

ENERGY FIT GRAB & GO MENU

NEW! STEAK AND BAKED POTATO

Sm \$10 Lg \$12

Angus steak topped with green onion and minced garlic.
Served with baked potato and broccoli.

*Sm: 282 Cal; 25g Pro; 42g Carbs; 9g Fat
Lg: 480 Cal; 39g Pro; 63g Carbs; 14g Fat*

SOUTH of the BORDER - STEAK

Sm \$10 Lg \$12

Seasoned angus steak with white rice, black beans and a side of avocado and pico de gallo.

*Sm: 482 Cal; 42g Pro; 46g Carbs; 14g Fat
Lg: 586 Cal; 58g Pro; 46g Carbs; 18g Fat*

NEW! STEAK & SWEET POTATO

Sm \$10 Lg \$12

Angus steak with baked sweet potato and asparagus.

*Sm: 355 Cal; 25g Pro; 35g Carbs; 9g Fat
Lg: 532 Cal; 39g Pro; 52g Carbs; 14g Fat*

NEW! ORIENTAL STEAK & PEPPERS

Sm \$10 Lg \$12

Angus steak sautéed in soy sauce with peppers, onions, mushrooms, tomatoes and served with brown rice.

*Sm: 282 Cal; 25g Pro; 25.5g Carbs; 9g Fat
Lg: 480 Cal; 39g Pro; 51g Carbs; 14g Fat*

ENERGY FIT BOWL

Sm \$8 Lg \$10

Grilled chicken with brown rice and mixed vegetables in soy sauce.

*Sm: 296 Cal; 38g Pro; 25.5g Carbs; 5g Fat
Lg: 501 Cal; 58.5g Pro; 51g Carbs; 8g Fat*

CHICKEN & SWEET POTATOES

Sm \$8 Lg \$10

Grilled chicken with green beans and baked sweet potato slices salted and sweetened with Splenda.

*Sm: 355 Cal; 36g Pro; 35g Carbs; 4g Fat
Lg: 532 Cal; 59g Pro; 52g Carbs; 6g Fat*

SOUTH of the BORDER - CHICKEN

Sm \$8 Lg \$10

Spicy chicken with white rice, black beans, a side of avocado and pico de gallo.

*Sm: 458 Cal; 46g Pro; 45.5g Carbs; 9.5g Fat
Lg: 550 Cal; 64g Pro; 46g Carbs; 12g Fat*

NEW! GRILLED CHICKEN SALAD

Sm \$8 Lg \$10

Arcadian lettuce, cucumbers and tomatoes with a side of lime vinaigrette dressing.

*Sm: 364 Cal; 36g Pro; 0g Carbs; 25g Fat
Lg: 456 Cal; 54g Pro; 0g Carbs; 27g Fat*

SEASONED CHICKEN MEAL - New Sides

Sm \$8 Lg \$10

Grilled chicken with red potato wedges and mixed vegetables.

*Sm: 301 Cal; 39g Pro; 24.5g Carbs; 4g Fat
Lg: 510 Cal; 61g Pro; 49g Carbs; 6g Fat*

NEW! CHICKEN & PASTA

Lg \$10

Roasted poblano chicken with whole wheat penne pasta.

Lg: 576 Cal; 64.5g Pro; 61.5g Carbs; 8g Fat

NEW! TURKEY BURGER & FRIES

Sm \$8 Lg \$10

Turkey burger with diced onions, peppers and tomatoes served with baked red potato fries and green beans.

*Sm: 266 Cal; 23.6g Pro; 24.3g Carbs; 8g Fat
Lg: 398 Cal; 35.4g Pro; 36.4g Carbs; 12g Fat*

NEW! PASTA with TURKEY MEATBALLS

Lg \$10

Whole wheat penne pasta topped with a clean signature marinara sauce and turkey meatballs.

Lg: 540 Cal; 43.5g Pro; 67g Carbs; 14g Fat

BEEF BOWL

Sm \$9 Lg \$11

Extra lean beef with brown rice and mixed vegetables in soy sauce.

*Sm: 282 Cal; 25g Pro; 25.5g Carbs; 9g Fat
Lg: 480 Cal; 39g Pro; 51g Carbs; 14g Fat*

LEMON PEPPER TILAPIA MEAL

Sm \$8 Lg \$10

Baked lemon pepper tilapia with brown rice and asparagus.

*Sm: 212 Cal; 22g Pro; 25.5g Carbs; 4g Fat
Lg: 375 Cal; 34.5g Pro; 51g Carbs; 6g Fat*

Watch for WEEKLY SPECIAL Menu Items To Be Offered!
We Make Clean Eating Easy, Nutritious & Delicious

