

#5

#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 TOMATO PESTO CHICKEN \$12.5

Our juicy chicken breast topped with our Sicilian-inspired sun-dried tomato pesto packs tons of flavor. Served along side wild rice and roasted cauliflower, this dish will surely become part of your favorite after just one bite.
(P: 33G, C: 22G, F: 8G, Cal: 292, Fib: 3G, Sug: 4G, Sod:680 mg)

#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)

#5

REESE'S FIVE BITES \$6.25

PROTEIN ENERGY BITES

(Pro: 5g, Carbs: 7g, Fat: 5g, Cal: 90, Fibers: 2g, Sug: 3g)

GRANOLA PEANUT BUTTER BITES

\$5.00 (PROMOTION)

SLICED CHICKEN-1LB	\$13.00
BUFFALO CHICKEN NUGGETS	\$10.00
PULLED CHICKEN-1LB	\$13.00
MEATBALLS-8OZ	\$12.00
DICED SWEET POTATOES	\$13.00
GREEN BEANS	\$11.00
CHOCOLATE OVERNIGHT OATS	\$6

#5

LOW CARB KOREAN BEEF

- a. 6 OZ CAULIFLOWER RICE
- b. 2 OZ EDAMAME
- c. 4OZ GROUND BEEF TOSSED IN KOREAN BEEF SAUCE
- d. 1 OZ BROCCOLI
- e. **SAUCE: KOREAN SAUCE**

2. CAJUN CHICKEN

- a. 4OZ SLICED CHICKEN
 - i. CAJUN SEASONING
- b. 2.5 OZ BROCCOLI
- c. HALF SWEET POTATO
- d. **SAUCE: CAJUN RANCH**

3. MEXICAN HAS BOWL

- a. 5OZ DICED SWEET POTATOES
- b. 5.5OZ GROUND BEEF
 - i. WEIGHT WITH TACO SAUCE

4. Tomato Pesto Chicken

- a. 4OZ WILD RICE
- b. 4OZ SLICED CHICKEN
 - i. .5 OZ TOMATO BASIL
- c. 2.5 OZ CAULIFLOWER

5. STEAK N EGGS

- a. 3oz STEAK
- b. 4oz EGGS
- c. 3oz Red Potato Wedges-Sysco
- d. **SAUCE: SALSA**

6. MONTEREY JACK CHICKEN

- a. 6OZ BUTTERFLY CHICKEN
- b. BELL PEPPERS, DICED TOMATOES, SHREDDED FIESTA CHEESE, BACON BITS.
- c. 6OZ CAULIFLOWER MASHED
- d. **SAUCE: BBQ**

7. 2.0 SKINNY MAC

- a. 7OZ MAC N' CHEESE
- b. 4.5OZ GROUND TURKEY

8. FAJITA QUESADILLA

- a. WHOLE WHEAT TORTILLA
 - i. 1OZ MIX MOZZ/CHEDDAR
 - ii. 1.5 OZ **SLICED** JULIENNE BELL PEPPERS
 - iii. 4OZ PULLED CHICKEN, FAJITA SEASONING

b. SAUCE: SALSA CUP

9. STEAK & MASHED POTATOES

- a. 4OZ SLICED STEAK
- b. 3OZ GREEN BEANS
- c. 6OZ MASHED POTATOES

10. HAWAIIAN CHICKEN

- a. 4OZ BASMATI RICE
 - B. 1-BUTTERFLY CHICKEN
 - c.3OZ BELL PEPPER/ONION CHUNKS
- D. SAUCE: TERIYAKI SAUCE**

11. THE SLIDERS

- a. (2) 3 OZ CHICKEN BURGERS
 - b.(2) SLIDER BUNS
 - c.3OZ GREEK POTATO FRIES
- d. SAUCE: FIT FIVE**

12. COCOA PEBBLES FRENCH TOAST

- A. 1 BRIOCHE BUN
 - B. SLICED IN HALVES
 - C. 2 BACON STRIPS
 - D. COCOA PEBBLES SPRINKLE
- SAUCE: PEANUT BUTTER & SUGAR-FREE SYRUP**

13. SOUTHWEST BURRITO

- A. WHOLE WHEAT TORTILLA
 - a. 3OZ PULLED CHICKEN
 - b. 1OZ FAJITA CHEESE
 - c. 2-3OZ CORN/BLACK BEAN
 - B. 3OZ YELLOW/SPANISH RICE
- SAUCE: SALSA**

14. 2.0 SHRIMP BOWL

- a. 6OZ BROWN RICE
- b. 3OZ SHRIMP
- c. 1OZ FAJITA CHEESE
- d. **SAUCE: SRIRACHA RANCH and PICO DE GALLO**

15. 2.0 BEEFY BIRMINGHAM

- a. 6OZ BROWN RICE
- b. 4OZ GROUND BEEF
- c. 1OZ FAJITA CHEESE
- d. CUP PICO DE GALLO
- e. **SAUCE: SRIRACHA RANCH and PICO DE GALLO**

16. Mom's Spaghetti

- A. 4OZ PENNE PASTA
- B. 6OZ MEATBALLS
- C. **2OZ MARINARA**

#5

#1 LOW CARB KOREAN BEEF \$12.5
INGREDIENTS: CAULIFLOWER, GROUND BEEF, BROCCOLI, EDAMAME, KOREAN SAUCE-SOY SAUCE, TOMATO PASTE, SEASONINGS, RICE VINEGAR, SESAME OIL.
CONTAINS: WHEAT, SOY
(P:32g, C:20g, F:21g, Cal:397, Fib:7g, Sug:11g, Sod: 719 mg)

#2 CAJUN CHICKEN BOWL \$10.95
INGREDIENTS: CHICKEN BREAST, SWEET POTATO, BROCCOLI, OLIVE OIL, SEASONINGS. (SAUCE: CAJUN RANCH: DAIRY, EGG, SOY)
CONTAINS:
SAUCE CONTAINS: DAIRY, EGG, SOY
(P:32G, C: 20G, F: 6G, CAL: 262, FIBER: 5G, SUG: 5G,Sod:257 mg)

#3 MEXICAN HASH \$11.5
INGREDIENTS: SWEET POTATO, GROUND BEEF, TACO SAUCE, SEASONINGS. (SAUCE: AVOCADO RANCH)
CONTAINS: NO ALLERGENS
SAUCE CONTAINS: DAIRY/SOY,EGG
(P:32G, C: 28G, F: 26G, Cal: 474, Fiber: 5g, Sug: 6g, Sod: 240 MG)

#4 TOMATO PESTO CHICKEN \$12.5
INGREDIENTS:CHICKEN, WILD RICE, CAULIFLOWER, TOMATO BASIL, PINE NUTS, EXTRA VIRGIN OLIVE OIL, DAIRY
CONTAINS: NUTS AND DAIRY
(P: 33G, C: 22G, F: 8G, Cal: 292, Fib: 3G, Sug: 4G, Sod:680 mg)

#5 STEAK & EGGS \$12.95
INGREDIENTS: TERES MAJOR, EGGS, POTATOES, BACON, SEASONINGS
CONTAINS: EGGS
SAUCE: NONE
(P: 34g, C: 17g, F: 18g, Cal: 363, Fib: 1g, Sug: 2g, Sod: 350mg)

#6 MONTEREY JACK CHICKEN \$11.50
INGREDIENTS: CHICKEN BREAST, CAULIFLOWER, BELL PEPPERS, TOMATOES, BACON BITS, MONTEREY, COLBY, CHEDDAR, HEAVY CREAM, BUTTER, SEASONINGS. (SAUCE: BBQ) (GF)
CONTAINS: DAIRY
(P: 32G, C:14G, F:20G, CAL: 364, FIBER: 6G, SUG: 4G)

#7 2.0 SKINNY MAC \$11.5
INGREDIENTS: ELBOW NOODLES, CHEDDAR CHEESE, MILK, GROUND TURKEY, OLIVE OIL, SEASONINGS.
CONTAINS: WHEAT, DAIRY, EGG
(P:28G, C: 26G, F: 20G, CAL:396, F: 1G, SUG: 5G,Sod:600mg)

#8 FAJITA QUESADILLA \$10.5
INGREDIENTS: WHOLE WHEAT TORTILLA, CHICKEN BREAST, LOW-FAT MOZZARELLA, CHEDDAR CHEESE, BELL PEPPERS, SEASONINGS, (SAUCE: SALSA)
CONTAINS: WHEAT, DAIRY
(P: 37G, C: 26G, FAT: 16G, CAL: 396, FIB: 6G, SUG: 3G,Sod:952.5mg)

#9 STEAK & MASHED POTATOES \$12.95
INGREDIENTS: TERES MAJOR, POTATOES, GREEN BEANS, SKIM MILK, HEAVY CREAM, SEASONINGS. (GLUTEN-FREE)
CONTAINS: DAIRY
(P:35G, C: 28G, F: 16G, Cal:396, Fib: 5g, Sug: 4g, SOD: 800MG)

#10 HAWAIIAN CHICKEN \$11.50
INGREDIENTS: JASMINE RICE, CHICKEN BREAST, BELL PEPPERS, ONIONS, PINEAPPLE, TERIYAKI DRESSING, SEASONINGS.
CONTAINS: SOY
SAUCE CONTAINS: SOY
(P: 41G, C:38G, F: 9G, Cal:397, Fib: 8g, Sug: 6G, Sod: 500MG)

#11 THE SLIDERS \$11.95
INGREDIENTS: BRIOCHE BUN, GROUND CHICKEN, POTATOES, CHEDDAR CHEESE, ONION, SEASONINGS.
CONTAINS: DAIRY, WHEAT
(P:45G, C: 46G, F: 15G, Cal: 499, Fib: 4G, Sug: 8G, Sod: 751MG)

#12 COCOA PEBBLES FRENCH TOAST \$10.96
INGREDIENTS: BRIOCHE BUN, BACON, EGG, DYMATIZE ISO PURE 100 COCOA PEBBLES, HEAVY CREAM, BUTTERMILK, COCOA PEBBLES CRUMBLES.
(SAUCE: PEANUT BUTTER/SUGAR-FREE SYRUP)
CONTAINS: DAIRY, WHEAT, EGG
SAUCE CONTAINS: NUTS
(P:26g, C:56g, F:12g, Cal:436, Fib:2g, Sug:7g, Sod: 900mg)

#13 Kickin Chicken Totchos \$11.5
INGREDIENTS:SWEET POTATO TOTS, ALL-NATURAL CHICKEN BREAST, FAJITA CHEESE BLEND, TURKEY BACON, (SAUCE: RANCH & BUFFALO MIX)
CONTAINS: DAIRY, WHEAT
SAUCE CONTAINS: NO ALLERGENS
(P:38g, C: 58g, F:12g, Cal:492, Fib:7g, Sug:6g, Sod:1250 MG)

#14 2.0 SHRIMP BOWL \$12.5
INGREDIENTS: BROWN RICE, SHRIMP, FIESTA CHEESE-CHEDDAR, MONTEREY JACK, SEASONINGS. (SAUCES: PICO -TOMATOES, ONIONS, CILANTRO, LIME)
(SAUCE: SRIRACHA RANCH)
CONTAINS: DAIRY, SHELLFISH
(SAUCE: DAIRY, EGGS, SOY)
(P:32G, C:49G, F:15G, CAL:459, FIB: 3G, SUG: 4G,Sod:411mg)

#15 2.0 BEEFY BIRMINGHAM BOWL \$12.50
INGREDIENTS: BROWN RICE, GROUND BEEF, FAJITA CHEESE BLEND CHEDDAR/MONTEREY), SEASONINGS. (GF)
(SAUCES: PICO -TOMATOES, ONIONS, BELL PEPPERS, CILANTRO, LIME)
(SAUCE: SRIRACHA RANCH)-
CONTAINS: DAIRY
(SAUCE: DAIRY, EGGS, SOY)
(P: 30G, C: 49G, F: 20G, CAL: 496, FIB: 3G, Sug:5g, Sod:306mg)

#16 MOM'S SPAGHETTI \$11.75
INGREDIENTS: WHOLE WHEAT PASTA, GROUND TURKEY, MARINARA, SEASONINGS (DF)
CONTAINS: WHEAT
(Pro: 38g, Carb: 48g, Fat: 9g, Cal: 425,Fib: 6g, Sug: 5g)

#5

1. 185
2. 255
3. 215
4. 215
5. 230
6. 260
7. 290
8. 255
9. 195
10. 255
11. 185
12. 225
13. 225
14. 230
15. 300
16. 300

HEATH TOFFEE: 150 TOTAL BOTH
MON/THURSDAY

REESE'S BITES: 175 TOTAL BOTH

Boom Boom Sauce 10
Broccoli - Family Size 13
Ground Turkey - Family Size 15

Half Sweet Potato Bakers - 1 LB 20
Heath Toffee Cheesecake Bites 115
Pot Roast - Family Size 20
Pulled Chicken-Family Size 25
Reese's Five Bites 135
Sliced Chicken Breast - Family Size 30
White Rice - Family Size 7

#5



Food Truck Changes

1. Korean Beef
 - a. Korean beef is tossed in the sauce -do we need to describe that
2. Cajun chicken bowl-none
3. Mexican hash
 - a. Diced sweet potatoes is 5oz
 - b. Ground beef is boiled or made with taco sauce?
 - c. Are these side items of fit five buffalo ranch & cheddar cheese correct>
4. Needs to be Southern BBQ
 - a. Add items
 - b. 6OZ MASHED SWEET POTATOES
 - c. 4OZ SQUASH & GREEN BEANS
 - d. 4OZ DICED CHICKEN
 - i. BBQ SEASONING
 - ii. TOSSED IN BBQ SAUCE
5. Steak & eggs-none
6. Monterey jack-none
7. 2.0 skinny mac
 - a. Insert Michael's recipe?
8. Fajita quesadilla-none
9. Steak & Mashed Potatoes

10. Hawaiian Chicken
11. The Vulcan-none
12. Fruity Pebbles-none
13. Southwest Burrito
 - a. WHOLE WHEAT TORTILLA
 - i. 3OZ PULLED CHICKEN
 - ii. 1OZ FAJITA CHEESE
 - iii. 2-3OZ CORN/BLACK BEAN
 - b. 3OZ YELLOW/SPANISH RICE

SAUCE: SALSA
14. 2.0 SHRIMP BOWL
 - a. CHANGE TO BROWN RICE
15. 2.0 BEEF
 - a. CHANGE TO BROWN RICE
16. MOM'S SPAGHETTI
 - a. MARINARA IS LAYERED ON?

#5

1. 185
2. 255
3. 215
4. 215
5. 230
6. 260
7. 290
8. 255
9. 195
10. 255
11. 185
12. 225
13. 225
14. 230
15. 300
16. 300

HEATH TOFFEE: 150 TOTAL BOTH MON/THURSDAY

REESE'S BITES: 175 TOTAL BOTH