

# MEGAFIT MEALS at EF



## NEW BREAKFAST

### MEGAFIT BREAKFAST - \$6.50

Scrambled whole eggs with turkey sausage and a side of baked red potato hash browns. *498 Cal; 31g Pro; 25g Carbs; 28g Fat*

### EGG WHITE SCRAMBLE - \$7

Egg whites blended with feta cheese, spinach, red onion, and roasted red peppers served with baked red potato hash browns. *320 Cal; 34g Pro; 22g Carbs; 8g Fat*

### STEAK AND EGGS - \$8

Angus steak and scrambled whole eggs served with baked red potato hash browns and a side of ranchero sauce. *430 Cal; 34g Pro; 24g Carbs; 20g Fat*

### BREAKFAST BURRITO - \$7

Whole scrambled eggs, homemade turkey sausage, and Cheddar Jack cheese in a whole wheat tortilla served with our salsa. *404 Cal; 21.5g Pro; 27g Carbs; 23g Fat*

### VEGGIE OMELET - \$7

Whole eggs with red and green peppers, onions, and mushrooms filled with Cheddar Jack cheese and served with a side of turkey bacon. *351.5 Cal; 23g Pro; 5.5g Carbs; 25g Fat*

### BACON AND EGG WHITE - \$6.50

Scrambled egg whites with turkey bacon and a side of baked red potato hash browns. *220.5 Cal; 21.3g Pro; 20.5g Carbs; 4g Fat*

## SIGNATURE MEALS

### 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 & RICE - SM \$8 LG \$10

Our plain grilled chicken with jasmine rice and fresh green beans. *SM: 312 Cal; 40g Pro; 29g Carbs; 4g Fat · LG: 507 Cal; 60g Pro; 51g Carbs; 6g 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: 735 Cal; 63g Pro; 59g Carbs; 26g 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: 485Cal; 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 and 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 - 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 BURGER - LG \$10

Extra lean turkey burger mixed with spinach and Gouda cheese topped with a baked tomato slice and served with our sweet potato fries. *LG: 499 Cal; 47g Pro; 39g Carbs; 19g 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*