



Betony Traveling Café

Personal/Private Chef & Catering Service

www.betonytravelingcafe.com

Healthy Eating Meal Plans

Chicken & Turkey Dishes

Chicken & Sweet Potato Pesto Sliders w/ choice of one side

Sundried Tomato Pesto-Stuffed Chicken w/ choice of two sides

Lemon Pepper Chicken Breast w/ choice of two sides

Balsamic-glazed Chicken and Vegetable Sauté

Cashew Kung Pao Chicken Stir-Fry

Chicken and Spaghetti Squash Mexican-style Sauté

Chicken and Vegetable Curry

Chicken in a Lemon and Garlic Reduction Sauce w/ Marinated Vegetables and served with a Simple Side Salad

Chicken Bruschetta - Chicken rolled and stuffed w/ Marinated Tomatoes and served alongside Sunchokes and a Simple Side Salad

Oven-Roasted Turkey Burger Lettuce Wraps w/ Sweet Potato Fries

French-style Chicken Salad Lettuce Wraps

Asian-Style Chicken Salad Lettuce Wraps

Wild Rice and Cranberry Chicken Salad

Beef Dishes

Braciolo – Italian-style slow-cooked rolled and stuffed flank steak simmered in a homemade tomato sauce w/ a Simple Side Salad

Beef & Vegetable Asian Stir-fry

Spiced Grilled Beef served w/ Grilled Vegetables

Grilled Beef & Vegetable Skewers served over Lebanese-style Rice

Lebanese-style Oven-Roasted Stuffed Zucchini (Beef, Rice and Tomato)

Oven-Roasted Meatballs covered in a Homemade Marinara Sauce and served alongside Green Beans Amandine and Polenta

Oven-Roasted Stuffed Pepper covered in a Homemade Tomato Sauce & served with Simple Side Salad

Swedish-style Meatballs topped w/ a Coconut and Cashew Milk Cream Sauce and served w/ a choice of two sides

Chilled Steak and Marinated Green Bean Salad

Pork Dishes

Sausage, Green Bean & Sweet Potato Casserole

Grilled Pork Tenderloin stuffed w/ Broccoli and Garlic served w/ a choice of two sides

Garlic & Rosemary Pork Chops w/ choice of two sides

Seafood Dishes

Grilled Swordfish & Arugula Salad w/ Mango Lime Salsa and Cherry Tomatoes

Bake Cod in a Lemon, Garlic, White Wine and Caper Sauce w/ a choice of two sides

Oven-Roasted Salmon Salad w/ Strawberries, Avocado and a Balsamic Maple Glaze

Oven-Roasted and Seasoned Shrimp Skewers served w/ a choice of two sides

Fillet of fish – seasoned, oven-roasted, and served with a wedge of lemon: Nordic Salmon, Rainbow Trout, Red Snapper, Swordfish **(grilled or oven-roasted)*. Served w/ a choice of two sides.

Vegetarian & Vegan Dishes

Buddha Bowls - Custom-made to order...up to four different side dishes per bowl

Grilled Field Roast Salad - Grilled apple & sage vegan-style sausage served atop a bed of mixed baby greens, strawberries, and avocado, and drizzled w/ a balsamic maple glaze

Grilled Field Roast w/ Vegetables & Cashew Coconut Cream Sauce - Grilled Italian-style vegan sausage served alongside oven-roasted broccoli and grilled asparagus and topped with a homemade cashew and coconut milk cream sauce

Grilled Vegetable Plate - Grilled seasonal vegetables served topped with a homemade marinara sauce

Mushroom Burger Plate - Grilled mushroom burgers served alongside oven-roasted sweet potato fries and homemade kale chips

Ratatouille - French-style country stew w/ seasonal vegetables, thyme, and plum tomatoes **(may also be served w/ ground beef, ground turkey, or oven-roasted chicken)*

Umbrian Vegetable Soup - Italian-style vegetable, potato, and cannellini bean soup

Side Dishes

Broccoli Rabe w/ Garlic and Lemon

Brussels Sprout & Caramelized Onion sauté (optional: sautéed Pancetta)

Cauliflower Mash

Creamy Polenta

Green Beans Amandine

Grilled Seasonal Vegetables

Herbed Amaranth

Israeli Pearl Couscous

Kale Chips

Mango, Red Onion, Red Pepper & Lime Salsa

Maple-glazed carrots

Oven-roasted Butternut Squash

Oven-roasted Herbed Potatoes

Oven-Roasted Sunchokes **(seasonal)*

Roasted Garlic Mashed Potatoes

Sautéed lemon and garlic Red Russian Kale or Swiss Chard

Sweet Potato Fries or Sweet Potato Mash

Wild Rice