

## #1 7/25/2022 OFFICIAL

**#1 Skinny Sweet N' Sour \$12**  
Chicken, fresh pineapple, and bell pepper chunks tossed in sweet n' sour sauce served over a bed of cauliflower rice. **(GF/DF)**  
**(P: 32g, C:18g, F:2g, Cal: 218, Fib:5g, Sug:13g, Sod: 296mg)**

**#2 The Florentine \$11**  
Butterfly chicken breast packed with protein and served over our spring vegetable medley. Served with our new pesto sauce. **(GF/LC/KF/DF-WITHOUT SAUCE)**  
**(P: 44g, C: 5g, F: 3g, Cal: 223 , FIB: 3G, Sug: 4g, Sod: 143mg)**

**#3 Peppercorn Steak \$13.50**  
Pan-seared lean steak, open-faced baked potato, and asparagus with a side of peppercorn sauce. **(GF)**  
**(P:32g, C:23g, F:7g, Cal:283, Fib:5g, Sug:3g, Sod:147 mg)**

**#4 Chipotle Totchos \$12.5**  
Sweet potato puffs topped with chipotle seasoned pulled chicken, a side of fiesta cheese, and turkey bacon bits. Served with a side of sriracha ranch. **(DF)**  
**(P:38g, C:30g, F: 17g, Cal:434, Fib:6g, Sug:9g, Sod: 500MG)**

**#5 Get 'Em to the Greek \$12.5**  
Grilled turkey burger blended with spinach, feta, & sun dried tomatoes. Served with our Greek seasoned potato fries over a bed of spinach with Tzatziki sauce.  
**(P: 39g, C: 18g, F:15g, Cal:332 , FIB: 6G, Sug:1g, Sod: mg)**

**#6 Lemon Rosemary Chicken \$12**  
Lemon and rosemary marinated all-natural chicken breast served with roasted red potato wedges, mixed squash, and zucchini. With a side of lemon aioli. **(GF/DF)**  
**(P: 42g, C:18g, F:9g, Cal: 321, Fib:6g, Sug:3g, Sod: 500mg)**

**#7 Mediterranean Shrimp \$13**  
**New and improved with less carbs!**  
Inspired by the flavors of the mediterranean a shrimp, veggie medley, over a bed of rice pilaf & a side of hummus. **(GF/DF)**  
**(P:23g, C:29g, F:0 g, Cal:208 , FIB: 3G, Sug:3g, Sod: 902mg)**

**#8 The Elite Bowl \$12**  
Your favorite cilantro lime rice bowl topped with pulled chicken, corn, and black beans. Served with fresh pico de gallo and our signature avocado ranch.  
**(GF/DF-without sauce)**  
**(P: 36g, C: 48g, F: 6g, Cal: 381, Fib: 7g, Sug: 3g, Sod: 330mg)**

**#9 Original Skinny Mac \$12**  
Our number one selling meal is Back! Ground turkey served over a bed of our famous cheesy mac and elbow noodles.  
**(P:28G, C: 26G, F: 20G, CAL:396, F: 1G, SUG: 5G, Sod:600mg)**

**#10 Red Velvet Pancakes \$11.5**  
Ask & you shall receive-your favorite pancake: RED VELVET (4) protein pancakes served with a side of buttercream icing .  
(Macros per 2 pancakes)  
**(P:19g, C:37g, F:8g, Cal:303, Fib:2g, Sug:8g, Sod: 178mg)**

**#11 Cuban Wrap \$12.5**  
You asked, we delivered! Fit Five's healthy twist on a Cuban wrap IS BACK ! Whole wheat tortilla, ham, pork shoulder, swiss cheese, pickles, and mustard. Served with a side of cajun fries.  
**(P: 47G, C:41G, F: 13G, Cal:469, Fib: 20g, Sug: 2G, Sod: 1291 mg)**

**#12 Boom Boom Mash \$12.5**  
Fan-favorite redskin mashed potatoes topped with pulled chicken, light cheddar cheese, and turkey bacon. Served with a side of boom boom sauce. **(GF)**  
**(P: 37g, C: 25g, F: 22g, Cal: 446, FIB: 2G, Sug: 2, Sod: 993mg)**

**#13 Cowboy Quesadilla \$11**  
Whole wheat tortilla filled with pulled chicken, corn, black beans, and fiesta cheese. Served with a side of BBQ sauce.  
**(Pro: 42g, Carb:34g, Fat: 16g, Cal:448, Fib: 4g, Sod:850mg)**

**#14 Hamburger Steak \$12.5**  
A healthy take on a southern classic. Handcrafted beef burger served on a bed of brown rice, topped with sauteed mushrooms, onions, and a cup of brown gravy.  
**(GF-WITHOUT SAUCE)/DF)**  
**(P: 34g, C: 49g, F: 16g, Cal:476, Fib: 5g, Sug:4g, 550mg)**

**#15 Cajun Chicken Alfredo \$12**  
All-new whole wheat pasta served with our cajun chicken in our house-made cajun alfredo sauce.  
**(P: 42G, C: 49G, F: 13G, CAL: 481, SUG: 4G, FIB: 4G)**