



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 ✨ ✨ *New!*

SERVES 16-18

1 PROTEIN PLATTER (CHICKEN OR SALMON), 1 GRAIN TRAY (QUINOA OR WHITE RICE), 1 SALAD TRAY, 1 ROASTED VEGETABLE TRAY, AND A FAMILY SIZE FLYSAUCE
\$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

VEGAN ARTICHOKE ✨ ✨ *New!*

HOMEMADE PESTO SAUCE, VEGAN MOZZARELLA, ROASTED ARTICHOKE, RED ONION, MUSHROOMS, ARUGULA, LEMON DRIZZLE
\$18.95

THE ORIGINAL

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



LET US KNOW
WHAT YOU
THINK!



MIDTOWN

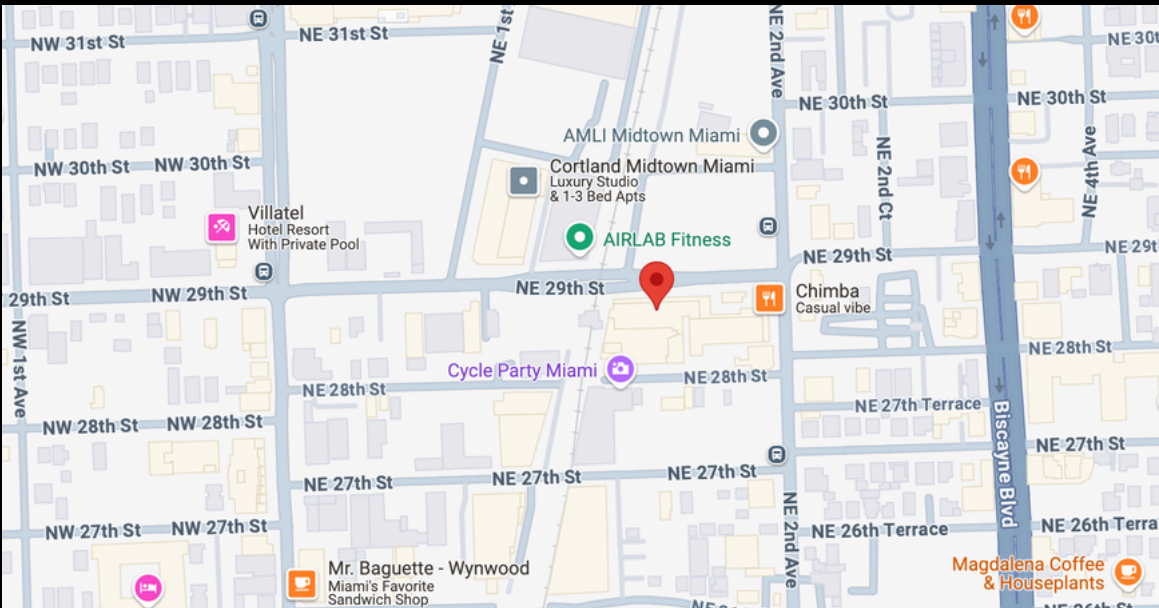


AVENTURA

OUR LOCATIONS

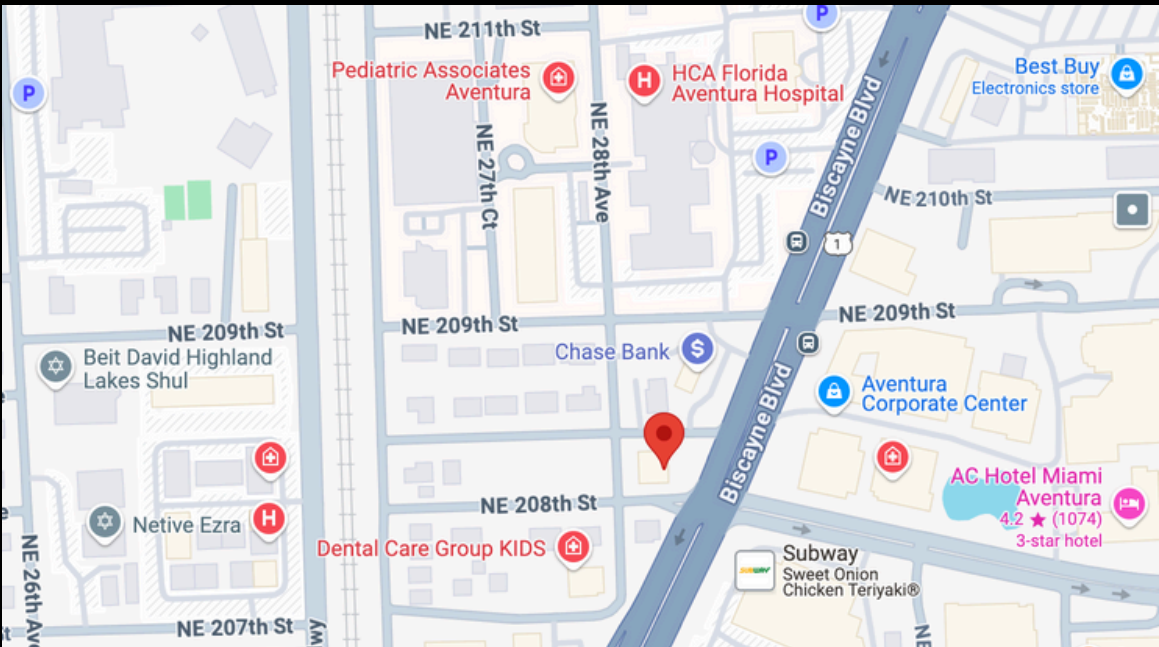
MIDTOWN

154 NE 29TH ST, MIAMI, FL 33137



AVENTURA

20804 BISCAYNE BLVD, AVENTURA, FL 33180



FREE SMOOTHIE WHEN YOU
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