



Award Winning  
Hot Sauces & Seasoned Rubs



## Athletics Catering Menu

Healthy, hearty meals for hungry athletes

For orders contact us at

321-652-4912

WEBSITE:

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

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Serving All Brevard County  
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**“On the road, to go” Breakfast,  
Lunch & Dinner menus on  
separate form.**

### Breakfast

#### Eggs

##### **Fried Eggs**

Peppered fried eggs ( yolks firm)

##### **Scrambled Eggs**

Plain or choice of 3 cheese blend.

##### **Skillet Eggs**

Add choice of meat, cheese, seasoned potatoes and peppers and onions.

#### Meats

Bacon, Turkey Bacon

Maple Sausage, Turkey Sausage

Ham, Vegan Sausage

#### Breads

Texas Toast, English Muffins

Bagel, Gluten Free Bagel

#### Potatoes

Tater tots, Skillet Potatoes (seasoned with peppers and onions)

#### Sides

Pancakes / Waffles -

Plain or choice of fruit, berries.

French Toasts - Cinnamon Maple

#### Fruit Salad

Pineapple, Mandarin oranges and Strawberries

### Lunch and Dinner

#### Entrees

**Chicken Lemon:** Grilled chicken seasoned with lemon, sea salt & pepper, white wine, garlic and capers.

**Chicken Teriyaki:** Marinated, grilled chicken seasoned with Teriyaki, apricot sauce served with grilled pineapple rings.

**Meat or Vegetarian Lasagna:** Ribbon pasta topped with hearty red sauce. We add seasoned ground beef, caramelized onions & mushrooms. We then layer basil, pesto ricotta cheese. Top with more pasta and sauce and Romano cheese & Repeat. Substitute the beef with fresh sautéed spinach and garlic & continue.

**Chicken BBQ Grill:** Grilled chicken seasoned with our BBQ sauce, its Smoky with a bit of a kick.

**Roasted Turkey:** Roasted turkey breast served in Marsala, mushroom gravy.

**White or Red Chili:** Chicken with tomatillos or beef and tomatoes set these chilies apart. Add beans, peppers & onions. Season and stew.

#### **Ground Turkey Taco/Burritos:**

Ground Turkey meat served with diced tomatoes, shredded cheese, lettuce, sour cream, jalapeños, avocado, and corn salsa.

## Vegan and Vegetarian Sides

**Baba:** One of our best dishes, We roast eggplant, grape tomatoes, onions, mushrooms in olive oil, rosemary, garlic, white wine and our special seasonings drizzled with aged balsamic vinegar.

**Zucchini and Squash Au Gratin:** Sliced zucchini and squash layered with caramelized onions, mushroom shredded 3 blend and parmesan. Top with bread crumbs, olive oil, garlic and Basil Baked to golden brown.

**Bliss Potatoes Supreme:** Roasted red potatoes, Rosemary, caramelized onions, herbs and spices, coupled with olive oil and Garlic. Topped with a sprinkle of Parmesan

**Broccoli Sautee':** Broccoli florets, sautéed in garlic, olive oil and butter finished with white wine sprinkle of red pepper flake

## Steamed Vegetable blends

All steamed Vegetables can be accommodated with cheese sauce, teriyaki stir fry or lemon, garlic and butter sauce. Chicken or Tofu (or any protein) also can be added to make a main course.

Choose from broccoli, cauliflower, carrots, snap peas, green beans, water chestnuts, peppers and onions. Mix and match what your needs maybe.

## Dinner & Event sides

### Pasta and Starches

Cavatappi pasta and your choice of sauce:

#### Sauces:

- Hearty meat sauce with mushroom.
- Marsala brown gravy with mushrooms and caramelized onions.
- Seasoned vegetable stock and a little Olive oil. Top with a sprinkle of cheese (Simple, healthy and lite)

**Rice:** White and wheat and we can customize with vegetables and/or beans.

**Mac 'N' Cheese:** Elbow macaroni served traditionally with our cheese sauce and topped with buttered breadcrumbs baked to perfection.

**Creamy Tomato Mac:** Our hearty, red sauce is slightly infused with our signature sauce creating Mac and cheese that is unique and excellent.

**Corn Soufflé:** Fresh corn niblets, mixed with sweet creamed corn, butter and our corn bread mix. We bake it so it has a crispy outer crust, but creamy smooth inside.

**Pork & Beans Baked:** Bacon and pulled pork are added to our unique recipe. Our beans are baked to perfection with our smoky BBQ sauce and maple syrup. We then add a hint of Dijon and secret seasonings and baked till we have a caramelized crust on the top.

## Salads

**Traditional:** Greens mixed with grape tomatoes & cucumbers, with your choice of Ranch or Italian dressing.

**Anti Pasto:** An assortment of cubed Italian cold cuts, and cheeses, pickled peppers, celery & vegetables. Topped with a Dijon balsamic vinaigrette, a touch of and our Seasoned Aioli/herbed mayo. (Add spinach and/or Pasta to customize)

**Greco:** Chopped greens, with kalamata olives, feta cheese and cherry tomatoes. Topped with traditional Greek Dressing

**Black Forest Ham:** Minced smoked ham and sweet relish mixed with Dijon mustard and mayo with pimento.

**Turkey Salad:** Shredded smoked Turkey with curry, almonds, a hint of apricot and mayo.

**Chicken:** Roasted Black pepper and lemon chicken, special seasonings and diced celery, cranberries and green apple, dressed with herbed mayo.

**\*\*\* We are intensely aware of your dietary needs. We can easily produce any dish or customize any dish to be Gluten free or allergen free. We also produce meals that are Kosher, Vegan, and caloric conscious and low fat. Specialty, Nut, seed & milk free meals no problem.**