



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>
<p>Balanced Body Foods 4685 Transit Rd. Williamsville, New York 14221 (716) 508-PLAN www.balancedbodyfoods.com \$</p>	<p>Too many great menu items to list! Never frozen and guaranteed fresh breakfast, lunch, and dinner options to choose from!</p>	
<p>Buffalo Catering Company 325 Tacoma Ave. Buffalo, NY 14216 (716) 873-4000 www.buffalocateringco.com \$\$</p>	<p>Main Options Breakfast Burrito Chicken Caesar Wrap Turkey Wrap Buffalo Tofu Wrap Tuna Salad Wrap</p> <p>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</p>	<p>324 calories per half 218 calories per half 178 calories per half 266 calories per half 233 calories per wrap</p> <p>89 calories per ¼ Cup 91 calories per ¼ Cup 145 calories per 2 Tbsp. dressing</p>

Chiavetta's Catering

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

\$

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

\$\$

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

\$\$\$

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

\$\$

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

\$\$

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

Ru's Pierogi

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

\$\$

Main Options

Ru Turkey Burger Slider with side salad

499 calories

Per 1 slider
4 ounce salad

Chicken Souvlaki and Cheddar Potato Pierogi

490 calories

per 3 pierogis
½ Cup chicken
4 ounce tomato salad
2 Tbsp. sauce

Jerk Chicken Pierogis with Pineapple Mango Salsa

370 calories

per 3 pierogis
2 ounce chicken
0.25 Cup salsa

Pulled Pork Pierogis with Citrus Asian Slaw

380 calories

Per 3 pierogis
½ Cup slaw

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

\$

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

\$\$\$**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 $\frac{3}{4}$ Cup**90 calories** per $\frac{1}{4}$ Cup**150 calories** per $\frac{1}{2}$ Cup**180 calories** per 4 ounces**240 calories** per 4 ounces**160 calories****The Cheesecake Guy**

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

\$\$**Dessert**

Lemony Cheesecake Bites

80 calories per slice**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!**