

## MENU #5

### #1 Skinny Boom Boom

Grilled all-natural chicken breast served over a bed of sauteed broccoli & sliced carrots. Served w/ a side of boom boom. (GF/LC/DF)  
(P:30g, C: 11g, F: 5g, Cal: 209, Fiber: 6g, Sug: 5g)

### #2 Cajun Chicken Bowl

A simple low-fat meal served w/ seasoned cajun chicken breast, a half sweet potato, & broccoli. Served w/ Ragin' Cajun Ranch. (GF/LC/DF)  
(P:27g, C: 20g, F: 6g, Cal: 242, Fiber: 5g, Sug: 5g)

### #3 Skinny Chicken Fried Rice

A quick & healthy version of a popular staple. Sauteed cauliflower rice, peas, carrots, & soy sauce. (OF/DF)  
(P:32g, C: 14g, F: 8g, Cal:256, Fiber: 6g, Sug: 3g)

### #4 "Bison My Burger"

All-natural Bison patty topped w/ colby-jack served w/ hand-cut sweet potato fries. Garnished w/ dijon mustard & a slice tomato. (GF)  
(P:30g, C: 24g, F: 15g, Cal:351, Fiber: 4g, Sug: 5g)

### #5 Skinny Mac N' Cheese

Our #1 selling meal is back! Elbow noodles tossed in a creamy cheddar sauce topped w/ ground turkey.  
(P:27g, C: 24g, F: 17g, Cal:357, Fiber: 1g, Sug: 5g)

### #6 Buffalo Ranch Baker

All-new Sweet potato stuffed w/ buffalo style pulled chicken & served w/ a side of jack's ranch.  
(P: 33g, C: 26g, F: 14g, Cal: 362, Fib: 6g, Sug: 3g)

### #7 Manicotti

Ricotta cheese stuffed italian rolls layered w/ scratch made meat sauce & a side of roasted brussel sprouts.  
(P: 24g, C: 23g, F: 17g, Cal: 341, Fib: 6g, Sug: 5g)

### #8 Fajita Quesadilla

Whole wheat tortilla w/ melted cheeses, fajita seasoned grilled chicken & sauteed peppers. Served w/ a side of salsa.  
(P: 37g, C: 26g, F: 16g, Cal: 396, Fiber: 6g, Sug: 5g)

\$9

\$9.25

\$10.5

\$13.5

\$10.5

\$9

\$10.5

\$9.5

### #9 Cookies N' Cream Pancakes

\$10

2 whole wheat flour pancakes w/ protein powder & cookies n' cream crumbles. Served w/ 2 slices of bacon & sugar free syrup & crunchy peanut butter.  
(P: 30g, C: 20g, F: 16g, Cal:344, Fiber: 0g, Sug: 6g)

### #10 Monterey Jack Chicken

\$10.5

All-new butterfly chicken breast topped w/ sauteed bell peppers, tomatoes, bacon & melted monterey jack cheese. Served over a bed of creamy cauliflower mashed & a side of BBQ Sauce.  
(P: 32g, C:14g, F:20g, Cal: 364, Fiber: 6g, Sug: 4g)

### #11 Kickin Chicken Totchos

\$10.5

Seasoned pulled chicken over a bed of sweet potato tots served w/ cheese, turkey bacon bits and a chef jacks buffalo ranch sauce.  
(P: 32g, C: 30g, F: 17g, Cal: 410 Fiber: 6g)

### #12 Skinny Birmingham Bowl

\$12

Skinny version of our famous beefy birmingham bowl. Cilantro lime cauliflower rice, corn, black beans, ground beef, & fiesta cheese. Served w/ pico de gal lo & sriracha ranch.  
(P:32g, C:12g, F:18g, Cal:338, Fiber:3g)

### #13 Beach Bowl

\$11

White rice topped w/ gulf shrimp, fiesta cheese & a side cup pico-de-gallo. Served w/ low-fat sriracha ranch dressing on the side. (GF)  
(P: 32g, C: 49g, F: 15g, Cal:459, Fib: 3g, Sug:4g)

### #14 Beefy Birmingham Bowl

\$11.25

White rice topped with lean ground beef, fiesta cheese, and a side cup of pico de gallo. Served w/ a side of sriracha ranch. (GF)  
(P: 28g, C: 38g, F: 21g, Cal: 453, Fib: 3g, Sug: 5g)

### #15 Chicken Parmesan

\$10

All-new penne pasta whole grain topped w/ butterfly chicken, marinara, melted mozzarella, & parmesan cheese  
(P: 42g, C: 52g, F: 14g, Cal: 502, Fib: 6g, Sug: 5g)

