

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
SPINACH OR CABBAGE PATTIES	10% AFTER ORDERING A DOZEN	\$4.30 PER PATTY	N/A
REGULAR CHICKEN PATTIES	10% AFTER ORDERING A DOZEN	\$4.35 PER PATTY	N/A
CURRY, BBQ, JERK PATTIES	10% AFTER ORDERING A DOZEN	\$4.45 PER PATTY	N/A
SEAFOOD PATTIES	10% AFTER ORDERING A DOZEN	\$4.99 PER PATTY	N/A

