

Party Trays

- Pinwheel
- Croissant Sandwich
- Chicken or Tuna Salad
- Veggie
- Fruit Tray

Small 12" Tray - 10 to 15 People

Medium 16" Tray - 20 to 25 People

Large 18" Tray - 25 to 30 People

Fruit and Veggie Trays

Small	\$15
Medium	\$25
Large	\$30

All Other Trays

Small	\$20
Medium	\$30
Large	\$35

To place your order, visit the Citizens HealthPlex Deli or call 361-582-1108.

Schedule your next meeting or seminar at the HealthPlex.

- State-of-the-art meeting rooms
- Reasonable prices
- A/V equipment
- Catering from the HealthPlex Deli

Call 361-582-1105 to reserve a room today!

HealthPlex DELI



Citizens
HealthPlex

9406 Zac Lentz Parkway
Victoria, Texas 77904
Deli Phone: 361-582-1108
Fax: 361-574-1590
www.citizenshealthplex.org

Deli Hours:
Monday thru Friday
6:00 am - 7:00 pm

Smoothies

*A blended drink of non-fat frozen yogurt,
with fresh fruit, orange juice or milk.*

Large (20 oz.)	\$2.75
Small (12 oz.)	\$1.75

Choose from:

- Strawberry
- Pineapple
- Raspberry
- Banana
- Peach
- Blueberry

Add chocolate or vanilla protein for \$1.00 more.

Breakfast

Muffin	\$1.00
Bagel	\$0.95
Bagel Sandwich	\$1.75
Toast (two slices)	\$0.40
Oatmeal or Cereal	\$1.00
Fruit Bowl	Small \$1.75 Large \$2.75
Fruit & Cottage Cheese	\$2.75
Yogurt Granola Cup with Fruit	\$2.30
Croissant Sandwich	\$1.00

Beverages

Bottled Drinks	\$1.00
Iced Tea	\$1.00
Cappuccino	Small \$0.75 Large \$1.00
Hot Chocolate	\$0.50
Juices	\$0.75
Milk	\$1.00

Sandwiches

Whole Sandwich with Fruit	\$5.75
Half Sandwich with Fruit	\$4.00

Chicken Cyclor

*Chicken salad, spinach and tomatoes
on a kaiser wheat roll.*

Fitness Gobbler

*Turkey breast, provolone cheese, spinach and
tomatoes on honey wheat bread.*

The Rebounder

*Ham, cheddar cheese, spinach and tomatoes
on a kaiser wheat roll.*

Veggie Shaper

*Cream cheese, avocado, spinach, tomatoes, carrots
and provolone cheese on honey wheat bread.*

The Freestyle

*Roast beef, Swiss cheese, spinach
and tomatoes on marble bread.*

Mediterranean Enhancer

*Turkey breast, cream cheese, spinach,
tomatoes, feta cheese, avocado,
red onion and balsamic vinegar on herb bread.*

Sides

Soup of the Day	\$1.75
Chips	\$0.75
Snack Mix	\$0.75
Granola Bars	\$0.50
Protein Bars	\$1.50
Frozen Yogurt	\$1.00

Wraps

Whole Wrap with Fruit	\$6.25
Half Wrap with Fruit	\$4.25

Island Runner

*Grilled chicken breast, ham, pineapple,
spinach, tomatoes and red bell peppers,
and poppy seed dressing,
wrapped in a spinach tortilla.*

Texas Treadmill

*Grilled chicken breast, roast beef, guacamole,
spinach, tomatoes, cheese, black olives,
pico de gallo and peppercorn ranch dressing,
wrapped in a jalapeno tortilla.*

Chicken Spinner

*Grilled chicken breast, tomatoes, cheese, carrots,
pico de gallo and poppy seed dressing,
wrapped in a herb tortilla.*

Veggie Wrap

*Cream cheese, spinach, tomatoes, carrots, avocados,
cheese and fat-free ranch dressing,
wrapped in a tomato tortilla.*

Salads

Whole Salad	\$5.75
Half Salad	\$4.00

Chicken Salad

*Chicken breast, diced apples, walnuts and veggies
on a bed of romaine lettuce, with fresh fruit.*

Romaine Chef Salad

*Your choice of turkey, ham, roast beef,
grilled chicken breast or any combination,
and veggies on a bed of romaine lettuce.*