

# GRAB & GO MEALS

## AT ENERGY FITNESS



### ANGUS STEAK MEAL - SM \$10 LG \$12

Angus steak with green peppers, onions, mushrooms & tomatoes sautéed in gluten free (low sodium) soy on a bed of brown rice.

**SM:** 309 Cal; 28g Pro; 26g Carbs; 11g Fat · **LG:** 513 Cal; 43g Pro; 49g Carbs; 17g Fat

### BBQ CHICKEN PIZZA - LG \$8

Grilled chicken, caramelized onions, and a four cheese blend drizzled with sugar free BBQ sauce on a whole wheat crust.

**LG:** 430Cal; 34g Pro; 50g Carbs; 11g Fat

### BEEF BOWL - SM \$9 LG \$11

Lean beef with brown rice & mixed vegetables including zucchini, squash and broccoli sautéed in gluten free (low sodium) soy sauce.

**SM:** 273 Cal; 28g Pro; 28g Carbs; 6g Fat · **LG:** 475Cal; 43g Pro; 56g Carbs; 9g Fat

### BISON BURGER - SM \$10 LG \$12

Bison burger with diced onions, peppers, tomatoes, and served with red potato wedges and green beans topped with roasted almond slices.

**SM:** 291 Cal; 26g Pro; 24g Carbs; 11g Fat · **LG:** 443Cal; 41g Pro; 37g Carbs; 17g Fat

### BUFFALO CHICKEN QUESADILLA - LG \$8

Grilled chicken rolled in our buffalo sauce over melted low fat mozzarella cheese with chopped red onions in a whole wheat tortilla served with a side of ranch dressing. (not included in Nutrition Facts).

**LG:** 680 Cal; 64g Pro; 39g Carbs; 38g Fat

### CHEESEBURGER BOWL - SM \$9 LG \$11

Lean beef with diced pickles & red onions on a bed of white rice topped with low fat cheese. Served with sides of mustard & ketchup.

**SM:** 262Cal; 28g Pro; 23g Carbs; 6g Fat · **LG:** 435 Cal; 42g Pro; 45g Carbs; 8g Fat

### CHICKEN & SWEET POTATOES - SM \$8 LG \$10

Grilled chicken served with baked sweet potato slices (sweetened with Splenda) and green beans topped with roasted almond slices.

**SM:** 303 Cal; 39g Pro; 27g Carbs; 4g Fat · **LG:** 461 Cal; 59g Pro; 43g Carbs; 6g Fat

### GEORGIU BROS SIGNATURE MEAL - SM \$10 LG \$12

Angus steak topped with sautéed green onion and minced garlic served with white rice and broccoli.

**SM:** 316 Cal; 28g Pro; 28g Carbs; 10g Fat · **LG:** 537 Cal; 44g Pro; 54g Carbs; 15g Fat

### GREEK CHICKEN - SM \$9 LG \$11

Baked chicken topped with feta cheese over baked Yukon potatoes served with steamed broccolini & a side of Sparta extra virgin olive oil.

**SM:** 479 Cal; 46g Pro; 25g Carbs; 22g Fat · **LG:** 613 Cal; 63g Pro; 35g Carbs; 26g Fat

### JALAPENO BURGER - LG \$11

Jalapeño style burger topped with cheddar cheese on a whole grain bun served with baked red potato fries.

**LG:** 605 Cal; 53g Pro; 59g Carbs; 17g Fat

### LEMON PEPPER TILAPIA MEAL - SM \$8 LG \$10

Baked tilapia drizzled with our house made lemon pepper sauce served with brown rice and asparagus.

**SM:** 223 Cal; 25g Pro; 26g Carbs; 4g Fat · **LG:** 395 Cal; 38g Pro; 51g Carbs; 6g Fat

### MARGARITA PIZZA - LG \$7.50

Grape tomatoes, basil, and a four cheese blend on a whole wheat crust drizzled with olive oil.

**LG:** 429 Cal; 20g Pro; 48g Carbs; 16g Fat

### NORWEGIAN SALMON MEAL - SM \$11 LG \$13

Grilled Norwegian salmon & basmati white rice served with grilled zucchini spears and drizzled with low sodium soy sauce.

**SM:** 317 Cal; 26g Pro; 27g Carbs; 18g Fat · **LG:** 617 Cal; 40g Pro; 53g Carbs; 27g Fat

### POBLANO CHICKEN - LG \$10

Grilled chicken on a bed of whole wheat Penne pasta with chopped Poblano peppers. **LG:** 611 Cal; 65g Pro; 63g Carbs; 10g Fat

### SEASONED CHICKEN MEAL - SM \$8 LG \$10

Seasoned grilled chicken with baked red potato wedges served with mixed vegetables including zucchini, squash and broccoli.

**SM:** 293 Cal; 39g Pro; 25g Carbs; 4g Fat · **LG:** 450 Cal; 59g Pro; 39g Carbs; 6g Fat

### SHRIMP SKEWER - SM \$10 LG \$12

Grilled shrimp skewers on a bed of white rice, served with asparagus.

**SM:** 226 Cal; 22g Pro; 31g Carbs; 2g Fat · **LG:** 397 Cal; 34g Pro; 58g Carbs; 2g Fat

### SOUTH of the BORDER CHICKEN - SM \$8 LG \$10

Grilled chicken with white rice & black beans served with 2 ounces of homemade guacamole & pico de gallo.

**SM:** 458 Cal; 46g Pro; 47g Carbs; 11g Fat · **LG:** 577 Cal; 64g Pro; 47g Carbs; 13g Fat

### SOUTH of the BORDER STEAK - SM \$10 LG \$12

Angus steak with white rice & black beans served with 2 ounces of homemade guacamole & pico de gallo.

**SM:** 491 Cal; 34g Pro; 47g Carbs; 17g Fat · **LG:** 586 Cal; 46g Pro; 47g Carbs; 22g Fat

### SOUTHWEST BEEF - SM \$9 LG \$11

Lean beef on a bed of fiesta brown rice with corn, black beans, roasted peppers & topped with fresh pico de gallo & chopped cilantro.

**SM:** 280 Cal; 29g Pro; 31g Carbs; 7g Fat · **LG:** 475 Cal; 43g Pro; 54g Carbs; 10g Fat

### SRIRACHA CHICKEN (SPICY) - SM \$8 LG \$10

Grilled chicken on a bed of fiesta brown rice with corn, black beans, roasted peppers & topped with fresh jalapenos.

**SM:** 309 Cal; 39g Pro; 26g Carbs; 5g Fat · **LG:** 526 Cal; 60g Pro; 51g Carbs; 9g Fat

### STEAK AND FRIES - SM \$10 LG \$12

Angus steak with baked red potato fries.

**SM:** 275 Cal; 26g Pro; 20g Carbs; 10g Fat · **LG:** 412 Cal; 39g Pro; 29g Carbs; 15g Fat

### STEAK FAJITA QUESADILLA - LG \$10

Angus steak with sautéed green peppers and onions over melted low fat mozzarella cheese in a whole wheat tortilla served with home made Pico De Gallo. **LG:** 655 Cal; 50g Pro; 39g Carbs; 32g Fat

### SWEET & SPICY CHICKEN (HOT) - SM \$8 LG \$10

Grilled chicken drizzled with sweet & spicy sauce & fresh cut pineapple on a bed of white rice.

**SM:** 314 Cal; 39g Pro; 30g Carbs; 4g Fat · **LG:** 509 Cal; 58g Pro; 52g Carbs; 6g Fat

### TACO BOWL - SM \$8 LG \$10

Seasoned ground turkey topped with our home made green sauce and a side of fresh salsa.

**SM:** 292 Cal; 28g Pro; 26g Carbs; 10g Fat · **LG:** 475 Cal; 42g Pro; 49g Carbs; 14g Fat

### TURKEY MEATBALLS - LG \$10

Turkey meatballs with whole wheat penne pasta & topped with our house made tomato sauce & parmesan cheese.

**LG:** 595 Cal; 48g Pro; 67g Carbs; 16g Fat

### TURKEY SPAGHETTI - LG \$10

Lean turkey with our home made spiced tomato sauce over gluten free spaghetti and topped with parmesan cheese.

**LG:** 600 Cal; 45g Pro; 78g Carbs; 15g Fat



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