130

Reduced Fat Alfredo Pasta

Half tray - \$35 Add Chicken: \$55 Add Shrimp: \$75

Full tray - \$60 Add Chicken: \$100 Add Shrimp: \$135

Guilt-Free Vodka Sauce

Half tray - \$35 Add Chicken: \$55 Add shrimp: \$75

Full tray - \$60 Add Chicken: \$100 Add Shrimp: \$135

Creamy Pesto Pasta

Half tray - \$35 Add Chicken: \$55 Add Shrimp: \$75

Full tray - \$60 Add Chicken: \$100 Add Shrimp: \$135



SALADS

Choose your dressing

Lite Ranch - Lite Italian - Lite Balsamic Vinaigrette - Lite Raspberry Vinaigrette - Caesar Dressing - Oil and Vinegar

Quinoa Salad (Vegan)

Half tray - Serves 6-9 people.

\$50

Full tray - Serves 10-14 people.

\$75

Caesar Salad

Serves 7-10 people.

\$45

House Salad

(Lettuce, tomatoes, cucumbers, red onions, walnuts, cranberries, and fetta cheese) Serves 7-10 people.

\$55



BEVERAGES:

SERVES 7-10 PEOPLE

Freshly Squeezed Orange Juice

\$50

Green Juice (Fresh orange, spinach, kale, ginger, pineapple).

\$55

Hot Coffee (Box Of Joe)

\$30

Water (individual)

\$1



DESSERTS

Whole Wheat Protein Muffins - (24 mini muffins) \$50

Choose your flavor: Banana/Walnuts - Carrots/Chocolate chip

Protein Mousse (20 units)

\$55

Choose your flavor: Chocolate or vanilla



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All caterings come with utensils, napkins, salt, pepper, ketchup, and sugar-free syrup if applicable.

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