

DESSERTS

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
Assorted Dessert Platter	\$ 30.00	\$ 60.00
Cookie Platter	\$ 15.00	\$ 30.00
Ice Cream Bar (Choose 2 Flavor of Ice cream & Assorted Toppings)	\$ 40.00	\$ 75.00
Persian Ice Cream	\$ 40.00	\$ 75.00
Cool Beads	\$ 50.00	\$ 100.00

BEVERAGES

SMALL serves 8-10 people
LARGE serves 16-20 people

	Price
20oz Water, Soda, & Tea	\$ 2.50
2 Liter Soda	\$ 6.00
1/2 Gallon Doogh (Mint Flavored Yogurt Water)	\$ 10.00

**ANY EVENT,
BIG OR SMALL...
WE CATER!
IT'S THAT SIMPLE!**

**\$100 MINIMUM ORDER.
10% DELIVERY FEE.
48 HOUR NOTICE APPRECIATED.**

Healthy 
Meal Creations
a catering company

**SIMPLE
&
FRESH**



(636) 278 0739



info@healthymealcreations.com

APPETIZERS & SIDES

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
Fresh Fruit Tray	\$ 40.00	\$ 65.00
Cheese & Cracker Tray	\$ 40.00	\$ 65.00
Veggie Tray	\$ 35.00	\$ 60.00
Toasted Ravioli	\$ 35.00	\$ 60.00
Boneless Wings	\$ 40.00	\$ 75.00
Chicken Tenders	\$ 40.00	\$ 75.00
Mac & Cheese	\$ 35.00	\$ 60.00
Pretzel Bites w/ Cheese	\$ 35.00	\$ 60.00
Assorted Chips	\$ 20.00	\$ 40.00
Fries	\$ 30.00	\$ 50.00
Basmati Rice w/ Saffron	\$ 27.50	\$ 50.00
Lavash Bread & Butter Basket	\$ 20.00	\$ 35.00
Maust Khiar (Plain Organic Yogurt Mixed w/ Chopped Persian Cucumber & Mint)	\$ 25.00	\$ 45.00
Maust Mossier (Plain Organic Yogurt Mixed w/ Shallots)	\$ 25.00	\$ 45.00
Hummus Served w/ Warm Pita	\$ 25.00	\$ 45.00
Ghorm Sabzi (Delicious Persian Beef & Bean Stew Loaded w/ Green Herbs)	\$ 60.00	\$ 120.00
Tahdig (Pan Fried Persian Rice w/ Potatoes or Bread)	\$ 12.00	\$ 24.00



SALADS

Your choice of Balsamic vinegar, Ranch,
or Caesar Dressing.

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	Small	Large
HMC Favorite Salad (Romaine Lettuce, Cucumber, Feta Cheese, Walnut, Raisins, Onions, Tomatoes)	\$ 25.00	\$ 50.00
Cesar Salad (Romaine Lettuce, Shaved Parmesan, Croutons)	\$ 25.00	\$ 50.00
Shirazi Salad (Finely Diced Tomatoes, Cucumber, Red Onion, Fresh Parsley, Lemon Drizzle)	\$ 25.00	\$ 50.00

BURGERS & WRAPS

All Toppings & Condiments Served
Buffet Style.

Minimum of 10 people	Per Person
Burger Bar (Veggie Burgers Available)	\$ 10.00
Grilled Chicken Kabab Wrap	\$ 10.00
Grilled Chicken Caesar Wrap	\$ 10.00

KABAB SPECIALS

All Specials served w/ Basmati rice
& Saffron, Tomatoes, Onions,
& Lemon Wedges.

	Per Order
Veggie Skewer Combo (2 Mixed Grill Vegetable Kababs)	\$ 14.00
Koobideh Combo (1 Skewer of Charbroiled Seasoned Ground Beef & 1 Skewer of Chicken Breast)	\$ 20.00
Chicken Breast Kabab Combo (1 Skewer Chicken Kabab)	\$ 16.00
Beef Koobideh (1 Skewer of Charbroiled Seasoned Ground Beef)	\$ 16.00

KABAB BY THE SKEWER

Minimum of 5 each	Per Skewer
Vegetable Kabab	\$ 6.50
Beef Koobideh Kabab	\$ 10.00
Chicken Breast Kabab	\$ 11.50
Bone-in Chicken Kabab	\$ 12.50