

Real Wholesome Catering

Wholesome Meals Perfectly Proportioned for Special Occasions.

| PROTEIN | PREPARED | SMALL (FEEDS APPX 10-15) | LARGE (FEEDS APPX 20-30) |
|---|--|--|--|
| CHICKEN (BREAST) CUT IN STRIPS | BBQ, FRIED, GRILLED OR BLACKENED | \$50.99 | \$85.99 |
| CHICKEN FAJITAS | GRILLED WITH PEPPERS AND ONIONS AND FAJITA SAUCE | \$60.99 | \$95.99 |
| TOFU | BBQ, FRIED, GRILLED OR BLACKENED | \$48.99 | \$83.99 |
| TOFU FAJITAS | GRILLED WITH PEPPERS AND ONIONS AND FAJITA SAUCE | \$58.99 | \$93.99 |
| TILAPIA FISH | GRILLED, FRIED OR BLACKENED | \$33.99 (10 PC COUNT) | \$65.99 (20 PC COUNT) |
| SALMON | ORIGINAL GRILLED OR BLACKENED | A LA CARTE \$11.99 PER PC | A LA CARTE \$11.99 PER PC |
| VEGETABLES | MIXTURE SQUASH, CARROTS, CELERY, ZUCCHINI | \$40.99 | \$67.99 |
| FRESH FRUIT | SEASONAL FRUIT | \$27.99 | \$55.99 |
| MIXED RICE & BEANS | BROWN RICE AND BLACK BEANS (VEGAN) | \$38.99 | \$65.99 |
| BLACK EYED PEAS | VEGAN (NO MEAT/DAIRY PRODUCT) | \$36.99 | \$62.99 |
| CANDIED YAMS | VEGAN | \$56.99 | \$95.99 |
| GREEN SALAD ASK DRESSING TYPE | SPRING MIX TOMATO, CUCUMBER, SHREDDED CARROTS, ALFALFA SPROUTS & BROCCOLI | \$25.99 | \$43.99 |
| FRIED PLANTAINS | FRIED ONLY | \$40.99 | \$77.99 |
| MAC & CHEESE | DAIRY BASED | \$50.99 | \$96.99 |
| VEGAN MAC & CHEESE | VEGAN (NO DAIRY) | \$67.99 | \$105.99 |

| PROTEIN | PREPARED | SMALL (FEEDS APPX 10-15) | LARGE (FEEDS APPX 20-30) |
|--|---|------------------------------------|------------------------------------|
| COLLARD GREENS | VEGAN (NO MEAT/DAIRY PRODUCT) | \$38.99 | \$65.99 |
| PEASE & RICE | VEGAN (NO MEAT/DAIRY PRODUCT) WHITE RICE BASED & GREEN PIGEON PEAS | \$48.99 | \$79.99 |
| RICE | OPTION BROWN RICE, WHITE OR SPANISH | \$30.99 | \$65.99 |
| BLACK BEANS | VEGAN (NO MEAT/DAIRY PRODUCT) | \$35.99 | \$67.99 |
| POTATO SALAD | NOT VEGAN (DAIRY BASED) | \$30.99 | \$65.99 |
| BREAKFAST POTATOES | VEGAN | \$40.99 | \$61.99 |
| SCRAMBLED EGG/TOFU | | \$30.99 | \$58.99 |
| COCKTAIL PATTIES SPINACH OR CABBAGE | | \$23.99 PER DOZEN | N/A |
| COCKTAIL PATTIES REGULAR CHICKEN | | \$22.99 PER DOZEN | N/A |
| COCKTAIL PATTIES FISH | | \$24.99 PER DOZEN | N/A |
| COCKTAIL PATTIES CURRY, BBQ, JERK | | \$25.99 PER DOZEN | N/A |
| COCKTAIL PATTIES SEAFOOD | | \$26.99 PER DOZEN | N/A |

