



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
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Full information is found online.

Balanced Body Foods

4685 Transit Rd.
Williamsville, New York 14221
(716) 508-PLAN
www.balancedbodyfoods.com

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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

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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

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 1/4 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

Nutrition Tip of 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

506 calories per salad

302 calories per salad

225 calories per salad

Grain Bowls

Curried Away
Cuban Cashew Bowl

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

Rich's Catering, continued

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

Spinach Salad

Shaved Farmstand Vegetable Salad

Greek Salad

260 calories
per 2 Tbsp. dressing
250 calories
per 2 Tbsp. dressing
240 calories
per 2 Tbsp. dressing

Sandwiches

Tuna Salad
Hummus
California Tuna

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

Wraps

Mediterranean Veggie
Tuna Salad

470 calories per wrap
400 calories per wrap

Ru's Pierogi

295 Niagara St.
Buffalo, NY 14201
(716) 235-8243
www.ruspierogi.com
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Main Options

Ru Turkey Burger Slider with side salad

Chicken Souvlaki and Cheddar Potato Pierogi

Jerk Chicken Pierogis with Pineapple Mango Salsa

Pulled Pork Pierogis with Citrus Asian Slaw

499 calories
Per 1 slider
4 ounce salad
490 calories
per 3 pierogis
½ Cup chicken
4 ounce tomato salad
2 Tbsp. sauce
370 calories
per 3 pierogis
2 ounce chicken
0.25 Cup salsa
380 calories
Per 3 pierogis
½ Cup slaw

Wegmans Catering

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

MENU ITEMS

NUTRITION

Full information is found online.

Giancarlo's

5110 Main St.
Williamsville, NY 14221
(716) 650-5566

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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

The Cheesecake Guy

1234 Main St.
Williamsville, NY 14221
(716) 291-0707
www.cheesecakeguyny.com

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Dessert

Lemony Cheesecake Bites

80 calories per slice

