

BREAKFAST

Steel Cut Oatmeal \$4.50

w. Fresh Berries, Shredded Coconut and Cinnamon

(Made w. Skim Plus or Water)

Add Sliced Banana +1

Add Almond Butter +2

Greek Yogurt Parfait \$4.99

w. Fresh Berries, Diced Pecans and Chia,

Raw Honey Drizzle

Cake's for Breakfast \$8.50

Two Protein Pancakes w. Agave Syrup

One Frittata Cupcakes Mixed with Scallion and Diced

Sweet Potato

(Made with Skim Plus)

Coconut Blueberry Protein Pancakes \$6.99

Three Pancakes drizzled w. Agave Syrup,

topped w. Mixed Berries

Add Sliced Banana +1

Mediterranean Omelet \$8.50

2 Cage Free Eggs, Spinach, Tomato, Feta

(Made with Skim Plus)

Add Seared Apple Gate LS Turkey +1.50

DAYTIME MEALS

Chicken Sausage & Peppers (GF)

Over Sautéed Broccoli Rabe

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Tex Mex Chicken

Chimichurri Grilled Chicken, Grilled Onion,

Brown Rice w. Black Beans

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Greek Chicken Kebab

Sweet Potato Wedges, Grilled Whole Wheat Flatbread

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Turkey Bolognese

White Meat Turkey Bolognese over Zucchini Swirls

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Turkey Burger (Bunless)

Grace's Quinoa, Grilled Asparagus, Cranberry Compote

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

BBQ Turkey Meatloaf

Chili Roasted Sweet Potatoes & Broccoli

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

DAYTIME MEALS

Steak Fajita

Seared Tri Tip Steak, Tricolor Peppers & Onion,

Saffron Brown Rice

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Grilled Tri Tip Steak

String Bean Almondine, Mashed Sweet Potatoes

Medium: 6 oz protein \$9.50

Large: 8 oz protein \$11.00

Teriyaki Salmon Filet

Sesame Broccoli, Scallion Brown Rice

Medium: 6 oz protein \$11.00

Large: 8 oz protein \$13.50

Shrimp Fried 'Rice'

Fresh Florida Shrimp, Cauliflower Rice, Broccoli,

Peppers & Fresh Green Peas

Medium: 6 oz protein \$11.00

Large: 8 oz protein \$13.50

Mediterranean Salmon

Herb Crusted Salmon w. Slivered Almonds, Roasted

Butternut Squash, Lemon Zest Brown Rice

Medium: 6 oz protein \$11.00

Large: 8 oz protein \$13.50

Kale & Broccoli Sliders (V) (GF)

Served over Zucchini Swirl Almondine

Medium: 3 Sliders \$8.00

Large: 4 Sliders \$9.00

SALAD and SNACKS

Tex Mex Chicken

Grilled Chicken Breast, Mesclun, Red Quinoa,
Grilled Corn, Black Beans, Pico de Gallo,
Jalapeno Citrus Dressing
Medium: 4 oz protein \$7.50
Large: 6 oz protein \$9.00

Chicken & Cabbage Salad Combo

Diced Chicken Breast, Tomato,
Red & Green Cabbage,
Citrus Tarragon Vinaigrette, Fresh Herbs
Medium: 4 oz protein \$7.50
Large: 6 oz protein \$9.00

Lentil & Garden Veggie Salad (V) \$7.50

Lentils, Roasted Butternut Squash,
Sundried Tomato, Brown Rice, Broccoli,
Mesclun, Lemon Vinaigrette

Power Protein Box \$6.50

Cage Free Hard Boiled Egg, Peanut Butter,
Unsalted Almonds, Cheddar,
Multigrain Muesli

Chicken Hummus Box \$6.50

Grilled Chicken Strips, Carrot, Celery, Grape Tomatoes,
Cucumber, Pita Triangles, Tahini Hummus



MEAL PLAN PRICING

Individual Meals

Price as Listed

3 Meals (Daytime)

Medium: \$25.50

Large: \$29.50

Add Seafood Option +4

6 Meals (Daytime)

Medium: \$51.50

Large: \$59.50

Add Seafood Option +6

12 Meals (Daytime)

Medium: \$102.50

Large: \$119.00

Add Seafood Option +8

There are substitutions to any Meal Combo. Meal Plans are available for pick up or delivery service. Monday orders must be submitted by Friday, 12 pm via phone or email to the Catering Department.

516.621.5100

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www.GracesMarketplace.com



Plan. Eat. Live.

Clean Eating Meal Plan Winter 2018

by *Grace's* Marketplace

Gourmet guilt-free meals prepared to satisfy hunger, flavor and fitness goals.



Grace's
MARKETPLACE & TRATTORIA
Est. 1985

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