

#3 7/05 4th of July Menu

#1 DIP THE CHOP \$12.50

Macro-friendly lean pork chop served with baked asparagus and just enough baby bakkers to hit the spot. Dip the Chop in our Fit Five sauce. **(GF/LC/DF)**
(P:28g, C:18g, F:10g, CAL:274, FIB: 6g, SUG: 4g, SOD: 633 mg)

#2 ROSEMARY GARLIC CHICKEN \$12

A simple low-fat meal served with seasoned chicken breast, half a sweet potato, and roasted baby carrots. Our chicken is baked with olive oil and served with a side of Fit Five sauce. **(GF/LC/DF)**
(P: 32G, C: 20G, F: 8G, CAL: 280, FIB: 5G, SUG: 5G, SOD: 450 MG)

#3 TUSCAN CHICKEN \$12.50

Sliced chicken served with a creamy Tuscan parmesan sauce over a spring vegetable medley. (Squash, zucchini, cherry tomatoes)
(P: 36g, C:18g, F:12g, CAL 324, FIB: 6g, SUG: 4g, SOD: 604 mg)

#4 CHICKEN PARMESAN \$13

An Italian favorite made healthy! Oven-baked chicken topped with marinara and cheese served on top of whole wheat pasta.
(P: 44G, C:36G, F:8G, CAL 400, FIB :3g, SUG: 3g, SOD: 276 mg)

#5 BUFFALO WAFFLE NACHOS \$12.50

The meal you don't want to miss! Sweet potato waffle fries topped with pulled chicken and cheese. Served with a side of buffalo sauce and House ranch.
(P: 36G, C: 27G, F: 18G, CAL: 414, FIB: 4G, SUG: 8G, SOD: 673 mg)

#6 LOADED CHEDDAR EGG BITES \$13

All-new! (6) Protein egg bites made with cheddar cheese & baked ham. Served with a side of salsa.
(P:25g, C:1g F:19g, Cal:275, Fib:1g, Sug:1g, Sod:439 MG)

#7 TACO QUESADILLA \$11.50

Whole wheat tortilla filled with taco seasoned lean ground beef, melted cheeses, and served with a side of salsa.
(P: 38g, C: 32g, F: 16g, CAL: 420, FIB: 4g, SOD: 935 mg)

#8 THE ROCKET CITY BOWL \$12.50

Baked red potatoes seasoned with garlic and olive oil, topped with pulled chicken, a side of light cheddar cheese, and turkey bacon bits. Served with BBQ sauce. **(GF)**
(P: 39g, C: 32g, F: 19g, Cal: 455, FIB: 4g, SOD: 900 mg)

#9 BOOM BOOM CHICKEN BURGER \$12.50

Your new favorite chicken burger with perfectly seasoned waffle fries and a pickle. Served with a side of boom boom sauce.
(P: 32g, C: 37g, F: 19g, CAL: 447 , FIB: 4g, SUG: 8g, SOD: 863 mg)

#10 2.0 BHAM-STRONG BOWL \$12

Bowls are LIFE! All-natural pulled chicken served over a bed of brown rice and lightly topped with fiesta cheese. Served with a side of fresh pico de gallo and sriracha ranch. **(GF)**
(P:36g, C:49g, F:13g, CAL: 457, FIB: 3g, SUG: 1g, SOD: 350 mg)

#11 BEEF TIPS & RICE \$13

The perfect balance of southern comfort food and healthy eating. Locally harvested steak tips tossed in our gravy, served over a bed of rice
(P:40g, C:44 g F:14g, Cal:444, Fib:4g, Sug:7g, Sod:700 MG)

#12 THE CARIBBEAN JERK \$12

Jamaican jerk marinated chicken served over a bed of coconut rice & seasoned vegetables. Served w/ a side of pineapple salsa.
(P:40g, C:44 g F:14g, Cal:444, Fib:4g, Sug:7g, Sod:700 MG)

#13 SWEET N' SOUR CHICKEN \$12

Chicken, fresh pineapple, and bell pepper chunks tossed in sweet n' sour sauce served over a bed of white rice.
(P:44G, C:52G, F:20G, Cal:564, Fib: 8G, Sug:6G, Sod: 1080mg)