



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) 508PLAN 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) 8734000 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</p> <p>89 calories 91 calories 117 calories</p>

RESTAURANT

MENU ITEMS

NUTRITION

Full information is found online.

Chiavetta's Catering

10654 Brant-Angola Road
Brant, NY 14027
(716) 5491700
www.chiavettascatering.com

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Main Options

BBQ chicken 1/4s
Baked Chicken with dry seasoning 1/4s

140 calories

280 calories

Side Options

Tomato Pepper and Onion salad
Greek Bowtie Pasta

110 calories

170 calories

Fit N Fresh Catering

500 Crosspoint Parkway
Getzville, NY 14068
(716) 8601031
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

270 calories

Dessert Option

Organic Energy Bars

200 calories

Fresh Catch Poke

5933 Main St
Williamsville, NY 14221
(716) 2717653
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

450 calories

440 calories

620 calories

Homegrown Kitchen

650 Main St
East Aurora, NY 14052
(716) 7146028
www.homegrownwny.com

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Salads

Farm Fresh
Yo Caesar
Mama Gaia

506 calories

302 calories

225 calories

Grain Bowls

Curried Away
Cuban Cashew Bowl

413 calories

526 calories

Rich's Catering

One Robert Rich Way
Buffalo, NY 14213
(716) 8788422
www.richscatering.com

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Healthy Start

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
Hard Boiled egg, cottage cheese, almonds,
whole wheat crackers, apple slices

390 calories

400 calories

410 calories

Rich's Catering, continued

One Robert Rich Way
Buffalo, NY 14213
(716) 8788422
www.richscatering.com

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Salads

Spinach Salad	260 calories
Shaved Farmstand Vegetable Salad	250 calories
Greek Salad	240 calories

Sandwiches

Tuna Salad	390 calories
Hummus	450 calories
California Tuna	420 calories

Wraps

Mediterranean Veggie	470 calories
Tuna Salad	400 calories
Grilled Veggie	450 calories
Greek Lemon Chicken	510 calories
California Tuna	500 calories

Ru's Pierogi

295 Niagara St.
Buffalo, NY 14201
(716) 2358243
www.ruspierogi.com

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Main Options

Ru Turkey Burger Slider with side salad	499 calories
Chicken Souvlaki and Cheddar Potato Pierogi	490 calories
Jerk Chicken Pierogis with Pineapple Mango Salsa	370 calories
Pulled Pork Pierogis with Citrus Asian Slaw	380 calories
Flank Steak and Goat Cheese Pierogis	320 calories

Wegmans Catering

5275 Sheridan Dr.
Williamsville, NY 14221
(716) 6314370
www.wegmans.com/parties

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Separate order form coming soon!

Sushi

Lobster Skinny Roll	150 calories
Rainbow Skinny Roll	200 calories
Spicy King Salmon Roll	350 calories
Spicy King Salmon Quinoa Brown Rice Roll	340 calories
Spicy Tuna Roll	260 calories
Spicy Tuna Quinoa Brown Rice Bowl	250 calories
Spicy Wild Salmon Volcano Roll	390 calories
Tuna California Roll	240 calories
Tuna California Quinoa Brown Rice Roll	230 calories
Tuna Tataki Nigiri 6 PC	280 calories
Tuna Tataki Roll	280 calories
Valentine Roll	270 calories
Wild Sockeye Salmon Oshizushi	250 calories
Wild Sockeye Salmon Roll	390 calories
Avocado Roll 12 PC	420 calories
Avocado Cucumber Roll	230 calories
Avocado Cucumber Quinoa Brown Rice Roll	220 calories
Veggie Pack	340 calories
Vegetable Roll	220 calories

Wegmans Catering, continued

5275 Sheridan Dr.
 Williamsville, NY 14221
 (716) 6314370
www.wegmans.com/parties

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Sushi, continued

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

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Full information is found online.

Giancarlo's

5110 Main St.
Williamsville, NY 14221
(716) 6505566

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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) 2910707
www.cheesecakeguyny.com

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Dessert

Lemony Cheesecake Bites

80 calories

