

fitbites

BUILD YOUR OWN BOWL, WRAP & SALAD

GRAINS BOWL 250 - 750 cal

Your choice of:

Cilantro White Rice
Cilantro Brown Rice
Quinoa

SALAD BOWL 200 - 700 cal

Your choice of:

Spinach Mixed Greens
Arugula Baby Kale

SPINACH TORTILLA WRAP 300 - 750 cal

Just Like a Grains or Salad Bowl
but Served in a Wrap

PROTEIN

Choose a protein:

9.95 CHICKEN

9.95 BEEF MEATBALLS

9.95 ROASTED VEGGIES

11.95 BRAISED LAMB

DIPS

Choose up to three:

MAD GREEK

AVOCADO HUMMUS

CRUSHED OLIVE HUMMUS

EGGPLANT

ARTICHOKE

GUACAMOLE

TOPPINGS

Choose as many as you like:

FETA CHEESE

PITA CHIPS

MINT

LEMON

LIMES

TOMATOES

BASIL

CUCUMBER

CARROTS

CILANTRO

OLIVES

BEETS

CHICKPEAS

CABBAGE

DRESSING

Pick your favorite:

YOGURT MINT

SPICY CURRY

GREEK

LEMON GARLIC TAHINI

HONEY VINAIGRETTE

OLIVE OIL AND OREGANO

EXTRAS

4.95 SEASONAL SOUP

6.95 KIDS MEAL
(Kids Bowl + Specialty juice)

6.95 SIP & DIP
(Soup + choice of 3 Dips + Pita Chips)

DRINKS

2.55 SPECIALTY JUICES

2.95 BOTTLED DRINKS

1.95 BOTTLED WATER

2.55 SPARKLING WATER

YOGURTS

5.95 SWEET YOGURT
300 - 550 cal (Prepared Daily)

BERRY GOOD
Berries, Mint, Dark Chocolate,
Sea Salt, Honey

PB&J
Raspberry jelly, Peanut butter,
peanuts

YOGUTELLA
Chocolate Hazelnut, Banana,
Cinnamon

BLIND DATE
Dates, Walnuts, Cardamom

5.95 SAVORY YOGURT
300 - 430 cal (Prepared Daily)

FIT YOGURT
Tomato, Cucumber, Mint, Salt,
Pepper

IRON MAN
Baby Spinach, Garlic, C
Olive Oil, Salt, Pepper

BAJA
Avocado, Jalapeno, Cilantro
Chives, Limes