



Salads

Mango Salad

Ready to serve. Serves 4

Green Goddess Salad

Ready to serve. Serves 4

Tomato Cucumber Salad

Ready to serve. Serves 4

Bacon Avocado Salad

Ready to serve. Serves 4

Heirloom Caprese Salad

Ready to serve. Serves 4

Cobb Salad

Ready to serve. Serves 4

Pasta Salad

Ready to serve. Serves 4

Lemon Dill Potato Salad

Ready to serve. Serves 4

Custom Salads Available on Request

HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca

Check out our website for more info: www.HealthyNow.ca



Appetizers

Bacon Wrapped Scallops

Nova Scotian sea scallops rubbed with a sweet, spicy rub and wrapped in bacon

Assembled, ready to barbecue. Serves 4

Jalapeno Poppers

Jalapeno peppers wrapped in bacon, stuffed with cream cheese

Assembled, ready to barbecue. Serves 4

Seven Layer Dip

Black beans, avocado, salsa, cream cheese, sharp cheddar and sour cream

Assembled, ready to enjoy. Serves 4

Bruschetta

Fresh tomatoes, feta cheese, basil and olive oil served on whole grain baguette

Fully prepared, just assemble and serve. Serves 4

Stuffed Mushroom Caps

Cream cheese, bacon, cheddar, onion, red pepper and garlic in Stuffer Mushrooms

Assembled, ready to barbecue. Serves 4

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Meats

Lemon Garlic Chicken

Boneless breasts in lemony marinade

Marinated, ready for barbecuing. Serves 4.

Baby Back Pork Ribs

Two Baby Back ribs seasoned with a spectacular dry rub. Membrane removed, and scored for maximum flavor penetration,

Seasoned, ready for barbecuing. Serves 4.

Beef Tenderloin Steaks

Beautifully marbled tenderloin steaks in a classic steak seasoning.

Seasoned, ready for barbecuing. Serves 4.

Greek Chicken Skewers

Boneless chicken breasts marinating in a zesty souvlaki marinade.

Marinated, ready for barbecuing. Serves 4.

Beef or Chicken Kebobs

Tender beef or boneless chicken breasts 'kabobbed' with peppers, onions and tomatoes, sprinkled with a smoky barbecue rub.

Seasoned, ready for barbecuing. Serves 4.

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Pork Tenderloin

Beautiful pork tenderloin seasoned in a smoky, flavourful barbecue rub

Seasoned, ready for barbecuing. Serves 4.

Maple Planked Salmon

Wild salmon fillets in maple based marinade, accompanied with a pre-soaked cedar plank.

Marinated, ready for barbecuing. Serves 4.

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Mains

Chicken taco

Boneless chicken breasts simmered with beans, corn, a zesty salsa then pulled and served with soft tortillas

Ready to be warmed and served. Serves 4

Beef Chili

A rich, hearty chilli with Angus beef, mushrooms, vegetables and beans

Ready to be warmed and served. Serves 4

Chicken Parmesan

Tender boneless chicken breast, hand breaded, smothered in our signature marinara sauce

Ready to be warmed and served. Serves 4

Pulled Pork

Lean pork slow roasted and tossed in tangy, smoky barbecue sauce, served with multi-grain buns

Ready to be warmed and served. Serves 4

Lasagna

Fresh pasta sheets layered with zesty meat sauce, ricotta and mozzarella cheese

Ready to be warmed and served. Serves 4

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Chicken Fajitas

Seasoned strips of chicken with caramelized onions and peppers, served with soft tortillas, shredded cheese and Greek yogurt.

Ready to be warmed and served. Serves 4

White Fish with Mango Salsa

Mild white fish topped with a juicy mango salsa

Ready to be warmed and served. Serves 4

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Sides

Maple Glazed Carrots

Fully cooked, ready to be warmed. Serves 4.

Roasted Herbed Potatoes

Fully cooked, ready to be warmed. Serves 4.

Garlic Bread

Ready to be warmed. Serves 4.

Grilled Veggies

Fully cooked, ready to be warmed. Serves 4.

Broccoli Hash

Fully cooked, ready to be warmed. Serves 4.

Cheesy Cauliflower Bake

Fully cooked, ready to be warmed. Serves 4.

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Fresh Pressed Juice Add-Ons

Any 2, 3 or 5 day 500ml Cleanse, or Wellness pack

2 litre sizes of popular juice flavours, such as:

Charcoal Lemonade

Cocoa Cashew

Greens Focus

Strawberry Guava Chilly

Other flavours on request

2 liter sizes of ready to mix cocktail mixes, such as:

Passion Fruit Lychee

Raspberry Mojito

Strawberry Lemonade

Mojito Mix

Sangria Mix

Other mixes on request

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