

MENU #2

#1 Orange Chicken \$12

A healthy take on a popular meal full of flavor and balance. Bite sized chicken breast cooked in Chef Michael's orange sauce and served over a small bed of white rice and broccoli.

(Pro: 36g, Carb: 54g, Fat: 2g, Cal: 378, Fib: 3g, Sug: 19g, Sod: 278mg)

#2 Lemon Pepper Chicken \$11.5

Roasted chicken breast seasoned with lemon pepper served with balsamic bacon brussel sprouts. **(GF/DF)**

(P:40G, C:10G, F: 10G, Cal:290, Fib: 6g, Sug: 2g, Sod: 750mg)

#3 Boom Boom Chicken \$12

A Fit Five Classic! Sliced chicken breast, sauteed green beans, and brown rice. Served with Boom Boom Sauce. **(GF/DF)**

(Pro: 31g, Carb: 48g, Fat: 4g, Cal: 352, Fib: 5g, Sug: 1g, Sod: 112 mg)

#4 Cahaba Steak \$12.5

Lean seared steak sauteed in our own garlic butter sauce with a sliced baked potato, balsamic glazed brussel sprouts with bacon and a side of garlic butter.

(Pro: 26g, Carb: 44g, Fat: 10g, Cal: 370, Fib: 7g, Sug: 15g, Sod: 404mg)

#5 Grandma's Meatloaf \$11.5

This scratch-made lean meatloaf will take you back to family gatherings with Grandma. Now made with gluten-free bread crumbs and served over mashed potatoes. **(GF)**

(P: 30G, C: 24G, F: 20G, Cal: 396, Fib: 0g, Sug: 6g, Sod: 1050mg)

#6 Buffalo Quesadilla \$11

Whole wheat tortilla stuffed with pulled chicken and mixed cheeses. Served with a side of buffalo sauce.

(P:37g, C: 32g, F: 16g, Cal:420, Fib: 3g, Sug: 5g, Sod: 980mg)

#7 Taco "Tochos" \$12

Sweet potato puffs topped with taco 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)

#8 SHRIMP 'N GRITS \$13.5

Down home cooking at its finest. A healthy take on a southern classic. Fresh shrimp, chopped bacon and sautéed veggies over a bed of stone-ground grits. **(GF)**

(P: 30g, C: 34g, F: 16g, CAL: 392, FIB: 3g, SUG: 4g, SOD: 441 mg)

#9 Bacon Cheeseburger \$12

Handcrafted turkey burger topped with bacon and cheddar cheese. Served with a side of sweet potato fries and Fit Five Sauce.

(P: 35g, C: 32g, F: 20g, Cal:448, Fib: 3g, Sug: 8g, Sod: 850mg)

#10 Breakfast Burrito \$11.5

Scrambled eggs, diced turkey sausage, and melted cheese wrapped in a whole wheat flour tortilla. Served with roasted potatoes, bell peppers, onions, and a side of salsa.

(P: 32g, C: 45g, F: 18g, Cal: 470, Fib:6g, Sug: 8g, Sod: 1200mg)

#11 2.0 Lean Birmingham Bowl \$12

Brown rice version of your favorite bowl- topped with ground turkey, fiesta cheese, and served with a side cup of both Sriracha ranch and pico de gallo.

(P: 32g, C: 49g, F: 17g, Cal: 477, Fib: 3g, Sug 5g, Sod: 300mg)

#12 Bham-strong Steak Bowl \$13

Grilled steak served over a bed of white rice, topped with fiesta cheese, a side of sriracha ranch dressing and fresh pico de gallo. **(GF)**

(P:37g, C: 56g, F: 13g, Cal: 489, Fib: 0g, Sug: 0g, Sod: 277 mg)

#13 Chicken and Spinach Alfredo \$12

Whole wheat pasta tossed in Chef Michael's signature alfredo and spinach sauce and topped with grilled chicken..

(P: 42g, C: 49g, F: 13g, Cal: 481, Fiber: 4g, Sug: 4g, Sod: 435mg)

#14 LOADED BAKER \$10.5

A southern classic we know you will love. Our white potato loaded with pulled chicken, bacon bits, and served with a side of bbq sauce and cheddar cheese. **(DF/GF/LF)**

(P:29g, C: 35g, F: 4g, Cal: 292, Fib:5g, Sug: 1g, Sod: 198mg)

#15 Lemon Blueberry Pancakes \$12.50

Chef Michael has done it again! Our protein pancakes with blueberries and lemon with a hint of ricotta cheese. Served family style with (4) pancakes and a side of sugar free syrup. The whole family is sure to love them.

(P:19g, C: 37g, F: 8g, Cal: 303, Fib:2g, Sug: 8g, Sod: 178mg)