

#1 CAJUN CHICKEN BOWL

GF/LC/DF

\$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.

(P:32g, C: 20g, F: 6g, Cal: 262, Fiber: 5g, Sug: 5g, Sod: 257 mg)

#2 MEXICAN HASH BOWL**\$12.00**

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**\$12.50**

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**\$11.00**

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 GF**\$11.50**

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.

(P:32g, C:14g, F:20g, Cal: 364, Fib: 6g, Sug: 4g, Sod:1156.5mg)

#6 FAJITA QUESADILLIA**\$11.00**

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)

Contains: Wheat, Dairy

#7 STEAK & MASHED POTATOES

GF

\$13.50

Lean steak sliced over a bed of our low-fat mashed potatoes and steamed green beans.

(P:35G, C: 28G, F: 16G, Cal:396, Fib: 5g, Sug: 4g, SOD: 800MG)

Contains: Dairy

#8 THE HAWAIIAN CHICKEN

DF/GF

\$12.50

Teriyaki - grilled chicken breast topped with pineapple over a bed of jasmine rice and vegetable pepper medley. Served with a side of teriyaki sauce.

(P: 41G, C:38G, F: 9G, Cal:397, Fib: 8g, Sug: 6G, Sod: 500MG)

Contains: Soy, Wheat

#9 THE SLIDERS**\$10.00**

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)

Contains: Wheat, Egg, Soy, Milk

#11 KICKIN CHICKEN TOTCHOS**\$12.50**

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)

Contains: Wheat, Egg, Soy, Milk

#12 2.0 SHRIMP BOWL GF**\$13.00**

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.

(P:32g, C:49g, F:15g, Cal:459, Fib: 3g, Sug:4g, Sod:411mg)

Contains: SHELLFISH

Skinny Ranch: Cal: 35, Pro: 0g, Carb: 9g, Fat: 0g

#13 2.0 BEEFY BIRMINGHAM GF**\$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.

(P: 30g, C: 49g, Fat: 20g, Cal: 496, Fib: 3g, Sug:5g, Sod:306mg)

Contains:Milk, Wheat, Egg, Soy

Boom Boom: Cal: 160, Pro: 0g, Carb: 3g, Fat: 17g

#14 MOM'S SPAGHETTI**\$12.00**

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)

Contains: Wheat, Egg, Soy, Milk

#15 CHIPTOLE BURRITO**\$9.50**

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)

Contains: Wheat, Milk

BREAKFAST**#10 COCOA PEBBLES FRENCH TOAST****\$11.50**

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)

CHEAT TREATS**M & M FIVE BITES** LC **\$5.50**

Serving Size: 1 bite

CAL: 67, PRO: 5G, CARB: 7G, FAT: 3G, FIBER: 1G

Contains: Peanuts, Milk

OREO FIVE BITES LC **\$5.50**

Serving Size: 1 bite

CAL: 67, PRO: 5G, CARB: 7G, FAT: 2G, FIBER: 1G

Contains: Milk, Peanuts

