



Dinner's in the bag!

## Who are we!

..... a catering service for anyone who wants fresh, delicious meals without the:

- × planning
- × shopping
- × chopping
- × cleanup

We deliver fresh, ready-to-heat, meals to your home or office, or if you prefer you may pick up your order at our kitchen.

## How does it work!

**Ordering is easy!** By phone, fax using our order sheet or online. Minimum order for delivery is \$45 and includes a \$5 packaging charge for an insulated bag and chill pack. The packing charge is credited against your next order when both items are returned. Place your order by noon (Mon-Fri) at least one day prior to delivery. We are closed weekends, so Monday orders must be placed by noon on Friday.

**We deliver to your home or office.** Our current delivery areas are Houston Medical Center, City of Bellaire and West University Place. We can also arrange delivery outside this areas for an additional fee.

### Delivery fees

Medical Center - Free  
Bellaire and West University - \$15.

We are located just a few minutes from the Texas Medical Center in Rice Village, if you prefer you can pick up your **Bag** at our kitchen.

## Contact us!

2407 B Rice Blvd.  
Houston TX 77005

713-979-3620

FAX 1866-782-6760

[www.gofreshgourmet.com](http://www.gofreshgourmet.com)

[orders@gofreshgourmet.com](mailto:orders@gofreshgourmet.com)

## Entrees

\* Family size serves two

### Fried Chicken Salad

single \$7.99

Crispy crunchy chicken breast chunks top fresh greens and fruit in a lovely salad, special dressing included

### Asian Chicken Salad

single \$7.99

Marinated chicken chunks atop crisp greens, tomatoes, and citrus with seasoned noodles and a ginger dressing

### Beef Lasagna

family \$8.99 single \$7.99

Our most popular item - ground beef and fresh marinara layered with pasta and creamy cheeses, Italian spices

### King Ranch Casserole

family \$8.99 single \$7.99

Corn tortillas, chicken, creamy sauce and several cheeses blend with the spice of green chilies and tomatoes for a luscious meal

### Mediterranean Chicken

family \$9.59 single \$8.59

Chicken breast strips marinated in our sundried tomato sauce, served with almond rice

### Glazed Chicken

family \$9.59 single \$8.59

Glazed chicken breast strips served with fresh pico de gallo and couscous

### Baked Tilapia

family \$9.99 single \$8.79

Tortilla crusted tilapia filet. Served with almond rice

### Greek Pasta

family \$7.99 single \$6.99

Penne pasta full of Greek flavors - feta, olives, fresh spinach, and tomatoes in a creamy sauce - delicious hot or cold

### Pasta del Sol

family \$7.99 single \$6.99

Penne pasta tossed with our delicious Sol Sauce - flavors of sundried tomatoes, garlic herbs and spices, combined with chicken and fresh spinach

### Beef Brisket

family \$9.59 single \$8.59

Thinly sliced brisket, sauce on the side, to be enjoyed as a sandwich or with our potato salad

### Chicken Parmesan

family \$8.99 single \$7.99

Crispy, crunchy chicken breast fillets, served over penne pasta and topped with luscious marinara sauce and cheese

### Cheese Ravioli

family \$8.99 single \$7.99

Jumbo cheese filled ravioli, sauced with butter basil and garlic. Garnished with shredded parmesan cheese

### Chicken Tenders

family \$8.99 single \$7.99

Breast strips - seasoned and fried. Perfect for dipping with our Ranch dressing and crispy broccoli

### Meatballs & Spaghetti

family \$7.99 single \$6.99

Lots of meatballs, plain and simple, sure to please even the kids

## Sides

\* Serves two

### Fresh Fruit Salad \$5.99

Cut up fresh fruit - just right as a side salad, for breakfast, or always ready for snacking

### Fruit and Cheese Plate \$7.59

Cheese cubes and a portion of Brie, with seasonal fruits, wonderful before dinner, for a quick lunch, or as a child's meal

### Ranch Potatoes \$5.99

Crispy potato cubes seasoned with ranch dressing and topped with shredded cheese

### Almond Rice \$4.99

Basmati rice sautéed in a wonderfully spiced sauce then steamed for a perfect side dish

### Mac n' Cheese \$5.99

Great side dish - penne pasta in a creamy sauce of blended cheeses with a crunchy topping of fresh, buttered bread crumbs. A child's favorite

### Veggies \$4.99

Our side of chef cut veggies is a medley of crisp yellow and green veggies

### Southwest Salad \$5.79

Black beans, corn, red bell peppers and tomatoes in a slightly sweet dressing

### Chicken Salad \$8.99

Always a favorite, breast of chicken marinated, hand cut and tossed with celery and mayo. Sold by the pound

### Garden Salad \$4.99

Fresh greens, tossed with shredded carrots, purple cabbage, and grape tomatoes. Served with our special ranch dressing

### Greek Salad \$5.99

Greens, cucumbers, feta, peperoncini peppers, tomatoes, and ripe olives for can't miss Greek flavor

### Dessert Half dozen pieces

Cookies \$3.89

Lemon squares \$5.99

Brownies \$5.99