



# Healthy Options® Catering: Making It Easier to Eat Healthy at Work!

Raise your fork if you and your co-workers eat a good portion of your meals in the workplace. You're not alone! The Independent Health Foundation's Healthy Options customized catering packages are a great way to help everyone keep healthy eating on track- especially when timing is tight!



**Next time you are looking to cater a meeting, try one of these great local restaurants serving Healthy Options!**

For a full list of participating restaurants, visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com).

#### PRICE KEY

- \$: 8 – 10 dollars per person
- \$\$: 10 – 15 dollars per person
- \$\$\$: 15 – 20 dollars per person

RESTAURANT	MENU ITEMS	NUTRITION <i>Full information is found online.</i>
<p><b>Balanced Body Foods</b> 4685 Transit Rd. Williamsville, New York 14221 (716) 508-PLAN <a href="http://www.balancedbodyfoods.com">www.balancedbodyfoods.com</a></p> <p><b>\$</b></p>	<p>Too many great menu items to list! Never frozen and guaranteed fresh breakfast, lunch, and dinner options to choose from!</p>	
<p><b>Buffalo Catering Company</b> 325 Tacoma Ave. Buffalo, NY 14216 (716) 873-4000 <a href="http://www.buffalocateringco.com">www.buffalocateringco.com</a></p> <p><b>\$\$</b></p>	<p><b>Main Options</b> Breakfast Burrito Chicken Caesar Wrap Turkey Wrap Buffalo Tofu Wrap Tuna Salad Wrap</p> <p><b>Side Options</b> Fruit bowl Cous cous with feta, peanuts, tomatoes, spinach, cucumber Wild Rice with pecans, cucumber, tomatoes Chef salad with greens, carrots, cucumbers, sprouts and tomatoes</p>	<p><b>324 calories</b> per half <b>218 calories</b> per half <b>178 calories</b> per half <b>266 calories</b> per half <b>233 calories</b> per wrap</p> <p><b>89 calories</b> per ¼ Cup</p> <p><b>91 calories</b> per ¼ Cup <b>145 calories</b> per 2 Tbsp. dressing</p>

**Chiavetta's Catering**

10654 Brant-Angola Road  
Brant, NY 14027  
(716) 549-1700  
[www.chiavettascatering.com](http://www.chiavettascatering.com)

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**Main Options**

BBQ chicken  
Baked Chicken with dry seasoning 1/4s

**Side Options**

Tomato, Pepper and Onion salad  
Greek Bowtie Pasta

**140 calories** per 3 ounces**280 calories** per 3 ounces**110 calories** per 2/3 Cup**170 calories** per ¼ Cup**Fit N Fresh Catering**

500 Crosspoint Parkway  
Getzville, NY 14068  
(716) 860-1031  
[www.fitnfreshcatering.com](http://www.fitnfreshcatering.com)

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**Main Options**

Avocado Chicken Wrap  
Tangy Buffalo Chicken Wrap  
Organic Greek Hummus Wrap  
Green Goddess Salad

Italian Salad

**286 calories** per half**217 calories** per half**221 calories** per half**304 calories**

per 2 Tbsp. dressing

**270 calories**

per 2 Tbsp. dressing

**Fresh Catch Poke**

5933 Main St  
Williamsville, NY 14221  
(716) 271-7653  
[www.freshcatchpoke.co](http://www.freshcatchpoke.co)

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**Build Your Own Bowl****\*2 Tbsp. dressing per serving****Signature Bowls**

Salmon Bowl  
Aloha Og  
Chicken Chirashi  
Bubba Bowl

**560 calories** per bowl**450 calories** per bowl**440 calories** per bowl**620 calories** per bowl**Homegrown Kitchen**

650 Main St  
East Aurora, NY 14052  
(716) 714-6028  
[www.homegrownwny.com](http://www.homegrownwny.com)

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**Salads**

Farm Fresh  
Yo Caesar  
Mama Gaia

**506 calories** per salad**302 calories** per salad**225 calories** per salad**Grain Bowls**

Curried Away  
Cuban Cashew Bowl

**413 calories** per bowl**526 calories** per bowl**Rich's Catering**

One Robert Rich Way  
Buffalo, NY 14213  
(716) 878-8422  
[www.richscatering.com](http://www.richscatering.com)

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**Healthy Start Package**

Oatmeal, raisins, pecans, walnuts, Greek yogurt,  
hard boiled eggs, fruit salad, coffee, tea

**Protein Bento Boxes**

Hummus, carrot, celery, cucumber, green beans,  
grapes, crackers, peanut butter  
Hard Boiled egg, Cheddar Cheese, grapes,  
whole wheat crackers, peanut butter

**390 calories** per box**400 calories** per box

**Rich's Catering, continued**

One Robert Rich Way  
Buffalo, NY 14213  
(716) 878-8422  
www.richscatering.com

**\$\$****Salads****\*2 Tbsp. dressing per serving**

Spinach Salad  
Shaved Farmstand Vegetable Salad  
Greek Salad

**260 calories**  
**250 calories**  
**240 calories**

**Sandwiches**

Tuna Salad  
Hummus  
California Tuna

**390 calories** per sandwich  
**450 calories** per sandwich  
**420 calories** per sandwich

**Wraps**

Mediterranean Veggie  
Tuna Salad  
Grilled Veggie  
Greek Lemon Chicken  
California Tuna

**470 calories** per wrap  
**400 calories** per wrap  
**450 calories** per wrap  
**510 calories** per wrap  
**500 calories** per wrap

**D'Avolio Kitchen**

5409 Main Street  
Williamsville, NY 14221  
(716) 810-9354

**\$\$\$****Signature Salads****\*served with 2 Tbsp. Vinegar/Oil Mixture**

Classic  
Mediterranean  
Veggie  
Quinoa

**350 calories**  
**250 calories**  
**250 calories**  
**280 calories**

**Signature Pizzas****\*4 servings per pizza**

Cheese  
Harvest Jewel  
Green Goddess  
Tuscan  
Buffalo Chicken

**80 calories**  
**400 calories**  
**390 calories**  
**420 calories**  
**110 calories**

**Build Your Own****\*Endorsed on all menus with an orange heart!****Wegmans Catering**

5275 Sheridan Dr.  
Williamsville, NY 14221  
(716) 631-4370  
www.wegmans.com/parties

**\$****Separate order form coming soon!****Sushi**

Lobster Skinny Roll  
Rainbow Skinny Roll  
Spicy King Salmon Roll  
Spicy King Salmon Quinoa Brown Rice Roll  
Spicy Tuna Roll  
Spicy Tuna Quinoa Brown Rice Bowl  
Spicy Wild Salmon Volcano Roll  
Tuna California Roll  
Tuna California Quinoa Brown Rice Roll  
Tuna Tataki Nigiri 6 PC  
Tuna Tataki Roll  
Valentine Roll  
Wild Sockeye Salmon Oshizushi  
Wild Sockeye Salmon Roll  
Avocado Roll 12 PC  
Avocado Cucumber Roll

**150 calories**  
**200 calories**  
**350 calories**  
**340 calories**  
**260 calories**  
**250 calories**  
**390 calories**  
**240 calories**  
**230 calories**  
**280 calories**  
**280 calories**  
**270 calories**  
**250 calories**  
**390 calories**  
**420 calories**  
**230 calories**

**Wegmans Catering, continued**

5275 Sheridan Dr.  
 Williamsville, NY 14221  
 (716) 631-4370  
[www.wegmans.com/parties](http://www.wegmans.com/parties)

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**Sushi, continued**

Avocado Cucumber Quinoa Brown Rice Roll	220 calories
Veggie Pack	340 calories
Vegetable Roll	220 calories
Vegetable Roll Quinoa Brown Rice Bowl	210 calories
Spicy Lump Crab Roll	260 calories
Spicy Shrimp Roll	250 calories
America's Favorite	340 calories
King Salmon California Roll	290 calories
King Salmon California Quinoa Brown Rice Roll	280 calories
Kyoto Combo	330 calories
Nigiri 6 PC	300 calories
Rainbow Roll	320 calories
Ahi Tuna Sashimi	120 calories
Deluxe Sashimi Assortment Large	330 calories
King Salmon Tataki Saku Block	250 calories
Sashimi Selection	160 calories
Tuna Tataki Saku Block	150 calories
California Roll	240 calories
Caterpillar Roll	280 calories
Lump Crab Roll	260 calories
Philly Crab Roll	300 calories
Shrimp California Roll	230 calories
Shrimp California Quinoa Brown Rice Roll	220 calories

**Soups/Chili**

Turkey and Bean Chili	220 calories
White Chicken Chili	240 calories
Lemon Chicken Wild Rice Soup	140 calories

**Entree Cores**

Grilled Lemon Garlic Boneless Chicken Breast	190 calories
Antibiotic Free Chicken Cutlet	230 calories
Cajun Tilapia w/ Roasted Red Pepper Sauce	250 calories
Chipotle Pork w/ Cherry Tomato Salsa	220 calories

**Vegetables and Sides**

Green Beans & Roasted Corn	100 calories
Honey Roasted Root Vegetables	90 calories
Pico De Gallo	10 calories
Roasted Butternut Squash	100 calories
Roasted Cauliflower and Delicata Squash	80 calories
Roasted Red Potatoes	120 calories
Roasted Yams	160 calories
Asparagus with Lemon zest	70 calories

**Salads**

Small Garden Salad	340 calories
Large Garden Salad	660 calories

**Veggie Trays**

Colorburst veggie trays (small, medium, large)	
Fresh Fruit Bowl	
Sliced Fruit Tray	



**RESTAURANT****MENU ITEMS****NUTRITION***Full information is found online.***Giancarlo's**

5110 Main St.  
 Williamsville, NY 14221  
 (716) 291-0707  
 www.giancarlossteakhouse.com  
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**Salads and Sides**

Fresh Fruit Platter  
 Santorini Salad  
 Quinoa Salad  
 Grilled Vegetables

**Entrees**

Grilled Chicken  
 Blackened Salmon

**Dessert**

Yogurt, Granola and Berry Parfait

**110 calories** per ¾ Cup**90 calories** per ¼ Cup**150 calories** per ½ Cup**180 calories** per 4 ounces**240 calories** per 4 ounces**160 calories****The Cheesecake Guy**

(716) 291-0707  
 www.cheesecakeguyny.com  
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**Dessert**

Lemony Cheesecake Bites

**80 calories** per slice**Core Life Eatery**

(716) 772-8232  
 www.cheesecakeguyny.com  
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Green Bowls, Grain Bowls, Broth Bowls,  
 Power Plates, Warm Rice Plates and  
 Create Your Own Bowls.

Calorie information  
 available online and  
 Instore menus.

