



# 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** \$3.70 each

Hand rolled in corn husks  
HOT in an insulated container

## EXTRAS:

**GF Salsa:** \$7.00 pint \$56 gallon  
**GF Cheese Dip** \$11.00 pint \$88 gallon  
**GF Chili** \$8.00 pint \$63 gallon  
**GF Guacamole** \$12.00 (12 oz.)  
**GF Chips:** Corn or Potato (lrg bag) \$3.99

**SOUP:** \$7.60 pint \$60 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) \$9.75

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

**Old Fashioned Chicken Salad:** \$9.75

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

**Corned Beef:** \$10.75

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 \$79

**Spaghetti Meat Sauce \$9.95 or Marinara \$8.95 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: Plain :** \$4.65 per person

**Chicken :** \$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 \$4.90 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*

**1.00 each**

## SET UPS:

Forks, spoons, knives, plates, napkins \$1 per person

**ICE CHEST: \$9.50**

## DELIVERY:

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

**24 hour notice PLEASE**

\$45-\$55 for Little Rock & North Little Rock

Please call for other areas



# IZZY'S Healthy Catering

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



*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, cups)  
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, Rolls & Garlic Butter  
Setups (Plates, forks, napkins, cups)  
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 assorted Cold Sandwiches  
Setups (Plates, forks, napkins, cups)  
Tea and or Lemonade, Ice

### Spaghetti and House Salad

*on a budget*

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

#### Extras:

**Lemon Ice Box Pie, Raspberry Cream Pie & Bread Pudding**

1 pie = 8 or 16 people

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