



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		\$3.50 each
Hand rolled in corn shucks HOT in an insulated container		
EXTRAS:		
GF Salsa:	\$6.55 pint	\$47 gallon
GF Cheese Dip	\$10.08 pint	\$73 gallon
GF Chili	\$7.60 pint	\$61 gallon
GF Guacamole	\$10.80 (12 oz.)	
GF Chips: Corn or Potato (lrg bag)		\$3.99
SOUP:		
	\$7.08 pint	\$51 gallon
Tomato Basil GF		
Potato Soup GF		
Mexican Vegetable VG		
Chicken Tortilla Soup - <i>GALLON ONLY</i>		\$88
<i>*Tortilla Soup comes with avocado, sour cream, cheese and tortillas</i>		
SANDWICHES: <i>Gluten Free Bread Available upon request</i>		
Nutty Bird: (famous for 25 years)		\$8.90
Sliced Turkey breast, cream cheese, sunflower nuts, leaf lettuce, tomato, Miracle Whip, on natural grain.		
Old Fashioned Chicken Salad:		\$8.90
Fresh made chicken salad, leaf lettuce, tomato, on natural grain		
Corned Beef:		\$9.90
Sliced corn beef, leaf lettuce, Dijon Honey Mustard, on rye.		
PASTA: (bread & garlic butter included)		
Italian Sausage Lasagna OR Roasted Veggie Lasanga		
<u>24 hour notice REQUIRED</u>		
Serves 8-10 \$65		
Spaghetti Meat Sauce \$8.65 or Marinara \$7.60 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:	\$3.10 per person
Fresh mixed lettuce, tomato, purple onions, green peppers, mozzarella cheese. Crackers & dressing	
Chicken Izzabella:	\$4.04 per person
Grilled Chicken, mixed lettuce, sprinkled with almonds, sesame seeds, and mandarine oranges. Bread, garlic butter & dressing	
Chicken Chef:	\$4.19 per person
Grilled chicken breast, mixed lettuce, mozzarella cheese, tomatoes, cucumbers, sunflower nuts, purple onions. Crackers & dressing	
San Francisco Slug:	\$4.45 per person
Mandarin Oranges (the oranges are the "slugs") cucumber, mixed lettuce, tomato, almonds, goat cheese, with Balsamic Honey dressing & crackers	
Fruit Salad:	\$3.13 per person
Fresh fruit and melon mix with IZZY'S yogurt poppy seed dressing. Crackers included.	
Seasonal Spinach Salad: ask for details \$4.80 per person	
<i>Many of our dressing are Gluten Free & Vegan</i>	
DESSERTS: 8 or 16 Slices \$26 each	
Lemon Ice Box Pie (IZZY'S Famous)	
Chocolate Fudge Nut Pie <u>(24 hour notice)</u>	
*Bread Pudding <u>(24 hour notice)</u>	
*Raspberry Cream Pie <u>(24 hour notice)</u>	
*8 Slices Only	
Cookies:	
<i>Assortement of Chocolate Chip, Sugar, Oatmeal Raisin</i>	
.80 each	
SET UPS:	
Forks, spoons, knives, plates, napkins \$1 per person	
ICE CHEST: \$8	
DELIVERY:	
**Delivery ONLY AVAILABLE 10am-4pm Mon-Fri	
24 hour notice PLEASE	
\$40-\$50 for Little Rock & North Little Rock	
Please call for other areas	