

#5 7/18/2022

#1 CAJUN CHICKEN BOWL \$11.00

A simple low-fat meal served with cajun seasoned chicken breast, a half-sweet potato, and fresh broccoli. Served with our Cajun Ranch. **(GF/LC/DF)**
(P:32g, C: 20g, F: 6g, Cal: 262, Fiber: 5g, Sug: 5g, Sod: 257 mg)

#2 MEXICAN HASH BOWL \$12

Our soon to be favorite– seasoned ground beef simmered into our taco sauce over diced sweet potatoes and served with house-made avocado ranch.
(P:32G, C: 28G, F: 26G, Cal: 474, Fiber: 5g, Sug: 6g, Sod: 240 MG)

#3 SOUTHERN BBQ \$11.5

All-natural chicken breast rubbed with our bbq seasoning and tossed in low carb, low sugar BBQ Sauce. Served with a side of mashed sweet potatoes & steamed green beans w/ sliced squash mix.
(P: 36G, C:41G, F: 3G, Cal:335, Fib: 5g, Sug: 22G, Sod: 459MG)

#4 BOOM BOOM BAKER \$11

Sweet potato baker stuffed with pulled chicken and served with a side of boom boom sauce and cheddar cheese.
(P: 34G, C: 32G, F: 3G, Cal: 291, Fib: 4G, Sug: 5G, Sod:35mg)

#5 MONTEREY JACK \$11.5

Butterfly chicken breast topped with sauteed bell peppers, tomatoes, bacon, and melted Monterey jack cheese. Served over a bed of creamy cauliflower mashed with a side of BBQ Sauce. **(GF)**
(P:32g, C:14g, F:20g, Cal: 364, Fib: 6g, Sug: 4g, Sod:1156.5mg)

#6 FAJITA QUESADILLA \$11

Whole wheat tortilla with melted cheeses, fajita seasoned grilled chicken and sauteed peppers. Served with a side of salsa.
(P:37g, C:26g, F:16g, Cal: 396, Fib: 6g, Sug: 5g, Sod:952.5mg)

#7 STEAK & MASHED POTATOES \$13.5

Lean steak sliced over a bed of our low-fat mashed potatoes and steamed green beans. **(GF)**
(P:35G, C: 28G, F: 16G, Cal:396, Fib: 5g, Sug: 4g, SOD: 800MG)

#8 THE HAWAIIAN CHICKEN \$12.5

Teriyaki - grilled chicken breast topped with pineapple over a bed of jasmine rice and vegetable pepper medley. Served with a side of teriyaki sauce. **(DF/GF)**
(P: 41G, C:38G, F: 9G, Cal:397, Fib: 8g, Sug: 6G, Sod: 500MG)

#9 THE SLIDERS \$12.5

Our famous chicken burger–mini sized served on brioche sliders with greek seasoned fries. Served with a side of pickles and fit five sauce
(P:45G, C: 46G, F: 15G, Cal: 499, Fib: 4G, Sug: 8G, Sod: 751MG)

#10 COCOA PEBBLES FRENCH TOAST \$11.5

Brioche bun lightly battered in egg whites and Dymatize Iso Pure 100 Cocoa pebbles. Served with bacon, peanut butter, and sugar free syrup.
(P:26g, C:56g, F:12g, Cal:436, Fib:2g, Sug:7g, Sod: 900mg)

#11 KICKIN CHICKEN TOTCHOS \$12.5

Seasoned pulled chicken over a bed of sweet potato tots served with cheese, turkey bacon bits, and buffalo ranch sauce.
(P: 32g, C:30g, F:17g, Cal:410 Fib: 6g, Sug:5g, Sod:781.8mg)

#12 2.0 SHRIMP BOWL \$13

Brown rice topped with gulf shrimp, fiesta cheese, and a side of pico-de-gallo. Served with low-fat sriracha ranch dressing on the side. **(GF)**
(P:32g, C:49g, F:15g, Cal:459, Fib: 3g, Sug:4g, Sod:411mg)

#13 2.0 BEEFY BIRMINGHAM \$12.50

Brown Rice bowl topped with lean ground beef, fiesta cheese, and a side of pico de gallo. Served with a side of sriracha ranch. **(GF)**
(P: 30g, C: 49g, F: 20g, Cal: 496, Fib: 3g, Sug:5g, Sod:306mg)

#14 MOM'S SPAGHETTI \$12

Tender hand-crafted turkey meatballs, perfectly boiled whole wheat pasta, topped with our homemade spaghetti sauce.
(Pro; 39g, Carb: 55g, Fat: 13g, Cal:496, Fib: 5g, Sug: 7g)

#15 CHIPOTLE BURRITO \$12.50

Whole wheat tortilla wrapped with chipotle chicken, rice, fajita cheese corn and black beans and served with a side of fire roasted salsa.
(Pro; 39g, Carb: 51g, Fat: 13g, Cal:477, Fib: 7g, Sug: 2g, Sod: 765mg)