



# CATERING

EATFLYFUEL.COM

## BUNDLES

### GAME NIGHT FAVS

SERVES 12-16

1 PLATTER OF ASSORTED WRAPS, 2 CAULIFLOWER PIZZAS, 1 SALAD OF YOUR CHOICE, AND 1 TRAY OF SWEET POTATOES WEDGES WITH A SIDE OF FLYSAUCE \$275

### SPRING MIX

SERVES 12-16

1 SALAD OF YOUR CHOICE, 1 PLATTER OF ASSORTED WRAPS, AND 1 FRUIT PLATTER \$245

### FAMILY HARVEST

SERVES 16-18

1 AUTUMN PLATTER, 1 OVEN ROASTED SALMON PLATTER, AND 2 SALADS OF YOUR CHOICE \$295



## SMOOTHIES

### MINI SMOOTHIE TRAY

SERVES 12  
\$69.95

### 16OZ SMOOTHIE TRAY

SERVES 12  
\$118.95



## SALADS

SERVES 12-16

### KALE CAESAR

KALE, ROMAINE, PARMESAN, SUNFLOWER SEED, CHOPPED EGG, TURKEY BACON, HOMEMADE CROUTONS, LEMON SQUEEZE, CAESAR DRESSING \$71.95

### SESAME CRUNCH

KALE, ROMAINE, BROCCOLI, CUCUMBER, CARROT, CABBAGE, AVOCADO, SESAME, TOASTED ALMONDS, CRUNCHY NOODLES, SOY PEANUT DRESSING \$71.95

### MYKONOS

ROMAINE, SPINACH, WARM QUINOA, CRUNCHY CHICKPEAS, MINT, CUCUMBER, CHERRY TOMATO, RED ONION, GREEK SEASONING, PITA CHIPS, FETA, LEMON DRESSING \$71.95

## WRAPS

SERVES 12-16

### ASSORTED WRAP PLATTER

AN ASSORTMENT OF OUR BEST-SELLING WRAPS OR INDIVIDUALLY SELECTED WRAP PLATTERS, AND SAUCES ON THE SIDE

CHICKEN CAESAR, FALA-FUEL, CHICKEN AVO, TUNA SALAD, OR ROASTED SALMON, SERVED ON A WHOLE WHEAT WRAP SERVES 12-16 \$119.95



## DESSERTS

SERVES 10

### GLUTEN FREE COOKIE PLATTER

10-PACK CHOCOLATE CHIP COOKIES \$31.50

## CHOOSE A SIDE

SERVES 4-6	
WILD RICE	\$24.95
WARM QUINOA	\$29.95
BLACK LENTILS	\$24.95

SERVES 10-12	
SWEET POTATOES WEDGES TRAY	\$50.95

SERVES 4-6	
SWEET POTATOES BOWL	\$24.95
BROCCOLI	\$29.95
BRUSSELS	\$35.95

## PROTEIN

SERVES 12-16

### ROASTED CHICKEN PLATTER

OVEN ROASTED CHICKEN BREAST SEASONED WITH GARLIC, MARJORAM, PARSLEY, AND ROSEMARY \$64.95

### ROASTED SALMON PLATTER

OVEN ROASTED SALMON SERVED MEDIUM GARNISHED WITH LEMON WEDGES \$89.95

## CAULIFLOWER PIZZAS

SERVES 8

### HOT HONEY TRUFFLE

BURRATA, MOZZARELLA, HOT HONEY, TRUFFLE, RED PEPPER FLAKES, BASIL, WHITE SAUCE \$20.95

### PESTO

SUN DRIED AND CHERRY TOMATO, MOZZARELLA, GOAT CHEESE, PESTO, ARUGULA, HONEY BALSAMIC DRIZZLE \$20.95

### BIANCO

ROASTED CHICKEN, KALE, ROASTED MUSHROOM, WHITE SAUCE, MOZZARELLA, HONEY BALSAMIC DRIZZLE \$21.95

### VEGAN VEGGIE

VEGAN CAULIFLOWER CRUST, TOMATO SAUCE, VEGAN MOZZARELLA, ROASTED TOMATO, RED ONION, BROCCOLI, MUSHROOMS, GARLIC \$18.95

### THE ORIGINAL

CHERRY TOMATO, MOZZARELLA, PARMESAN, TOMATO SAUCE, WILD ARUGULA, OLIVE OIL \$16.95





LET US KNOW  
WHAT YOU  
THINK!



MIDTOWN

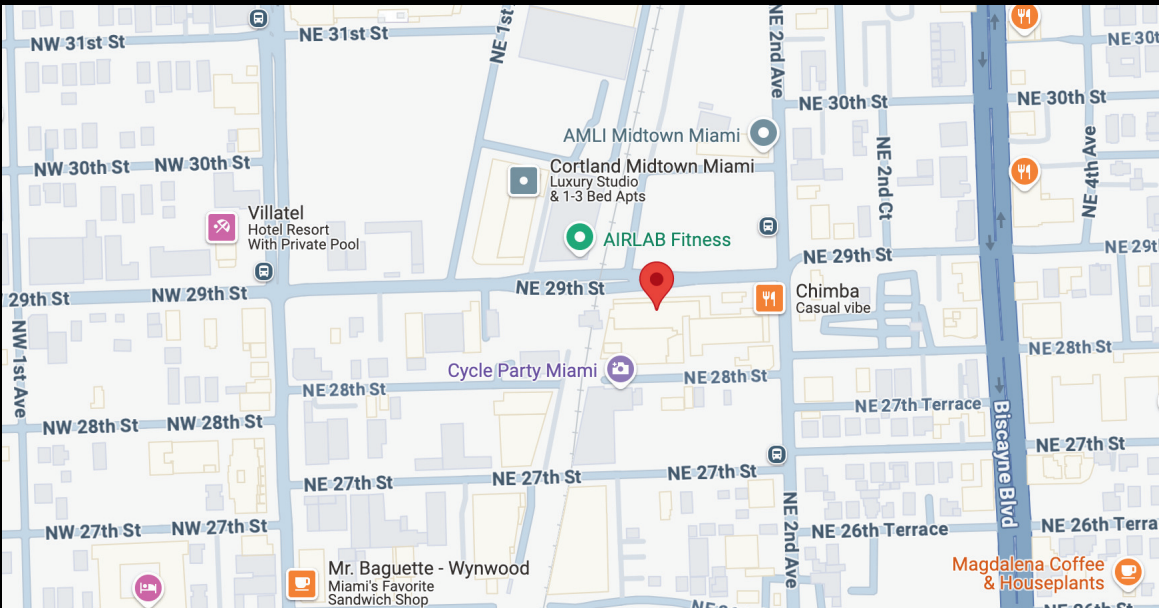


AVENTURA

# OUR LOCATIONS

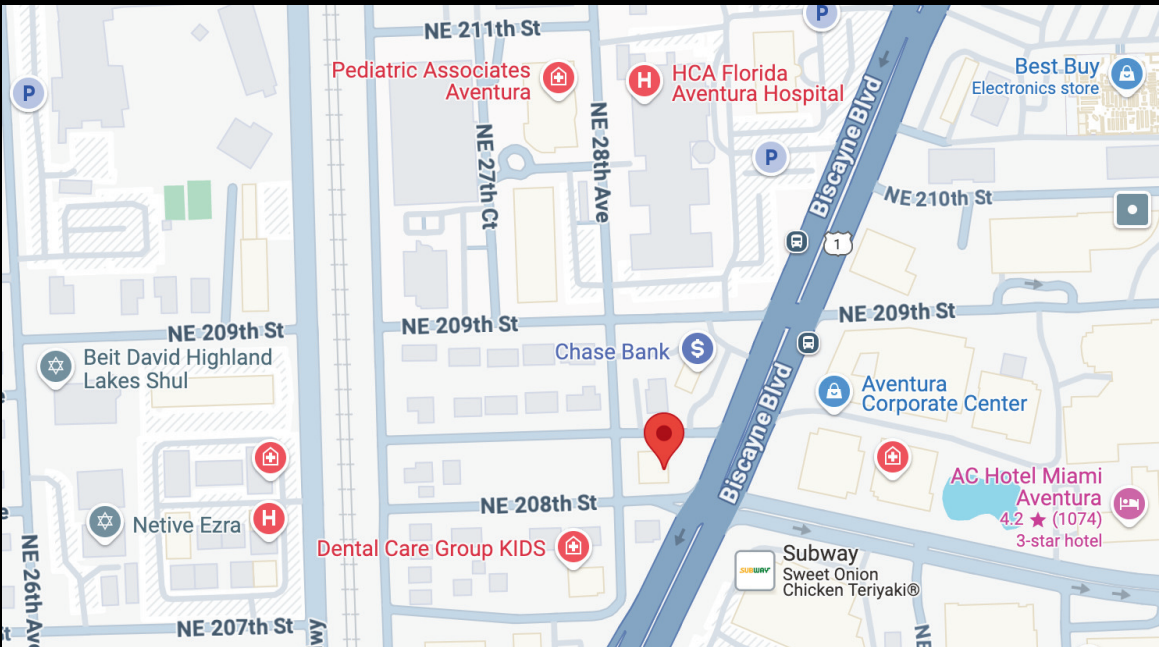
## MIDTOWN

154 NE 29TH ST, MIAMI, FL 33137



## AVENTURA

20804 BISCAYNE BLVD, AVENTURA, FL 33180



FREE SMOOTHIE WHEN YOU  
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