



# IZZY'S *Healthy* Catering

5601 Ranch Dr.  
Little Rock, Arkansas 72223  
501-868-4311



**GF = Gluten Free**

**VG = Vegan**

## HOT TAMALES: **GF**

**BEEF** or **VEGGIE VG** \$3.75 each

Hand rolled in corn shucks  
HOT in an insulated container

## EXTRAS:

**GF** Salsa: \$8.29 pint \$60 gallon

**GF** Cheese Dip \$12.75 pint \$92 gallon

**GF** Chili \$8.00 pint \$68 gallon

**GF** Guacamole \$12.00 (12 oz.)

**GF** Chips: Corn or Potato (lrg bag) \$3.99

**SOUP:** \$7.90 pint \$63 gallon

Tomato Basil **GF**

Potato Soup **GF**

Mexican Vegetable **VG**

Chicken Tortilla Soup - *GALLON ONLY* \$92

*\*Tortilla Soup comes with avocado, sour cream, cheese and tortillas*

## SANDWICHES: *Gluten Free Bread Available upon request*

**Nutty Bird:** (*famous for 25 years*) \$10.00

Sliced Turkey breast, cream cheese,  
sunflower nuts, leaf lettuce, tomato,  
Miracle Whip, on natural grain.

**Old Fashioned Chicken Salad:** \$10.00

Fresh made chicken salad, leaf lettuce,  
tomato, on natural grain

**Corned Beef:** \$11.25

Sliced corn beef, leaf lettuce, Dijon Honey  
Mustard, on rye.

## PASTA: (*bread & garlic butter included*)

**Italian Sausage Lasagna OR Roasted Veggie Lasanga**

**24 hour notice REQUIRED**

Serves 8-10 \$81

**Spaghetti Meat Sauce \$10.25 or Marinara \$9.25 VG**

Layered over steaming linguini

## ICED TEA (Unsweet or Sweet) or LEMONADE:

Includes ice, cups, lemons & sweeteners

**1 Gallon serves 10 people \$9.00**

## SALADS:

**IZZY'S House:** \$3.67 per person

Fresh mixed lettuce, tomato, purple onions,  
green peppers, mozzarella cheese.

Crackers & dressing

**Chicken Izzabella:** \$4.45 per person

Grilled Chicken, mixed lettuce, sprinkled with  
almonds, sesame seeds, and mandarine oranges.

Bread, garlic butter & dressing

**Chicken Chef:** \$4.75 per person

Grilled chicken breast, mixed lettuce, mozzarella  
cheese, tomatoes, cucumbers, sunflower nuts, purple  
onions. Crackers & dressing

**San Francisco Slug:** \$5.48 per person

Mandarin Oranges (the oranges are the "slugs")  
cucumber, mixed lettuce, tomato, almonds, goat  
cheese, with Balsamic Honey dressing & crackers

**Fruit Salad:** \$4.25 per person

Fresh fruit and melon mix with IZZY'S yogurt  
poppy seed dressing. Crackers included.

**Seasonal Spinach Salad:** ask for details \$5.48 per person

*Many of our dressing are Gluten Free & Vegan*

## DESSERTS: 8 or 16 Slices

**Lemon Ice Box Pie** (IZZY'S Famous) \$30

**\*Bread Pudding (24 hour notice)** \$30

**\*Raspberry Cream Pie (24 hour notice)** \$32

*\*8 Slices Only*

## Cookies:

*Assortement of Chocolate Chip, Sugar, Oatmeal Raisin*

**1.25 each**

## SET UPS:

Forks, spoons, knives, plates, napkins \$1.25 per person

**ICE CHEST: \$10**

## DELIVERY:

**\*\*Delivery ONLY AVAILABLE 10am-4pm Mon-Fri**

**24 hour notice PLEASE**

**PLEASE CALL FOR PRICING 501-868-4311**



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*For Best Service, Please call at least 24 hours in advance.*

Trying to figure out what to order can be difficult, especially if you are not familiar with our menu. We have put together a few of our most popular catering suggestions to make things a bit easier. We have a formula that we use to insure that enough food is provided for all of your people, but not too much. Healthy, easy and convenient.

## Combination Suggestions

*All amounts will be tailored to fit your needs.*

### Hot Tamales and House Salad

*Our most popular*

Beef Tamales  
Veggie Tamales  
Salsa  
Cheese Dip  
Chili  
Corn Chips  
House Salad  
Salad Dressings & Crackers  
Setups (Plates, forks, napkins)  
Tea and or Lemonade, Ice

### Hot Tamales and Chicken Izzabella Salad

*A step up*

Beef Tamales  
Veggie Tamales  
Salsa  
Cheese Dip  
Chili  
Corn Chips  
Chicken Izzabella Salad  
Salad Dressings, Bread & Garlic Butter  
Setups (Plates, forks, napkins)  
Tea and or Lemonade, Ice

### Hot Tamales and Sandwich Platter

*when you have a hungry bunch*

Beef Tamales  
Veggie Tamales  
Salsa  
Cheese Dip  
Chili  
Corn Chips  
Tray Mix of our Cold Sandwiches  
Setups (Plates, forks, napkins)  
Tea and or Lemonade, Ice

### Spaghetti and House Salad

*on a budget*

Our Famous Spaghetti w/ Meat Sauce  
House Salad w/ Dressings  
Bread & Garlic Butter  
Setups (Plates, forks, napkins)  
Tea and or Lemonade, Ice

#### Extras:

**Lemon Ice Box Pie, Chocolate Fudge Nut Pie, Raspberry Cream Pie & Bread Pudding**

1 pie = 8 or 16 people

**Fresh Baked Cookies (Chocolate Chip, Oatmeal, Sugar)**

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