DESSERTS

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

Assorted Dessert Platter $30  $60
Cookie Platter $20  $35
Ice Cream Bar $40  $75
(Choose 2 Flavor of Ice cream & Assorted Toppings)
Hershey’s Ice Cream pack $40  $75
(Assorted box of bars, Italian Ice, and Sundae Cups)
Dip N Dots $50  $100
Candy Kababs $65  $120

ANY EVENT:
BIG OR SMALL...
WE CATER!
IT’S THAT SIMPLE!

BEVERAGES

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

20oz Water, Soda, & Tea $4
1/2 Gallon Tea or Lemonade $12
2 Liter Soda $6
Kaldis Coffee Tote $25

$100 MINIMUM ORDER.
10% DELIVERY FEE.

48 HOUR NOTICE APPRECIATED.

SIMPLE & FRESH

(314) 456-8649
Roya@healthymealcreations.com
**APPETIZERS & SIDES**

- **Small** serves 8-10 people  
  **Large** serves 16-20 people
- Fresh Fruit Tray: $40 / $75
- Cheese & Cracker Tray: $40 / $75
- Veggie Tray: $40 / $75
- Toasted Ravioli: $40 / $75
- Boneless Wings: $40 / $75
- Chicken Tenders: $40 / $75
- Mac & Cheese: $35 / $65
- Pretzel Bites w/Cheese: $35 / $65
- Assorted Chips: $25 / $50
- Pasta Salad: $35 / $70

**Healthy Meal Creations**

- **SALADS**
  - Your choice of Balsamic vinegar, Ranch, or Caesar Dressing.
  - **Small** serves 8-10 people  
  **Large** serves 16-20 people
  - HMC Favorite Salad: $35 / $65
    (Field Greens, Cucumber, Provel Cheese, Walnut, Apples, Peppers, Tomatoes)
  - Caesar Salad: $35 / $65
    (Romaine, Shaved Parmesan, Croutons)

**BAR STYLE**

- **Minimum of 10 people**
- **Per Person**
- **BURGER BAR**
  - Protein: Beef, Veggie, Turkey. Select 1
  - Cheese: Cheddar, American, Provolone
  - Toppings: Lettuce, Tomato, Pickles, Onions
  - Condiments: Mayo, Mustard, Ketchup
  - $12

- **SALAD BAR**
  - (Romaine Lettuce, Cucumber, Red Onion, Peppers, Tomatoes, Assorted Cheese, Assorted Nuts, Croutons, Cranberries)
  - Add 1 protein: Chicken, Turkey, Italian, Gyro
  - $10

**BOXED LUNCHES**

- All Boxed Lunches are served with Chips and Fresh Baked Cookies.
- **Minimum of 10 Boxes**
- **Per Box**
  - Wraps: $10
    (Turkey, Teriyaki, Caesar, Buffalo)
  - 6" Subway Sandwiches: $10
    (Italian, Turkey, Ham, Club, BMT)
  - Salads with Protein: $12
    (HMC, Caesar, Build your own)

**BOXED SNACKS**

- **Small** serves 8-10 people  
  **Large** serves 16-20 people
- Assorted Fruit Box: $45 / $90
- Protein Box: $45 / $90
- Veggie Box: $45 / $90

**TACO OR NACHO BAR**

- **Protein**: Beef, Chicken. Select 1
- **Toppings**: Shredded Cheese, Lettuce, Tomato, Jalepenos, Cheese Sauce, Salsa, Sour Cream
- $10