

# A healthy new year is waiting for you.



## 10% off Healthy Catering with Provence

Order catering from our New Year's Resolution menu during the month of January and receive 10% off your order. Provence has fresh sandwiches, salads, sides, and sweets that won't break your resolution to stay healthy. Here are just a few of our Healthy Menu options.

### **Salads**

*Available in boxed lunches for \$11.00 per person.*

**Fromage Salad**– Strawberries, fennel, bleu cheese & candied walnuts atop field greens served with Sorghum-Dijon dressing. *(Pictured above.)*

**Mediterranean Salad**- Roasted chicken breast, sugar snap peas, corn, grape tomatoes & feta on a bed of mesclun mix with red wine vinaigrette.

### **Sandwiches**

*Available in boxed lunches starting at \$9.00 per person, half boxed lunches for \$5.75 per person, and platters for \$6.75 per person.*

**Montecito** – White cheddar, avocado, sliced tomatoes, shaved red onions, clover sprouts & mango chutney on honey flaxseed bread.

**Vegan Sandwich**– Roasted red pepper hummus, cucumbers, sprouts, red onions, & tomatoes on organic multigrain bread.

## **Sides**

Individually priced at \$3.00 per person.

**Mixed Fruit**– Cantaloupe, honeydew, grapes & strawberries.

**Superfood Salad**– Crunchy raw sprout blend, feta, carrots, tomatoes, corn, asparagus & red peppers tossed in a light sherry vinaigrette.

## Healthy Sweets



**Apple Oatmeal Muffin**- This fluffy muffin is baked with real cinnamon apples & topped with rolled oats. We think they're the perfect companion to a morning meeting at work.

**Fruit Meringues**- Our fat free fruit meringue is crisp on the outside & gooey in the middle. It's the perfect healthy alternative to a cookie platter. Available in Raspberry and Passion Fruit flavors.

*Muffins are individually priced at \$2.50 each. Meringues are individually priced at \$1.75 each.*

**To view or download the full Provence 2013 New Year's Resolution Menu, please click the link below.**

**(button to download jpeg of menu)**

To place your order or inquiries, please contact Provence Catering via email at [catering@provencebreads.com](mailto:catering@provencebreads.com) or call 615-566-5740.