



Healthy Options® Catering:

Making It Easier to Eat Healthy at Work!

Raise your fork if you and your co-workers eat a good portion of your meals in the workplace. You're not alone! The Independent Health Foundation's Healthy Options customized catering packages are a great way to help everyone keep healthy eating on track- especially when timing is tight!



Next time you are looking to cater a meeting, try one of these great local restaurants serving Healthy Options!

For a full list of participating restaurants, visit healthyoptionsbuffalo.com.

PRICE KEY

\$: 8 – 10 dollars per person
 \$\$: 10 – 15 dollars per person
 \$\$\$: 15 – 20 dollars per person

RESTAURANT	MENU ITEMS	NUTRITION
<i>Full information is found online.</i>		
Balanced Body Foods 4685 Transit Rd. Williamsville, New York 14221 (716) 508-PLAN www.balancedbodyfoods.com \$	Too many great menu items to list! Never frozen and guaranteed fresh breakfast, lunch, and dinner options to choose from!	
Buffalo Catering Company 325 Tacoma Ave. Buffalo, NY 14216 (716) 873-4000 www.buffalocateringco.com \$\$	Main Options Breakfast Burrito Chicken Caesar Wrap Turkey Wrap Buffalo Tofu Wrap Tuna Salad Wrap Side Options Fruit bowl Cous cous with feta, peanuts, tomatoes, spinach, cucumber Wild Rice with pecans, cucumber, tomatoes Chef salad with greens, carrots, cucumbers, sprouts and tomatoes	324 calories per half 218 calories per half 178 calories per half 266 calories per half 233 calories per wrap 89 calories per ¼ Cup 91 calories per ¼ Cup 145 calories per 2 Tbsp. dressing

RESTAURANT

MENU ITEMS

NUTRITION

Full information is found online.

Chiavetta's Catering

10654 Brant-Angola Road
Brant, NY 14027
(716) 549-1700
www.chiavettascatering.com

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Main Options

BBQ chicken
Baked Chicken with dry seasoning 1/4s

Side Options

Tomato, Pepper and Onion salad
Greek Bowtie Pasta

140 calories per 3 ounces
280 calories per 3 ounces

110 calories per 2/3 Cup
170 calories per ¼ Cup

Fit N Fresh Catering

500 Crosspoint Parkway
Getzville, NY 14068
(716) 860-1031
www.fitnfreshcatering.com

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Main Options

Avocado Chicken Wrap
Tangy Buffalo Chicken Wrap
Organic Greek Hummus Wrap
Green Goddess Salad

Italian Salad

286 calories per half
217 calories per half
221 calories per half
304 calories
per 2 Tbsp. dressing
270 calories
per 2 Tbsp. dressing

Fresh Catch Poke

5933 Main St
Williamsville, NY 14221
(716) 271-7653
www.freshcatchpoke.co

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Build Your Own Bowl

*2 Tbsp. dressing per serving

Signature Bowls

Salmon Bowl
Aloha Og
Chicken Chirashi
Bubba Bowl

560 calories per bowl
450 calories per bowl
440 calories per bowl
620 calories per bowl

Homegrown Kitchen

650 Main St
East Aurora, NY 14052
(716) 714-6028
www.homegrownwny.com

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Salads

Farm Fresh
Yo Caesar
Mama Gaia

Grain Bowls

Curried Away
Cuban Cashew Bowl

506 calories per salad
302 calories per salad
225 calories per salad

413 calories per bowl
526 calories per bowl

Rich's Catering

One Robert Rich Way
Buffalo, NY 14213
(716) 878-8422
www.richscatering.com

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Healthy Start Package

Oatmeal, raisins, pecans, walnuts, Greek yogurt,
hard boiled eggs, fruit salad, coffee, tea

Protein Bento Boxes

Hummus, carrot, celery, cucumber, green beans,
grapes, crackers, peanut butter
Hard Boiled egg, Cheddar Cheese, grapes,
whole wheat crackers, peanut butter

390 calories per box

400 calories per box

RESTAURANT**MENU ITEMS****NUTRITION***Full information is found online.***Rich's Catering, continued**

One Robert Rich Way
Buffalo, NY 14213
(716) 878-8422
www.richscatering.com

\$\$**Salads*****2 Tbsp. dressing per serving**

Spinach Salad
Shaved Farmstand Vegetable Salad
Greek Salad

260 calories
250 calories
240 calories

Sandwiches

Tuna Salad
Hummus
California Tuna

390 calories per sandwich
450 calories per sandwich
420 calories per sandwich

Wraps

Mediterranean Veggie
Tuna Salad
Grilled Veggie
Greek Lemon Chicken
California Tuna

470 calories per wrap
400 calories per wrap
450 calories per wrap
510 calories per wrap
500 calories per wrap

D'Avolio Kitchen

5409 Main Street
Williamsville, NY 14221
(716) 810-9354

\$\$\$**Signature Salads*****served with 2 Tbsp. Vinegar/Oil Mixture**

Classic
Mediterranean
Veggie
Quinoa

350 calories
250 calories
250 calories
280 calories

Signature Pizzas***4 servings per pizza**

Harvest Jewel
Green Goddess
Tuscan

400 calories
390 calories
420 calories

Build Your Own***Endorsed on all menus with an orange heart!****Wegmans Catering**

5275 Sheridan Dr.
Williamsville, NY 14221
(716) 631-4370
www.wegmans.com/parties

\$**Separate order form coming soon!****Sushi**

Lobster Skinny Roll
Rainbow Skinny Roll
Spicy King Salmon Roll
Spicy King Salmon Quinoa Brown Rice Roll
Spicy Tuna Roll
Spicy Tuna Quinoa Brown Rice Bowl
Spicy Wild Salmon Volcano Roll
Tuna California Roll
Tuna California Quinoa Brown Rice Roll
Tuna Tataki Nigiri 6 PC
Tuna Tataki Roll
Valentine Roll
Wild Sockeye Salmon Oshizushi
Wild Sockeye Salmon Roll
Avocado Roll 12 PC
Avocado Cucumber Roll

150 calories
200 calories
350 calories
340 calories
260 calories
250 calories
390 calories
240 calories
230 calories
280 calories
280 calories
270 calories
250 calories
390 calories
420 calories
230 calories

Wegmans Catering, continued

5275 Sheridan Dr.
 Williamsville, NY 14221
 (716) 631-4370
www.wegmans.com/parties

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Sushi, continued

Avocado Cucumber Quinoa Brown Rice Roll	220 calories
Veggie Pack	340 calories
Vegetable Roll	220 calories
Vegetable Roll Quinoa Brown Rice Bowl	210 calories
Spicy Lump Crab Roll	260 calories
Spicy Shrimp Roll	250 calories
America's Favorite	340 calories
King Salmon California Roll	290 calories
King Salmon California Quinoa Brown Rice Roll	280 calories
Kyoto Combo	330 calories
Nigiri 6 PC	300 calories
Rainbow Roll	320 calories
Ahi Tuna Sashimi	120 calories
Deluxe Sashimi Assortment Large	330 calories
King Salmon Tataki Saku Block	250 calories
Sashimi Selection	160 calories
Tuna Tataki Saku Block	150 calories
California Roll	240 calories
Caterpillar Roll	280 calories
Lump Crab Roll	260 calories
Philly Crab Roll	300 calories
Shrimp California Roll	230 calories
Shrimp California Quinoa Brown Rice Roll	220 calories

Soups/Chili

Turkey and Bean Chili	220 calories
White Chicken Chili	240 calories
Lemon Chicken Wild Rice Soup	140 calories

Entree Cores

Grilled Lemon Garlic Boneless Chicken Breast	190 calories
Antibiotic Free Chicken Cutlet	230 calories
Cajun Tilapia w/ Roasted Red Pepper Sauce	250 calories
Chipotle Pork w/ Cherry Tomato Salsa	220 calories

Vegetables and Sides

Green Beans & Roasted Corn	100 calories
Honey Roasted Root Vegetables	90 calories
Pico De Gallo	10 calories
Roasted Butternut Squash	100 calories
Roasted Cauliflower and Delicata Squash	80 calories
Roasted Red Potatoes	120 calories
Roasted Yams	160 calories
Asparagus with Lemon zest	70 calories

Salads

Small Garden Salad	340 calories
Large Garden Salad	660 calories

Veggie Trays

Colorburst veggie trays (small, medium, large)	
Fresh Fruit Bowl	
Sliced Fruit Tray	

RESTAURANT

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Full information is found online.

Giancarlo's

5110 Main St.
Williamsville, NY 14221
(716) 291-0707
www.giancarlossteakhouse.com

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Salads and Sides

Fresh Fruit Platter
Santorini Salad
Quinoa Salad
Grilled Vegetables

Entrees

Grilled Chicken
Blackened Salmon

Dessert

Yogurt, Granola and Berry Parfait

110 calories per ¼ Cup
90 calories per ¼ Cup
150 calories per ½ Cup

180 calories per 4 ounces
240 calories per 4 ounces

160 calories

The Cheesecake Guy

(716) 291-0707
www.cheesecakeguyny.com

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Dessert

Lemony Cheesecake Bites

80 calories per slice

