

EFFORTLESS
Catering
BY



ORDERING MADE EASY

CALL TO ORDER (585) 254-0078

1 DECIDE THE DATE & TIME

you would like your order.

VG VEGAN

V VEGETARIAN

2 DOES PICK-UP OR DELIVERY

work best for your event?

3 DETERMINE THE NUMBER OF PEOPLE

and plan your menu.

4 CALL OR EMAIL

effortlesslyhealthy@gmail.com to complete your order.

5 YOUR ORDER WILL BE READY

with everything you need for an amazing event sure to impress your guests.

LAST MINUTE ORDERS ARE WELCOME



BREAKFAST BOXES

Choice of parfait made with Choboni vanilla Greek yogurt.

Served with granola bar & fresh fruit.

\$8.99 per person. Add trail mix for \$3.99 each. Minimum order 10 people.

CREAMSICLE

Orange flavored vanilla Greek yogurt with granola and coconut flakes

PB&J

Peanut butter, raspberry preserves, oats

COCO LOCO

Coconut flakes, almonds, chocolate chips, coconut yogurt

CHOCOLATE RASPBERRY

Raspberry Greek yogurt with chocolate chips and graham cracker topping

KEY LIME PIE

Key lime yogurt with graham crackers

BLUEBERRY CHEESECAKE

Cheesecake Greek yogurt with blueberries and graham crackers

LEMON CHEESECAKE

Lemon cheesecake flavored yogurt with graham crackers

CHOCOLATE PEANUT BUTTER

Vanilla yogurt with fresh peanut butter, chocolate chips, and peanuts



EGG BREAKFAST BAR

\$10.99 per person. Includes choice of one egg, one potato, and one protein

For orders of 15 or more choose 2 eggs

POTATOES

ROASTED POTATOES VG

SWEET POTATOES VG

PROTEINS

TURKEY SAUSAGE **PORK SAUSAGE**
BACON

Add additional meat for \$2.99 per person
(2 pieces per person)

Apple Juice or Orange Juice \$1.99 per person

Contact us for custom breakfast orders.

EGG BAKES

Small (serves up to 8) \$29.99 | Large (serves up to 15) \$54.99

**HAM, ZUCCHINI
& CHEDDAR**

**SCALLION, TOMATO V
& SPINACH**

with cheddar

**TRADITIONAL V
SCRAMBLED EGGS**

HAM & SWISS
with or without broccoli

CAPRESE V
tomatoes, basil, mozzarella
& balsamic reduction

MEDITERRANEAN V
with roasted red peppers,
feta, artichokes & pesto

ITALIAN SAUSAGE, PEPPERS, ONION & MOZZARELLA

MAKE YOUR OWN EGG BAKE

Choose 3 toppings. Additional toppings \$1.99 per person.

MEAT

sausage
bacon
ham

CHEESE

mozzarella feta
cheddar swiss

VEGGIES

artichokes roasted
broccoli zucchini
peppers & onions spinach red peppers



FRUIT

FRESH FRUIT TRAY

Slices of assorted fresh seasonal fruit beautifully displayed.

SMALL

\$39.99, serves 8-15

MEDIUM

\$54.99, serves 15-30

LARGE

\$69.99, serves 30-45

FRESH FRUIT SALAD

Assorted fruit cut into bite sized pieces, served in a bowl.

SMALL

\$29.99, serves 8-12

MEDIUM

\$49.99, serves 12-24

LARGE

\$59.99, serves 25-40

GREEK YOGURT BAR

\$8.99 each. Minimum order 10 people.

Toppings include chocolate chips, coconut flakes, strawberry topping, and granola.

ADDITIONAL TOPPINGS

.99¢ per person

Graham Crackers

Peanuts

Dried Cranberries

Cinnamon Toast Crunch

Sliced Almonds

Seasonal Berries \$3.99/ea.

BAGELS & MUFFINS

BAGEL & MUFFIN TRAY

Served with cream cheese.

SMALL

\$30 (12 pieces)

MEDIUM

\$59 (24 pieces)

LARGE

\$89 (36 pieces)

DOZEN BAGELS & CREAM CHEESE

Assorted bagels served with cream cheese. \$22

MUFFINS

\$30 (12 pieces)

**additional pastries available upon request*