



Natural & Organic Green Menu

Courtyard by Marriott Jacksonville Butler Boulevard

Lunch

By Healthy Way

Specialty Wrap Trays

Chicken Caesar Wrap

Sliced all natural chicken breast, crisp romaine lettuce, diced organic tomatoes and crumbled parmesan cheese wrapped in a tortilla with all natural Caesar dressing.

Veggie Wrap

Organic brown rice and steamed black beans topped with diced green peppers, broccoli, mushrooms, tomatoes, red onions and shredded carrots wrapped in a whole wheat tortilla with natural sesame ginger dressing.

Healthyway Wrap

Wild-caught Alaskan salmon topped with diced tomatoes, cucumbers and red onions wrapped in a whole wheat tortilla with fresh organic sprouts and all natural ranch dressing.

Combination Wrap

A combination of two different types of the above wraps.

(Wrap trays include a choice of toasted pita chips, celery sticks, blue corn tortilla chips or coleslaw)

\$11.50 per Person, 12 person minimum

Healthy Organic Soups

Tomato Vegetable

Hearty chunks of organic zucchini, carrots, summer squash, yellow beans, and green beans in thick tomato broth



Potato & Corn

A combination of diced potato, organic corn and vegetables simmered in a creamy vegetable broth

Broccoli Cheddar

Chunky bits of steamed broccoli mixed with light seasonings in a thick cheddar cheese bisque

Black Beans & Rice

Steamed organic brown rice topped with slow simmered black beans

(Soups are served in individual or quart-sized containers)

\$9.50 per person or \$16.00 per Quart

Organic Salads

Chicken Caesar Salad

All natural chicken breast, romaine lettuce, crumbled parmesan cheese and Caesar dressing topped with fresh baked pita chips

Healthyway Salad

Mixed organic greens, steamed wild-caught Alaskan salmon, shredded carrots, diced celery and raisins topped with walnuts and an all natural sesame ginger dressing

Tuna Salad

A scoop of homemade albacore tuna salad on top of mixed organic field greens, chopped red onion, tomatoes, sliced black olives and green peppers topped with sprouts and red pepper vinaigrette

(Salads are served in individual servings or in a medium sized box that will serve 4 as a side dish)



\$12.00 per person or \$17.50 per box

Sandwich Trays

Natural Beef & Cheddar Sandwiches

Oven roasted beef and sliced all natural cheddar, with diced tomatoes and red onions topped with mixed greens, sprouts and honey mustard dressing on top of toasted organic white bread

Healthyway Sandwiches

Multi-grain bread surrounds sliced mozzarella cheese, diced tomatoes, green peppers, mushrooms, cucumbers and red onions that is topped with shredded carrots, broccoli, sprouts and natural red pepper vinaigrette

The Mediterranean Sandwich

Sliced all natural chicken breast, feta cheese, diced tomatoes, olives, cucumbers and red onions topped with mixed greens, sprouts and balsamic vinaigrette on organic wheat bread

Combination Tray

A combination of two different types of the above sandwiches

(Includes a choice of toasted pita chips, celery sticks, blue corn tortilla chips or coleslaw)

\$11.50 per Person, 12 person minimum

Box Meals

Standard Box Meal

Choose any wrap, sandwich, soup, salad from the list above and create a box lunch to be delivered either hot or cold in custom conditioning.

Soup & Sandwich Combinations

Half wrap or half sandwich with a bowl of soup.

(Includes a choice of chips, celery sticks, or coleslaw and a homemade organic cookie)



\$15.50 per Person

Appetizer Trays

Chip & Dip Tray

Fresh organic Hummus and Pico de Gallo served with a combination of blue corn tortilla chips and fresh baked pita chips

\$3.50 per person, 16 person minimum

Seasonal Organic Fruit Tray

A beautiful arrangement of the season's best organic fruits

\$5.00 per person, 16 person minimum

All Natural Meat Tray

A combination of roast beef, turkey breast and lightly steamed chicken breast, sliced thin and served with two all natural cheeses and organic sandwich bread

\$7.00 per person, 16 person minimum

Organic Vegetable Tray

An organic harvest of fresh cut, crisp vegetables including carrots, celery, cucumber, green pepper, broccoli and tomatoes and your choice of natural ranch or yogurt dill dipping sauces

\$5.00 per person, 16 person minimum

Organic Cookie Tray

An assortment of oatmeal raisin, peanut butter and chocolate chip all natural cookies

\$45.00 per tray of 20 Large Cookies

Drinks

(Must be ordered with food. Can not order alone.)

Organic Sodas

Cola, Root Beer, Ginger Ale- \$3.00 each

Iced Tea

Raspberry Black or Naturally Decaffeinated- \$10.00 per gallon