

### #1 DIP THE CHOP

GF/DF/LC

\$12.50

Macro-friendly lean pork chop served with broccolini and just enough baby bakers to hit the spot. Dip the Chop in our Fit Five sauce.

(P:28g, C:18g, F:10g, CAL:274, FIB: 6g, SUG: 4g, SOD: 633 mg)

### #2 ROSEMARY GARLIC CHICKEN

GF/DF/LC

\$11.50

A simple low-fat meal served with seasoned chicken breast, half a sweet potato, and roasted baby carrots. Our chicken is baked with olive oil and served with a side of Fit Five sauce.

(P: 32G, C: 28G, F: 2G, CAL: 260, FIB: 6G, SUG: 1G SOD: 288 MG)

### #3 CHICKEN BACON RANCH WRAP

\$11.00

Back by popular demand! Whole wheat tortilla wrapped with chicken, melted cheese & bacon. Served with a side of house ranch and carrot sticks.

(P: 43g, C:32g, F:4g, CAL: 435, FIB: 4g, SUG: 1g, SOD: 1275 mg)

### #4 TUSCAN CHICKEN

\$12.00

Sliced chicken served with a creamy Tuscan parmesan sauce over a spring vegetable medley. (Squash, zucchini, cherry tomatoes)

(P: 39g, C:5g, F:10g, CAL: 266, FIB: 2g, SUG: 3g, SOD: 218 mg)

### #5 CHICKEN PARMESAN

\$12.50

An Italian favorite made healthy! Oven-baked chicken topped with marinara and cheese served on top of whole wheat pasta.

(P: 44G, C:36G, F:8G, CAL 400, FIB :3g, SUG: 3g, SOD: 276 mg)

### #6 BUFFALO WAFFLE NACHO

\$12.50

The meal you don't want to miss! Sweet potato waffle fries topped with pulled chicken and cheese. Served with a side of buffalo sauce and House ranch.

(P: 36G, C: 27G, F: 18G, CAL: 414, FIB: 4G, SUG: 8G, SOD: 673 mg)

### #7 BREAKFAST HASH

\$12.50

Fall is here! Start your morning off with our all-new breakfast hash. Brussel sprouts, sweet potatoes, eggs, and turkey sausage.

(P:26g, C:34g F:19g, Cal:357, Fib:8g, Sug:1g, Sod:569 MG)

### #8 TACO QUESADILLA

\$11.50

Whole wheat tortilla filled with taco-seasoned lean ground beef, melted cheeses, and served with a side of salsa.

(P: 38g, C: 32g, F: 16g, CAL: 420, FIB: 4g, SOD: 935 mg)

### #9 ROCKET CITY BOWL GF

\$12.50

Baked red potatoes seasoned with garlic and olive oil, topped with pulled chicken, a side of light cheddar cheese, and turkey bacon bits. Served with BBQ sauce.

(P: 39g, C: 32g, F: 19g, Cal: 455, FIB: 4g, SOD: 900 mg)

### #10 BOOM BOOM CHICKEN BURGER

\$12.50

Your new favorite chicken burger with perfectly seasoned waffle fries and a pickle. Served with a side of boom boom sauce.

(P: 32g, C: 37g, F: 19g, CAL: 447, FIB: 4g, SUG: 8g, SOD: 863 mg)

### #12 2.0 BHAM- STRONG BOWL

GF

\$12.00

Bowls are LIFE! All-natural pulled chicken served over a bed of brown rice and lightly topped with fiesta cheese. Served with a side of fresh pico de gallo and sriracha ranch

(P:36g, C:49g, F:13g, CAL: 457, FIB: 3g, SUG: 1g, SOD: 350 mg)

### #13 BEEF TIPS & RICE

\$13.00

The perfect balance of southern comfort food and healthy eating. Locally harvested steak tips tossed in our gravy, served over a bed of rice

(P:29g, C:44 g F:8g, Cal:364, Fib:0g, Sug:0g, Sod:339 MG)

### #14 COWBOY MASH GF

\$12.00

Redskin mashed potatoes topped with ground beef, black beans, and corn.. Served with a side of boom boom sauce.

(P:23g, C:32 g F:14g, Cal:444, Fib:4g, Sug:7g, Sod:700 MG)

### #15 SWEET N SOUR CHICKEN

\$12.00

Chicken, fresh pineapple, and bell pepper chunks tossed in sweet n' sour sauce served over a bed of white rice.

P32g, C:38 g F:2g, Cal:298, Fib:3g, Sug:14g, Sod:263 MG)

## BREAKFAST

### #11 BAMA BREAKFAST

\$11.00

A breakfast bowl for champions! Chef Michael's famous cheesy grits, scrambled eggs, and diced chicken sausage.

(P: 34g, C: 24g, F: 25g, Cal: 457, FIB: 2g, SUG: 4g, SOD: 800 mg)

## CHEAT TREATS

### GRANOLA BITES \$5.95

Serving Size: 1 bite

(PRO: 5g, C: 10g, FAT: 4g, Cal: 94, FIB: 2g, SUG: 3g)

### REESE FIVE BITES LC \$5.50

Serving Size: 1 bite

(P: 5G, C: 11G, FAT: 3G, Cal: 86, FIB: 2g, SUG: 3g)

## BULK

### SLICED CHICKEN 1LB \$13.00

Serving Size: 4oz

### BREAKFAST PIZZA \$10.00

P: 28G, C: 9G, F: 26G, CAL:382, FIB: 2G, SUG: 0G)

### DICED STEAK - 8OZ \$9.00

Serving Size: 4oz

### OVERNIGHT OATS \$5.95

Serving Size: 4oz

### GROUND TURKEY - 8OZ \$9.00

Serving Size: 4oz

### PULLED CHICKEN- 8OZ \$9.00

Serving Size: 4oz

### TACO SOUP - 8OZ \$11.95

Serving Size: 4oz

### BBQ PIZZA- \$10.00

Serving Size: 4oz

(P: 22G, C: 19G, F: 9G, CAL:245, FIB: 2G, SUG: 14G)

