

Catering



ORDERING MADE EASY

CALL or EMAIL to ORDER

(585) 254-0078 | effortlesslyhealthy@gmail.com

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 TO SPEAK WITH A CATERER

to complete your order.

5

YOUR ORDER WILL BE READY

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

48 HOUR NOTICE | CLOSED SATURDAY



EGG BREAKFAST BAR

Minimum order of \$150 for breakfast orders. Contact us for custom breakfast orders.

SILVER

Choice of one egg, one potato, one protein
\$9.99 per person

POTATOES

\$19.99, serves 8-10

ROASTED POTATOES VG

SWEET POTATOES VG

GOLD

Choice of one egg, one potato, two proteins
\$10.99 per person

PROTEINS

\$2.99 per person (2 pieces per person)

TURKEY SAUSAGE **PORK SAUSAGE**

BACON

EGG BAKES

Small \$29.99, serves 6-8

Large \$54.99, serves 10-12

HAM & SWISS

with or without broccoli

HAM, ZUCCHINI & CHEDDAR

PORK SAUSAGE, PEPPERS, ONION & MOZZARELLA

BACON & CHEDDAR

SCALLION, TOMATO & SPINACH

with cheddar

CAPRESE V

tomatoes, basil, mozzarella
& balsamic reduction

SPINACH, ZUCCHINI V & MUSHROOM

with asiago cheese

MEDITERRANEAN V

with roasted red peppers,
feta, artichokes & pesto

MAKE YOUR OWN EGG BAKE

Choose 3 toppings

CHEESE:

mozzarella feta
cheddar swiss

VEGGIES:

artichokes spinach tomato
mushrooms broccoli zucchini
peppers & onions roasted red peppers

MEATS:

sausage
bacon
ham

Additional veggies/cheese \$.99 per person. Additional meat \$1.99 per person.



BREAKFAST

FRESH FRUIT TRAY

Slices of assorted fresh seasonal fruit beautifully displayed.
Served with raspberry yogurt dipping sauce.

SMALL \$39.99 serves 8-15	MEDIUM \$54.99 serves 15-20	LARGE \$69.99 serves 20-25
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FRESH FRUIT SALAD

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

SMALL \$29.99 serves 8-12	LARGE \$59.99 serves 20-40
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GREEK YOGURT PARFAIT BAR

\$6.99 per person. Minimum order 10 people.
Toppings include chocolate chips, coconut flakes, granola, and craisins.

ADDITIONAL TOPPINGS

Sliced Almonds .99¢ per person
Seasonal Berries \$4.99 per person

BREAKFAST SWEETS

MUFFIN TRAY

SMALL \$26 (8 pieces)	MEDIUM \$51 (16 pieces)	LARGE \$75 (24 pieces)
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BREAKFAST SWEETS TRAY

An assortment of danish, breakfast cakes, muffins and croissants.
All items cut in half.

SMALL \$39 (15 pieces)	MEDIUM \$59 (23 pieces)	LARGE \$79 (34 pieces)
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LUNCH PACKAGES

For packages of 22+ call us for custom packages

SMALL

Serves 8-12
(includes 8 wraps or sandwiches, cut in half)
\$124.99

MEDIUM

Serves 14-18
(includes 14 wraps or sandwiches, cut in half)
\$169.99

LARGE

Serves 18-22
(includes 18 wraps or sandwiches, cut in half)
\$239.99

Choose 3-5 wrap or sandwich selections.
Includes choice of side salad, chips, & cookie, protein ball, or rice crispy (1 per person).

BOX LUNCHES

\$10.99 per person, in a box.
\$9.99 per person, deconstructed.

Minimum order 10 people for delivery.

Includes one wrap or sandwich, chips, & cookie.

See wraps & sandwiches for options.

INDIVIDUAL SALADS

\$10.99 includes bag of chips.

APPLE & CRANBERRY
SUNFLOWER CAESAR

HOUSE SALAD
CHEF SALAD

PEAR & GORGONZOLA
GARDEN SALAD

Add 3 oz chicken or tofu for \$4.99 per person.
Add a cookie, rice crispy or protein ball for \$.99 per person.

SWEETS

CHOCOLATE CHIP COOKIES

A la carte \$1.50
1 **DOZEN** \$14.99
2 **DOZEN** \$24.99
3 **DOZEN** \$34.99

PROTEIN BALLS

\$1.00 each
Birthday cake
Chocolate chip

PROTEIN TRUFFLES

\$2.00 each
Chocolate chip peanut butter
Almond Joy



WRAPS & SANDWICHES

GLUTEN-FREE sandwich option +\$1.99.

we recommend these items being made as a wrap only

BASIL PESTO CHICKEN SALAD

with fresh white meat chicken & basil pesto aioli

BUFFALO CHICKEN*

with scallions, celery & carrots tossed in buffalo sandwich sauce

CAPRESE CHICKEN*

with basil pesto, mozzarella, tomatoes & balsamic reduction

CHICKEN, BACON & AVOCADO*

with fresh avocado pulp, roasted red peppers & bacon

CHICKEN CAESAR*

with tomatoes, bacon, asiago & Caesar dressing

CHICKEN SALAD

with carrots & celery tossed in house aioli

OUR #1 SELLER

CHICKEN WALDORF

with cranberries, celery, scallions & almonds

CURRY CHICKEN WALDORF

with cranberries, celery, scallions, almonds & curry aioli

DILL CHICKEN WALDORF

with cranberries, celery, scallions, almonds & dill aioli

HAM & SWISS

with ham, Swiss cheese, mayo, tomato & red onion

PESTO CHICKEN*

with roasted red peppers, artichokes, feta & pesto

TUNA SALAD

traditional tuna salad, with carrots, celery & scallions

TURKEY BLT

with turkey, bacon, swiss, tomato, red onion & mayo

TURKEY & SWISS

with lettuce, tomato, red onion & honey mustard aioli

VEGETARIAN | VEGAN

BUFFALO TOFU* VG

with scallions, celery & carrots tossed in buffalo sandwich sauce

CAPRESE TOFU* V

with basil pesto, mozzarella, tomatoes & balsamic reduction

CHICKPEA WALDORF V

with cranberries, celery, scallions & almonds

CUCUMBER, TOMATO & HUMMUS VG

homemade hummus topped with cucumber & tomato

MEDITERRANEAN HUMMUS VG

homemade hummus topped with roasted red peppers & artichokes

PESTO VEGGIE* V

with roasted red peppers, artichokes, feta & pesto



SALADS/SIDES

All salads are vegetarian. Vegan are marked VG.

SMALL

\$29.99, serves 8-11

LARGE

\$59.99, serves 20-40

APPLE & CRANBERRY

with romaine, spring mix, apples, cranberries, sliced almonds & sunflower seeds, served with apple cider vinaigrette

FRESH FRUIT **VG**

a variety of seasonal fresh fruit

MACARONI

with celery, red onion, carrots & mayo

CAESAR

romaine tossed with bacon, Parmesan & croutons, served with caesar dressing

GARDEN **VG**

with romaine, spring mix, croutons, tomatoes, cucumbers & matchsticks, served with choice of ranch or balsamic dressing

PEAR & GORGONZOLA

with romaine, spring mix, pears, sunflower seeds, cranberries, gorgonzola, apple cider vinaigrette

CAPRESE

with romaine, spring mix, tomatoes & mozzarella, drizzled with basil pesto & balsamic reduction, served with balsamic vinaigrette

GREEK

with romaine, spring mix, feta, cucumber, tomato & red onion, served with greek dressing

SUNFLOWER CAESAR

with romaine, croutons, asiago cheese, sunflower seeds & tomatoes, served with Caesar dressing

CLASSIC ITALIAN **VG**

with romaine, spring mix, chickpeas, tomato, cucumber & carrots, served with italian dressing

GREEK PASTA SALAD

pasta tossed with roasted red peppers, artichokes, feta & Greek dressing

TACO

with romaine, red onion, tomatoes, corn, black beans & cheddar cheese, served with taco ranch dressing

CUCUMBER DILL

cucumbers tossed in homemade dill tzatziki

HOUSE

with romaine, spring mix, roasted red peppers, artichokes, feta cheese & choice of balsamic or pesto

TOMATO & CUCUMBER **VG**

tossed in balsamic

SUN CHIPS or LAYS CHIPS



A LA CARTE WRAP & SANDWICH PLATTERS

SMALL

Serves 8-11

8 wraps or sandwiches

\$59.99

MEDIUM

Serves 14-18

14 wraps or sandwiches

\$89.99

LARGE

Serves 18-22

18 wraps or sandwiches

\$114.99

All wraps and sandwiches cut in half.

FAMILY STYLE DELI PLATTER

Platters served with turkey, ham, swiss cheese, provolone cheese, lettuce, tomato, onion, sandwich bread, mayonnaise, honey mustard aioli & yellow mustard.

Option 1

Includes Sun Chips, \$10.99 per person

Option 2

Includes Sun Chips & cookie, \$11.99 per person

Option 3

Includes Sun Chips, cookie, choice of side salad, \$12.99 per person

Minimum order 10 people.



HEALTHY TRASH PLATE™ BUFFET

Please let us know if you have an egg allergy

DROP OFF CATERING MENU

Minimum order 10 people

1 meat, 2 toppings, \$13 per person

Most popular combinations:

- 1. Bacon & Avocado*
- 2. Roasted Red Peppers & Avocado*
- 3. Meat Hot & Avocado*
- 4. Meat Hot & Bacon*
- 5. Roasted Red Peppers & Artichokes*

All plates are dairy free and gluten-free. Plates can be made vegan if needed.

MEATS

Add additional meats for \$4.99 per person

Burger
Chicken
Tofu

ADD-ONS

Add-on additional items per person

Bacon \$1.99
Meat Hot Sauce \$1.99
Roasted Red Peppers \$.99
Artichokes \$.99
Fresh Avocado \$.99
Peppers & Onions \$.99

Includes: Sweet Potatoes, Coleslaw, Avocado Sauce, Plates, Utensils & Napkins.

FOOD TRUCK INQUIRIES

Call us at (585) 254-0078
or email EFFORTLESSLYHEALTHY@GMAIL.COM
Food truck rental fees apply. Minimum order 50 people.



PRIX FIXE BUFFET MENU

CHICKEN FRENCH BAR

\$13.95 per person

Choice of one side:

Roasted Garlic Potatoes, Mashed Potatoes or Pasta

Includes:

Classic Italian Salad, Rolls & Butter

ITALIAN PARMESAN BAR

\$13.95 per person

Choice of:

Chicken Parmesan or Eggplant Parmesan

Choice of one side:

Roasted Garlic Potatoes, Mashed Potatoes or Pasta

Includes:

Classic Italian Salad, Rolls & Butter

ITALIAN PASTA & MEATBALL BAR

\$11.95 per person (2 meatballs per person)

Includes:

Classic Italian Salad, Rolls & Butter

Minimum order 10 people. No Substitutions.

PRIX FIXE BUFFET MENU

TACO BAR

\$12 per person (3 tacos per person)

Choice of One Protein:

Pulled Chicken, Beef or Refried Beans

Served with:

Spanish Rice, Lettuce, and Flour or Gluten Free Tortillas

Choose four accompaniments:

*Black Beans, Cheddar Cheese, Corn, Fresh Tomatoes,
Onion, Salsa, Sour Cream*

Add on:

Fajita Vegetables \$1.99 per person

Avocado \$1.99 per person

Extra Romaine to make taco salad \$.99 per person

CHICKEN GYRO BAR

\$12.95 per person

Served with:

Marinated Greek Chicken or Tofu

Includes:

*Cucumber, Tomatoes, Red Onion, Tzatziki,
Feta, Pita Bread & Greek Salad*

GREEK TURKEY BURGER BAR

\$12.95 per person

Served with:

Turkey Burger, Feta Cheese, Tzatziki, Roasted Red Peppers, Lettuce, Red Onion

Includes:

Greek Salad & Hard Rolls

Minimum order 10 people. No Substitutions.

PRIX FIXE BUFFET MENU

FAJITA BAR

\$12.95 per person

Served with: Choice of Fajita Chicken or Tofu

Includes: Rice, Sautéed Peppers and Onions, Sour Cream, Cheddar Cheese, Tortilla Shells & Taco Salad

LOADED POTATO BAR

\$12.95 per person

Served with: Vegetarian Chili

Choice of Mashed Potatoes or Salt Potatoes

Includes Toppings: Sour Cream, Cheddar Cheese, Scallions

Includes: Taco Salad

APRICOT CHICKEN BAR

\$13.95 per person

Served with: Choice of Mashed Potatoes, Brown Rice, Roasted Broccoli or Roasted Cauliflower

Includes: Choice of Salad

MAKE YOUR OWN SALAD BAR

\$12.95 per person

Choose five toppings:

Tomatoes, Cucumber, Red Onion, Carrots, Broccoli, Corn, Black Beans, Scallions, Sunflower Seeds, Roasted Red Peppers, Artichokes, Feta Cheese, Dried Cranberries

Includes: Romaine and Spring Mix

Choice of two dressings:

Greek, Ranch, Balsamic, Raspberry Vinaigrette, Caesar, Italian

Served with:

Croutons, Rolls & Butter

Add on: Chicken or Tofu \$4.99 per person

Minimum order 10 people. No Substitutions.



ORDER TODAY FOR YOUR NEXT EVENT!

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WWW.EHMEALS.COM

