

Corporate & Private Catering

Radiant Health Kitchen



Keep your events and meetings running smoothly and energized with delicious, fresh, and healthy food!

We believe food is life, and we want the best for it! Our meals are delicious, filling, satisfying, and light!

Fresh & Allergy Friendly

- Dietary Restrictions? We've Got You!
- Clean Ingredients & Healthy Fats
- Peanut-Free Kitchen
- Gluten-Free & Vegan Friendly

Food with Integrity

- ★ Radiant Health Kitchen is a local, woman-owned catering and private chef company. Besides catering, we offer a weekly meal prep and delivery service within the Metro Atlanta Area.
- ★ Vegetables are the center of the plate at RHK. We source locally from the beloved Your Dekalb Farmers Market and Buford Highway Farmers Market to create high-quality meals that are cooked fresh the day we serve you!
- ★ Science plays a part! Nancy combines her Master's of Science in Nutrition and Integrative Health and years of experience as a personal chef to curate whole food menus that are culturally diverse, balanced, and nutritious.

www.RadiantHealthKitchen.com

For inquiries please email hello@radianthealthkitchen.com or call 347-645-0181

A little backstory . . .

Our kitchen and your personal chef, Nancy Campbell

We are a small, but mighty, team of chefs, parents, artists, and musicians, all passionate about preparing, delivering (and eating), whole, healthy, AND delicious food.

Having made her own dietary transitions over 10 years ago, Nancy knows what it's like to not have the time or patience to spend hours in the kitchen AND still want amazing food every night. The result has led her to support others to discover and refine their empowerment in the kitchen, in their bodies, and in their lives. Outside of the kitchen, Nancy serves as a nutritional health coach and culinary educator, covering areas such as knife skills, meal planning, kitchen organization, pantry purging, and dietary transitions.



Radiant Health Kitchen began as a way to scale Nancy's personal chef services to more families. Our meal prep and delivery service to households around the Metro Atlanta area feeds 300+ meals to families, empty nesters, and busy professionals weekly. Nancy loves to bring the intimacy and quality of small-batch cooking to a larger scale in our catering services. Her standards for food quality do not waiver, whether she is feeding a family of 4, or a crowd of 200.

Need to feed 10? 20? 50? 100, or more? You've got it!

We can accommodate individual meals for as few as 10, or full, double-sided buffets for up to 150. We are flexible and happy to chat if your needs are for fewer than 10. Our pricing can be found on the following menu pages. Additional details below:

- **10-25 people:** meals are dropped off in single-serve, disposable dishes
 - Optional: hire an attendant to help set up and clean up at \$50/2 hours
- **26-75 people:** buffet served in racks with chafing dishes, drinking water in a dispenser is provided, and one attendant to assist with set up and clean up, at no extra cost
- **76-150 people:** buffet served in racks with chafing dishes, drinking water in a dispenser is provided, and two attendants to assist with set up and clean up at no extra cost

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Menu Selections:

We offer a variety of options that will support your budget. The following menu ideas aren't a limitation of what we can do, they are some of our most popular. If you don't see something you have your heart set on, please let us know! We would love to talk with you and would be happy to draft a customized menu for your next event.

\$17 / per person:

GRANDMA'S KITCHEN

Broccoli, Chicken & Rice Casserole with:

- Your choice of: Spinach Salad, Garden Salad, or Fruit Salad
- Bread & Butter

ITALIAN

Vegetarian Baked Ziti & Baked Ziti with Sausage with:

- Greek Salad or Caesar Salad
- Bread & Butter

\$18 / person:

SUNDAY DINNER

Herb Roasted Bone-In Chicken Breast & Leg Quarters with:

- Herbed Rice Pilaf or Lemon Rice Pilaf or Mashed Potatoes
- Roasted Broccoli & Cauliflower or Pan Seared Green Beans & Cherry Tomatoes
- Garden Salad w/ Two Dressings
- Bread & Butter

\$19 / person:

PICNIC BBQ

Chicken: Legs, Thighs, and Boneless Breast and BBQ Tofu with:

- Baked Mac & Cheese or Mashed Potatoes
- Coleslaw or Garden Salad
- Southern-Style Green Beans (vegetarian / no pork)
- Bread & Butter

ITALIAN FEAST

Main: (choose 1)

- Chicken Piccata
- Chicken Marsala
- Creamy Tuscan Chicken with Spinach & Sundried Tomatoes
- Oversized Beef Meatballs with Marinara
- Eggplant Rollatini with Italian Sausage (Chicken or Pork)
- Eggplant Parmesan

Pasta Dish: (choose 1)

- Beef Lasagna
- White Lasagna w/ Chicken and Spinach
- Spinach Lasagna
- Cheese Lasagna
- Baked Ziti with Roasted Veggies
- Baked Ziti with Italian Sausage (Chicken or Pork)
- Beef Ragu with Pasta
- Mushroom Ragu with Pasta

**With Italian Chopped Salad
And Italian Bread & Butter**

\$20 / person:

FIESTA TACO BAR / BURRITO BOWL

Seasoned & Shredded Chicken Breast and Grilled Flank Steak with:

- Seasoned Black Beans
- Toppings
- Shredded Lettuce, Diced Tomatoes, Shredded Cheddar, Pickled Jalapenos, Sour Cream, Salsa
- Cabbage Slaw with Cilantro & Lime
- Tortillas > Corn & Flour
- Cilantro Lime Rice & Brown Rice

\$21 / person:

MEDITERRANEAN TOURIST

Chicken Souvlaki Skewers OR Greek Meatballs with Beef & Lamb with:

- Falafel (vegetarian)
- Saffron Rice
- Mediterranean Roasted Veggie Medley
- Greek Salad
- Pita Bread
- Hummus
- Tzatziki Sauce

HEARTY GRAIN BOWL

Base (choose 2)

- Couscous or Tri-Color Quinoa (GF)
- Brown Rice (GF)
- White Rice (GF)
- Mixed Greens (GF)

Protein (choose 2):

- Lemon Marinated & Grilled Chicken Breast
- Grilled Flank Steak
- Herb Crusted Baked Boneless Chicken Breasts
- Shredded Chicken Breast
- Grilled Shrimp Skewers (3 shrimp / skewer)
- Bacon

Toppings (choose 6):

- Diced Tomatoes, Pan Seared Green Beans, Marinated Beets, Shredded Carrots, Shredded Red Cabbage, Sliced Cucumber, Boiled Eggs (cut in half), Baby Spinach (raw), Steamed Kale, Roasted Sweet Potatoes, Crumbled Feta, Shredded Parmesan Cheese

Dressings (choose 3):

- Goddess Dressing (yogurt)
- Ranch Dressing (mayo & buttermilk)
- Lemon Vinaigrette
- Maple Sage Vinaigrette
- Balsamic Vinaigrette
- Avocado Lime Dressing

\$23 / person:

ITALY'S BEST

Main: (choose 2)

- Chicken Piccata
- Chicken Marsala
- Creamy Tuscan Chicken with Spinach & Sundried Tomatoes
- Oversized Beef Meatballs with Marinara
- Eggplant Rollatini with Italian Sausage (Chicken or Pork)
- Eggplant Parmesan

With Italian Chopped Salad

And Italian Bread & Butter

Pasta Dish: (choose 2)

- Beef Lasagna
 - White Lasagna w/ Chicken and Spinach
 - Spinach Lasagna
 - Cheese Lasagna
 - Baked Ziti with Roasted Veggies
 - Baked Ziti with Italian Sausage (Chicken or Pork)
 - Beef Ragu with Pasta
 - Mushroom Ragu with Pasta
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Add On Options:

- **Drinks:**
 - Bottled Water- \$10/ case of 12
 - Gallon of Unsweet Tea with Simple Syrup- \$5
 - Gallon of Lemonade- \$5
 - Soft Drinks & Seltzers - Pricing Upon Request
- **Desserts:**
 - Cookie Assortment (sugar, chocolate chip, double chocolate chip) - 1 cookie = \$2 per person - minimum order 25
 - Classic Brownies - 1 brownie = \$2 per person - minimum order 25
 - Blueberry Cobbler- \$50 serves 25-30
 - Banana Pudding- \$50 serves 25-30
 - Flan- \$50 per pie- serves 10-12
 - Rice Krispy Treats - 1 Treat = \$1.25 per person - minimum order 25
 - Greek Lemon Olive Oil Cake - \$48 serves 24
 - Classic NY Cheesecake with Blueberry Compote - \$70 serves 14
- **Serving Products:** (plates, napkins, flatware, cups) - \$1.75 per person

Minimum Order 10 People:

- **10-25 people:** self-serve drop off items/meal in disposable dishes
 - Optional: hire an attendant to help set up the meal at \$50 for 30 min
 - Optional: hire an attendant to set up and clean up at \$100 for 1 hour
- **26-75 people:** meal served in racks with chafing dishes, water in a dispenser provided, and 1 attendant to assist with set up and clean up at no extra cost
- **76-150 people:** items/meal served in racks with chafing dishes, water in a dispenser provided, and 2 attendants to assist with set up and clean up at no extra cost