



## 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

### BACON & CHEDDAR

### HAM, ZUCCHINI & CHEDDAR

### SCALLION, TOMATO & SPINACH

with cheddar

### CAPRESE

tomatoes, basil, mozzarella & balsamic reduction

### MEDITERRANEAN

with roasted red peppers, feta, artichokes & pesto

### PORK SAUSAGE, PEPPERS, ONION & MOZZARELLA

## 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

### 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

## GREEK YOGURT PARFAIT BAR

\$6.99 per person. Minimum order 10 people.

Toppings include chocolate chips, coconut flakes, granola, and raisins.

### ADDITIONAL TOPPINGS

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

## 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.

Includes one wrap or sandwich, chips, & cookie.  
See wraps & sandwiches for options.

### INDIVIDUAL SALADS

\$10.99 includes bag of chips.

APPLE & CRANBERRY **V** HOUSE SALAD **V** GARDEN SALAD **VG** SUNFLOWER CAESAR **V**

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

### CURRY CHICKEN WALDORF

with cranberries, celery, scallions, almonds & curry aioli

### TURKEY BLT

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

### DILL CHICKEN WALDORF

with cranberries, celery, scallions, almonds & dill aioli

### TURKEY & SWISS

with lettuce, tomato, red onion & honey mustard aioli

### BUFFALO CHICKEN\*

with scallions, celery & carrots tossed in buffalo sandwich sauce

### HAM & SWISS

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

VEGETARIAN | VEGAN

### CHICKEN CAESAR\*

with tomatoes, bacon, asiago & Caesar dressing

### PESTO CHICKEN\*

with roasted red peppers, artichokes, feta & pesto

### BUFFALO TOFU\* **VG**

with scallions, celery & carrots tossed in buffalo sandwich sauce

### CHICKEN SALAD

with carrots & celery tossed in house aioli

### TUNA SALAD

traditional tuna salad, with carrots, celery & scallions

### CHICKPEA WALDORF **V**

with cranberries, celery, scallions & almonds

OUR #1 SELLER

### CHICKEN WALDORF

with cranberries, celery, scallions & almonds

### TUNA FISH

Traditional tuna fish salad with red onion & celery

### CUCUMBER, TOMATO & HUMMUS **VG**

homemade hummus topped with cucumber & tomato



# Catering

## ORDERING MADE EASY

CALL or EMAIL to ORDER

(585) 254-0078 | [effortlesslyhealthy@gmail.com](mailto: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



# 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

### CAESAR

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

### CAPRESE

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

### CLASSIC ITALIAN VG

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

### HOUSE

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

### FRESH FRUIT VG

a variety of seasonal fresh fruit

### GARDEN VG

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

### GREEK

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

### GREEK PASTA SALAD

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

### TOMATO & CUCUMBER VG

tossed in balsamic

### MACARONI

with celery, red onion, carrots & mayo

### CUCUMBER DILL

cucumbers tossed in homemade dill tzatziki

### SUNFLOWER CAESAR

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

### TACO

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



# 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

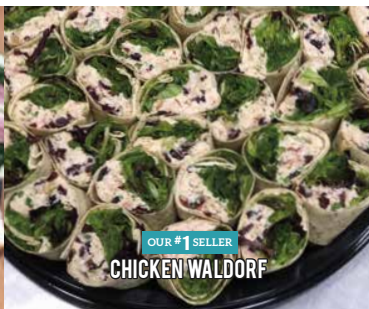
Peppers & Onions \$.99

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

## FOOD TRUCK INQUIRIES

Call us at (585) 254-0078 WWW.EHMEALS.COM/FOODTRUCK

Food truck rental fees apply. Minimum order 50 people



# 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.

# PRIX FIXE BUFFET MENU

## 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

# PRIX FIXE BUFFET MENU

## TACO BAR

\$12.95 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

(vegan and gluten free available)

## HEALTHY NACHO BAR

\$12.95 per person

Choice of beefy chili or vegetarian chili

Served with: Corn tortilla chips

Choose four accompaniments:

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

(vegan and gluten free available)

## 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

## 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

## GRILLED BURGER BAR

\$12.95 per person

Choice of Chicken, Turkey Burger, Garden Burger or Beef Burger

Choice of two side salads

Includes rolls and condiments

## 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.

WE ARE ABLE TO CUSTOMIZE MENUS FOR YOUR NEEDS  
PLEASE CONTACT YOUR CATERING SALES SPECIALIST TO CREATE YOUR PERFECT MENU!