



IMMERSE CATERING

WHERE GREAT FOOD MEETS ART

If you are interested in starting a meal prep plan, email immersecateringllc@gmail.com, and you will receive contract information. There is a 48-hour notice for any changes to existing contracts.



VEGETARIAN



GLUTEN-FREE



VEGAN



DAIRY-FREE



SPICY



Our meal prep service offers delicious, nutritious meals tailored to your needs, saving you time and helping you stay on track with your health goals. With fresh, locally-sourced ingredients and a variety of options, you'll enjoy convenient, ready-to-eat meals that fit your lifestyle. Order today and take the first step towards stress-free eating!



MEAL PREP PACKAGES

BASIC

\$19.99 PER MEAL

MODERATE

\$24.99 PER MEAL

PREMIUM

\$34.99 PER MEAL

Delivery charges may apply and vary per meal package. The prices above do not include tax; 10% sales tax will be applied with the final total on the contract per DC law.

BASIC MEAL PACKAGE MENU



VEGETARIAN



GLUTEN-FREE



VEGAN



DAIRY-FREE



SPICY

ASSORTED MUSHROOM QUINOA STIR FRY

1,076 calories, 48g protein, 185g carbs, 17g fat



CHICKEN CUTLETS, WHITE RICE & SEASONED BLACK BEANS

863 calories, 52g protein, 144g carbs, 16g fat



BEEF MEATLOAF, MASHED POTATOES WITH GREEN BEANS & CARROTS

576 calories, 40g protein, 43g carbs, 26g fat

RASTA PASTA: CREAM-BASED WITH BELL PEPPERS & JERK SEASONINGS

(can be made dairy-free)

VEGETARIAN - 563 calories, 18g protein, 88g carbs, 16g fat

CHICKEN - 692 calories, 42g protein, 88g carbs, 18g fat



LOADED POTATO BOWL

Idaho Potato, Diced Tomatoes, Shredded Cheese, Jalapeños, Onions
(Choice of Vegetarian, Chicken, or Ground Beef)

VEGETARIAN - 741 calories, 30g protein, 114g carbs, 20g fat

CHICKEN - 811 calories, 60g protein, 89g carbs, 24g fat

GROUND BEEF - 1,049 calories, 53g protein, 89g carbs, 54g fat



TACO BOWL

Spanish Rice, Black Bean & Corn Salsa, Pico de Gallo, Jalapeños, Salsa Verde,
and 2 Corn Tortillas (Choice of Vegetarian, Chicken, Beef, or Shrimp)

VEGETARIAN - 1,047 calories, 30g protein, 220g carbs, 6g fat

CHICKEN - 1,137 calories, 57g protein, 205g carbs, 10g fat

BEEF - 1,335 calories, 52g protein, 205g carbs, 34g fat

SHRIMP - 1,096 calories, 56g protein, 166g carbs, 7g fat



TURKEY CLUB WRAP

Sliced Turkey, Turkey Bacon, Tomatoes, Red Onions, Roasted Zucchini, Cucumbers, Kale
with Spicy Mayo in a White Flour Tortilla

705 calories, 37g protein, 39g carbs, 47g fat



VEGETABLE HUMMUS WRAP

Roasted Zucchini & Yellow Squash, Tomatoes,
Mushrooms, Shredded Carrots, Avocado, Baby Kale
with Red Pepper Hummus in a White Flour Tortilla

537 calories, 34g protein, 36g carbs, 30g fat



SIDE ITEMS

FRUIT SALAD

A mixture of pineapple, honeydew melon & cantaloupe

102 calories, 1g protein, 25g carbs, 0.37g fat

BAKED LAYS CHIPS

235 calories, 6g protein, 45g carbs, 3g fat

GARDEN PASTA SALAD

Red onions, bell peppers, cucumbers, tomatoes, cilantro

380 calories, 9g protein, 56g carbs, 13g fat

CRUDITÉ WITH HUMMUS

Fresh carrots, bell peppers and cucumber

380 calories, 9g protein, 56g carbs, 13g fat

MODERATE & PREMIUM MENU

PLAN TYPE

WHAT'S INCLUDED

MODERATE

EXTENSIVE MENU
OPTION FOR 7, 10, 15 OR 21 MEALS
FREE DELIVERY UP TO 10 MILES

PREMIUM

FULL PERSONALIZED MENU
OPTION FOR 7, 10, 15 OR 21 MEALS
FREE DELIVERY UP TO 20 MILES



VEGETARIAN



GLUTEN-FREE



VEGAN



DAIRY-FREE



SPICY

VEGETARIAN OPTIONS

Curry Butternut Squash, Fall Roasted Vegetables with Farro Pilaf

836 calories, 19g protein, 154g carbs, 20g fat

Assorted Mushroom Quinoa Stir Fry

1,076 calories, 48g protein, 185g carbs, 17g fat

Vegetarian Shepherd's Pie

436 calories, 20g protein, 63g carbs, 11g fat



CHICKEN OPTIONS

Peruvian Chicken Thighs, Cumin Green Beans & Cauliflower Rice

466 calories, 33g protein, 20g carbs, 28g fat



Teriyaki Chicken with Thai Basil Rice Noodle Bowl

977 calories, 42g protein, 185g carbs, 4g fat



Indian Tandoori Chicken, Yellow Rice & Roasted Curry Cauliflower

930 calories, 41g protein, 161g carbs, 51g fat



Jerk Chicken Quarter, Cabbage & Veggies with Plantains

817 calories, 39g protein, 68g carbs, 51g fat



Chicken Sausage & Peppers, Roasted Potatoes with Hawaiian Rolls

481 calories, 27g protein, 46g carbs, 22g fat



Simply Chicken Breast, Quinoa Pilaf & Steamed Green Beans

625 calories, 43g protein, 33g carbs, 35g fat



Rotisserie Chicken Quarter, Seasoned Farro with Vegetable Medley

940 calories, 40g protein, 47g carbs, 65g fat



Chicken Cutlets, White Rice & Seasoned Black Beans

863 calories, 52g protein, 144g carbs, 16g fat





SEAFOOD OPTIONS

Hickory BBQ Atlantic Salmon, Pepper & Squash Medley with Garlic Roasted Potatoes

580 calories, 30g protein, 80g carbs, 30g fat



Simply Seared Salmon, Quinoa Pilaf with Mixed Vegetables

580 calories, 29g protein, 30g carbs, 38g fat



Pesto Salmon, Farro Pilaf with Roasted Brussel Sprouts

715 calories, 30g protein, 45g carbs, 46g fat



GROUND TURKEY OPTIONS

Mediterranean Turkey Meatballs, Seasoned Lentils, Cucumber & Tomato with Mint Cilantro Sauce

613 calories, 60g protein, 85g carbs, 4g fat



BEEF OPTIONS

Strip Steak, Steamed Broccoli, Roasted Sweet Potatoes with Steak Sauce

576 calories, 40g protein, 43g carbs, 26g fat



Beef Meatloaf, Mashed Potatoes with Green Beans & Carrots

576 calories, 40g protein, 43g carbs, 26g fat



PASTA OPTIONS

Rasta Pasta: Cream-based pasta with bell peppers and jerk seasonings (can be made dairy-free)

- VEGETARIAN - 563 calories, 18g protein, 88g carbs, 16g fat
- SHRIMP - 787 calories, 58g protein, 97 carbs, 16g fat
- CHICKEN - 692 calories, 42g protein, 88g carbs, 18g fat
- SALMON - 724 calories, 40g protein, 88g carbs, 23g fat



Lasagna with Steamed Broccoli & Garlic Bread

- CHICKEN - 851 calories, 57g protein, 61g carbs, 47g fat
- BEEF - 1,021 calories, 48g protein, 50g carbs, 59g fat

Pasta Primavera

959 calories, 46g protein, 146g carbs, 22g fat





BOWL OPTIONS

HARVEST GRAIN BOWL

Quinoa, Brussel Sprouts, Roasted Carrots, Pickled Onions, Cucumbers, Chickpeas with Herb Sauce (Choice of Vegetarian, Chicken, Beef or Shrimp)

VEGETARIAN - 1,367 calories, 33g protein, 150g carbs, 75g fat

CHICKEN - 1,439 calories, 57g protein, 150g carbs, 78g fat

BEEF - 1,621 calories, 56g protein, 150g carbs, 92g fat

SHRIMP - 1,439 calories, 55g protein, 150g carbs, 75g fat



LOADED POTATO BOWL

Idaho Potato, Diced Tomatoes, Shredded Cheese, Jalapeños, Onions (Choice of Vegetarian, Chicken, or Ground Beef)

VEGETARIAN - 741 calories, 30g protein, 114g carbs, 20g fat

CHICKEN - 811 calories, 60g protein, 89g carbs, 24g fat

GROUND BEEF - 1,049 calories, 53g protein, 89g carbs, 54g fat



MEZZE BOWL

Yellow Rice, Garbanzo Bean Salad, and Hummus (Choice of Vegetarian, Chicken, Beef, or Shrimp)

VEGETARIAN - 989 calories, 36g protein, 166g carbs, 19g fat

CHICKEN - 1,151 calories, 66g protein, 166g carbs, 23g fat

BEEF - 1,349 calories, 60g protein, 166g carbs, 48g fat

SHRIMP - 1,134 calories, 70g protein, 166g carbs, 20g fat



TACO BOWL

Spanish Rice, Black Bean & Corn Salsa, Pico de Gallo, Jalapeños, Salsa Verde, and 2 Corn Tortillas (Choice of Vegetarian, Chicken, Beef, or Shrimp)

VEGETARIAN - 1,047 calories, 30g protein, 220g carbs, 6g fat

CHICKEN - 1,137 calories, 57g protein, 205g carbs, 10g fat

BEEF - 1,335 calories, 52g protein, 205g carbs, 34g fat

SHRIMP - 1,096 calories, 56g protein, 166g carbs, 7g fat



KOREAN BULGOGI BOWL

Rice, Pickled Vegetables, Cucumbers, Peppers, Boiled Egg (Choice of Vegetarian, Chicken, Ground Beef, or Shrimp)

VEGETARIAN - 1,048 calories, 24g protein, 193g carbs, 19g fat

CHICKEN - 1,210 calories, 54g protein, 193g carbs, 23g fat

GROUND BEEF - 1,408 calories, 49g protein, 193g carbs, 48g fat

SHRIMP - 1,169 calories, 53g protein, 193g carbs, 20g fat



SANDWICHES/WRAPS OPTIONS

Please select a side item.



TURKEY CLUB WRAP

Sliced Turkey, Turkey Bacon, Tomatoes, Red Onions, Roasted Zucchini, Cucumbers, Kale with Spicy Mayo in a White Flour Tortilla

705 calories, 37g protein, 39g carbs, 47g fat

JERK CHICKEN WRAP

Jerk Chicken, Bok Choy, Bell Peppers, Scallions, Cilantro with Jerk Sauce in a White Flour Tortilla

537 calories, 34g protein, 36g carbs, 30g fat

VEGETABLE HUMMUS WRAP

Roasted Zucchini & Yellow Squash, Tomatoes, Mushrooms, Shredded Carrots, Avocado, Baby Kale with Red Pepper Hummus in a White Flour Tortilla

537 calories, 34g protein, 36g carbs, 30g fat

BÁNH MI SANDWICH

Baguette with Marinated Carrots, Cucumbers, Red Onions, Cilantro (Choose your protein: Tofu, Chicken, Shrimp, or Roast Beef)

TOFU – 813 calories, 14g protein, 77g carbs, 48g fat

CHICKEN – 846 calories, 28g protein, 74g carbs, 46g fat

SHRIMP – 814 calories, 27g protein, 74g carbs, 43g fat

ROAST BEEF – 854 calories, 29g protein, 74g carbs, 47g fat

POWER SANDWICH

Whole Grain Bread with Hard-Cooked Eggs, Tomatoes, Cucumbers, Alfalfa Sprouts, Avocados, and Leaf Lettuce

(Choose your protein: Vegetarian, Chicken, Turkey, or Roast Beef)

VEGETARIAN – 297 calories, 14g protein, 24g carbs, 17g fat

CHICKEN – 417 calories, 38g protein, 22g carbs, 20g fat

TURKEY – 402 calories, 38g protein, 22g carbs, 19g fat

ROAST BEEF – 423 calories, 38g protein, 22g carbs, 21g fat

SIDE ITEMS

FRUIT SALAD

A mixture of pineapple, honeydew melon & cantaloupe

102 calories, 1g protein, 25g carbs, 0.37g fat

BAKED LAYS CHIPS

235 calories, 6g protein, 45g carbs, 3g fat

GARDEN PASTA SALAD

Red onions, bell peppers, cucumbers, tomatoes, cilantro

380 calories, 9g protein, 56g carbs, 13g fat

CRUDITÉ WITH HUMMUS

Fresh carrots, bell peppers and cucumber

380 calories, 9g protein, 56g carbs, 13g fat

