



NEW Healthy Picks Menus!

The following deliciously healthy menus meet the Kaiser Healthy Picks criteria with less fat, less sugars & less calories

\$18.50 per person: Each Healthy Picks Platter Lunch includes an Entrée **AND/OR** Vegetarian Entrée **AND** 2 side salads **AND** a dessert **AND** drinks.

PICK (1) Entrée and/or (1) Vegetarian Entrée

Regular Entrées

Grilled Herb Chicken *142 cal & 64 mg sodium*

Jerk Chicken *119 cal & 112 mg sodium*

Roast Pork Loin *262 cal & 141 mg sodium*

Chimichurri Steak *307 cal & 118 mg sodium*

Grilled Snapper* *237 cal & 231 mg sodium*

**pending market availability*

Veggie Entrées

Squash w/ Red Grapes & Sage *168 cal & 64 mg sodium*

Grilled Polenta & Ratatouille *131 cal & 161 sodium*

Salad Nicoise (Veggie) *168 cal & 69 mg sodium*

Zucchini Roulade *108 cal & 101 mg sodium*

PICK (2) SIDE SALADS for everyone in your group

Seasonal Garden with House Herb Vinaigrette *119 cal & 48 mg sodium*

Kale Caesar *128 cal & 237 mg sodium*

Greek Salad with Tomato, Olive, Mini Bell Pepper, Herbs & Feta *140 cal & 276 mg sodium*

Spinach Salad with Balsamic Vinaigrette *114 cal & 50 mg sodium*

Red Rice Salad with Portobello Mushroom & Kale *78 cal & 149 mg sodium*

Grilled Blue Lake Beans or other Green Veggie *79 cal & 64 mg sodium*

3 Bean Salad *156 cal & 230 mg sodium*

Stuffed Campari Tomatoes with Arugula & Olive *45 & 207 mg sodium*

Wheat Quesadilla with Peppers, Corn, Black Beans & Cheese *159 cal & 145 mg sodium*

Lettuce Wraps – Seasonal Specials *118 cal & 135 mg sodium*

Sliced Fruit Platter *60 cal & 8 mg sodium*

Whole Grain Salad of the Day

- Farro & Quinoa (Gluten-Free) *180 cal & 135 mg sodium*
- Wild Rice & Garden Blend (Gluten-Free) *83 cal & 16 mg sodium*
- Couscous (Contains Wheat/Gluten) *108 cal & 19 mg sodium*
- Bulgur Wheat (Contains Wheat/Gluten) *130 Calories & 71 mg sodium*
- Freekeh (Contains Wheat/Gluten) *180 Calories & 68 mg sodium*



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PICK (1) DESSERT for everyone in your group

Jello Cups *80 cal & 120 mg sodium*

Strawberries with Balsamic Drizzle *35 cal & 2 mg sodium*

Dark Chocolate Dipped Fruit *90 cal & 14 mg sodium*

Mini Angel Food Cake with Dollop of Whipped Cream & Berries *82 cal & 120 mg sodium*

Mini Pavlovas with Berries *40 cal & 10 mg sodium*

Mini Meringue *30 cal & 8 mg sodium*

Beverages

INCLUDE: Fruit Infused Water, Unsweetened Mint, or Fruit Infused Iced Tea and Regular Iced Water

Extras

Crystal Geyser Sparkling Waters & Diet Sodas - \$1.50

Grilled Salmon or Prawns added as Add'l Entrée: \$4.00 per person extra

Grilled Salmon added to a Side Salad: \$2.00 per person extra

Extra Sides Salad - \$3.50 each

HEALTHY SNACK OPTIONS

Kale Chips - \$2.00 per person *106 cal & 120 mg sodium*

Savory Popcorn - \$2.00 per person *55 cal & 97 mg sodium*

Fruit Skewers - \$2.65 per person *60 cal & 8 mg sodium*

Hummus with Veggies - \$3.50 per person *102 cal & 212 mg sodium*

Whole Fruit Basket - \$1.25 per piece *60 cal & 8 mg sodium*



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