

FOCUSED Healthy Meal Prep

Text Orders to 917-576-1162

Delivery Sunday & Wednesday

Pick Up Any Day

10 Meal Minimum for Free Local Delivery

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| C1: Grilled Chicken, Sautéed Broccoli, Rice | \$13 |
| C2: Grilled Chicken, Sautéed Spinach, Sweet Potato Medallions | \$13 |
| C3: Grilled Lemon Pepper Chicken, Grilled Veggies | \$13 |
| C4: Honey Mustard Chicken, Roasted Carrots, Rice | \$13 |
| C5: Honey BBQ Chicken, Roasted Cauliflower, Rice | \$13 |
| C5: Baked Chicken Parm, Brown Rice Pasta | \$13 |
| C6: Baked Buffalo Chicken w/ Bleu Cheese, Rice | \$13 |
| C7: Chicken & Veggie Stir Fry, Rice | \$13 |

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| B1: Flank Steak, Grilled Veggies, Rice | \$16 |
| B2: Flank Steak, Sautéed Spinach, Sweet Potato Medallions | \$16 |
| B3: Flank Steak & Veggie Stir Fry, Rice | \$16 |
| B4: Flank Steak, Sautéed Broccoli, Roasted Potato | \$16 |

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| F1: Tilapia, Sautéed Spinach, Rice | \$16 |
| F2: Swai (Bassa Filet), Sautéed Broccoli, Roasted Potato | \$16 |
| F3: Buffalo Shrimp, Sautéed Broccoli, Rice | \$16 |
| F4: Shrimp & Veggie Stir Fry, Rice | \$16 |

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| V1: Lentils, Rice | \$11 |
| V2: Buffalo Cauliflower, Brown Rice | \$13 |
| V3: Baked Eggplant Parm, Brown Rice Pasta | \$13 |
| V3: Cauliflower, Broccoli, Sweet Potato, Chickpea | \$12 |
| V4: Veggie Stir Fry, Rice | \$12 |

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| S1: Grilled or Baked Buffalo Chicken Salad w/ Romaine, Iceberg, Crumbled Bleu Cheese & Your Choice of Dressing | SM \$11 LG \$18 |
| S2: Grilled or Baked Chicken Caesar Salad w/ Romaine, Crouton, Shaved Parmigiano Cheese, Cracked Black Pepper | SM \$11 LG \$18 |
| S3: Grilled or Pan Seared Shrimp Caesar Salad w/ Romaine, Crouton, Shaved Parmigiano Cheese, Cracked Black Pepper | SM \$12 LG \$19 |

MORE ITEMS ON BACK

Overnight Old Fashioned Oatmeal & Vanilla Almond Milk

12oz: **\$5** 16oz: **\$7**

Toppings: **\$.75** - Banana, Strawberry, Blueberry, Peanut Butter, Honey, Walnuts, Raisins

Yogurt Parfait: Vanilla or Strawberry

12oz: **\$5** 16oz: **\$7**

Toppings: **\$.75** – Banana, Strawberry, Blueberry, Honey, Walnuts, Raisins, Granola

Power Pancakes

Short Stack (2) **\$7**

Tall Stack (4) **\$11**

Add Protein: Vanilla or Chocolate

20 grams \$2

40 grams \$3



Brown, White, or Jasmine Rice

We only cook with ghee, butter, tallow, olive oil, and coconut oil. We never use seed or vegetable oils.

Buy 10 Meals & Get 1 Meal FREE!

We also offer Family Style Entrees to make feeding your family effortless. As well as Catering for all types of events.

Check us out on www.Libertycateringnyc.com

