

ENTREES (comes w/ 1 side)

CHICKEN (boneless skinless 10 oz..)

Grilled (GF) – extra lean breasts grilled with a balsamic glaze (\$10.00)

210 cal, 1 g fat, 85 mg chol, 41 g protein, 8 g carbs, 0 g fiber ♥ gf

Stir Fry– chicken seared in our wok w/ seared vegetable mix (*mushrooms, water chestnuts, snow peas, broccoli, carrots, onions & peppers*), brown rice, teriyaki sauce (\$11.25)

490 cal, 2 g fat, 85 mg chol, 48 g protein, 62 g carbs, 5 g fiber

Fajita – grilled chicken, onions, peppers, cheddar cheese, salsa, Cajun seasoning, fat free sour cream (\$11.25)

410 cal, 12 g fat, 105 mg chol, 54 g protein, 28 g carbs, 8 g fiber

SEAFOOD

Grilled Salmon (GF) – Atlantic farmed center cut, 7 oz. lightly marinated and grilled (\$11.50)

Grilled Tuna (GF) – Sushi grade yellowfin, 7 oz. (med rare) lightly marinated and grilled (\$12.50)

Broiled Schrod – Boneless, filet cut. Fresh 8 oz. – broiled w/light seasoned crumbs (\$11.25)

Add a Sauce

Latino (GF) – broiled w/ a mango salsa – (add .50)

Cajun (GF) – broiled w/ a Cajun spices – (add .25)

Asian Thai – broiled w/ Thai chili sauce – (add .50)

SIDES FOR ENTREES

Brown Rice (150 cal) Green Beans (40 cal) Mixed Greens (70 cal)

Steamed Broccoli (60 cal) Fresh Fruit (70 cal)

Harvest Blend – *Quinoa, Farro & Brown Rice*

Seasonal Veggies – *Orange & yellow carrots, broccoli & sugar snap peas* (80)

Stir Fry Veggies – *Mushrooms, water chestnuts, snow peas, broccoli, carrots, onions & peppers* (90 cal)

* Extra sides—\$3.99

All above sides are **Gluten Free w/ the exception of** Stir Fry Veggies and Harvest Blend

SALADS

Grilled Salmon Salad (GF) (\$10.75)

Grilled Atlantic salmon, shredded romaine lettuce, green & red peppers, cucumbers, celery, shredded carrots, capers and a champagne vinaigrette dressing
490 cal, 34 g fat (5 saturated), 65 mg chol, 20 g carbs, 7 g fiber, 26 g protein

Apple Walnut Chicken Salad (GF) (\$10.00)

Shredded iceberg lettuce, toasted walnuts, gorgonzola cheese, sweet dried cranberries, golden delicious apple slices & a cran-raisin vinaigrette dressing
500 cal, 36 g fat (10 saturated), 25 mg chol 38 g carbs, 5 g fiber, 10 g protein

Steak Tip Salad (GF) (\$11.50)

Grilled lean tips over shredded romaine lettuce, gorgonzola cheese, grilled red peppers, caramelized onions and grilled mushroom caps tossed in low fat burgundy wine vinaigrette dressing
500 cal, 31 g fat (12 saturated), 90 mg chol 23 g carbs, 4 g fiber, 31 g protein

Detox Chopped Salad (GF) (\$10.75)

Kale, cabbage, jicama, carrots, broccoli, grapes, blueberries & strawberries in pomegranate dressing, topped with grilled salmon
690 cal, 38g fat (7 saturated), 125 mg chol, 39 g carbs, 9 g fiber, 50g protein

Thai Chicken Salad (\$10.25)

Grilled Chicken, shredded carrots, cucumbers, red & green peppers, water chestnuts, onions, baked crispy noodles & spicy peanut dressing on a mix of mesclun greens
440 cal, 12g fat, 40mg chol, 27g protein, 43g carbs, 8 g fiber

♥ symbol = LOW SODIUM..meals & main dishes: 140mg or less per 100g

GF symbol = a GLUTEN FREE menu item

The Healthy Kitchen



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SANDWICHES & WRAPS

Teriyaki Chicken Wrap (\$8.50)

Grilled chicken, teriyaki sauce, brown rice, seared peppers, onions & broccoli on our lo cal wrap
410 cal, 6 g fat, 40 mg chol, 37 g protein, 61 g carbs, 14 g fiber

Thai Chicken Wrap (\$8.50)

Grilled chicken, jasmine rice, carrots, baked crispy noodles, cucumbers, spicy peanut sauce on our lo cal wrap
460 cal, 12 g fat, 40 mg chol, 37 g protein, 61 g carbs, 14 g fiber

Southwest Wrap (\$8.00)

Spicy black bean burger grilled with low fat cheddar cheese, shredded lettuce, tomato and guacamole in our lo cal wrap
390 cal, 15 g fat, 15 mg chol, 27 g protein, 44 g carbs, 21 g fiber

Lettuce Wraps

w/ Crispy Beef - (\$9.75)

w/ Chicken - (\$9.00)

lettuce wraps w/ sweet Asian garlic sesame sauce, red peppers, water chestnuts, baked crispy noodles, shredded carrots, fresh cilantro & scallions in baby iceberg lettuce pockets

Beef - 490 cal, 18 g fat, 95 mg chol, 33 g protein, 47 g carbs, 5 g fiber

Chicken - 430 cal, 10 g fat, 105mg chol, 35 g protein, 47 g carbs, 5 g fiber

BURGERS & BURRITOS

Thai Veggie Burger (\$8.00)

Veggie Burger (contains mozzarella cheese) with Napa cabbage, cilantro, scallions, sweet Thai chili sauce & lime juice on a lo cal wheat flat bread
270 cal, 4 1/2 g fat, 10 mg chol, 11 g protein, 52 g carbs, 11 g fiber

Turkey Burger (\$8.50)

Lean ground white meat w/ seasonings, caramelized onions, lettuce & tomato on a wheat kaiser roll (add cheese .50)
350 cal, 5 g fat, 55 mg chol, 34 g protein, 45 g carbs, 6 g fiber

Wasabi Salmon Burger (\$9.25)

Salmon, fresh ginger & seasonings grilled, topped w/cucumber wasabi slaw on a wheat kaiser roll
470 cal, 20 g fat, 75 mg chol, 37 g protein, 39 g carbs, 6 g fiber

Veggie Burger (\$7.00)

Veggie burger (contains mozzarella cheese) with seasonings, spicy sauce, lettuce and tomato on a wheat flat bread
220 cal, 5 g fat, 10 mg chol, 11 g protein, 39 g carbs, 10 g fiber

Fish Burritos (\$9.50)

Broiled schrod w/lettuce, tomato, guacamole, mango salsa, spices and low fat cheddar cheese in crisp tortilla rollups
480 cal, 21 g fat, 80 mg chol, 48 g protein, 33 g carbs, 15 g fiber

Quinoa Burger (\$9.25)

Quinoa, portabello, kale and smoked mozzarella burger topped with guacamole, corn black bean relish, lettuce, tomato & a lime cilantro sauce on a toasted bun
490 cal, 16 g fat, 30 mg chol, 22 g protein, 65g carbs, 11 g fiber

"ALL IN ONE BOWLS"

Buffalo Bowl (\$8.50)

Harvest blend (brown rice, farro & quinoa) celery, carrots, Buffalo sauce, Bleu cheese and citrus sour cream
350 cal, 9 g fat, 20 mg chol, 11g protein, 49 g carbs, 7 g fiber

Baja Bowl (\$8.50)

Harvest blend (brown rice, farro & quinoa) black beans, corn, tomatoes, red pepper, jicama, scallions, cilantro, cheese and our spicy Southwestern Baja sauce.
500 cal, 11 g fat, 15mg chol, 10 g protein, 88 g carbs, 10 g fiber

Bangkok Bowl (\$8.50)

Jasmine rice, orange & yellow carrots, broccoli, sugar snap peas, cucumber, spicy Thai peanut sauce and Asian slaw, garnished with toasted coconut & crushed peanuts.
490 cal, 18g fat, 0 mg chol, 19 g protein, 66 g carbs, 6 g fiber

Mediterranean Bowl (\$8.50)

Harvest blend (brown rice, farro & quinoa) bell peppers, plum tomatoes, artichoke hearts, roasted garlic, Kalamata olives, in a Greek vinaigrette, topped with feta cheese and tzatziki sauce.

Add a Protein

Grilled Chicken (GF) (\$3.00)

Grilled Salmon (GF) (\$6.00)

Seared Tuna (GF) (\$5.50)

Grilled Beef Tips (GF) (\$5.50)

Tofu (GF) (\$2.75)

Korean Spicy Beef Bowl (\$13.00)

Grilled tender beef tips in a sweet & spicy Korean sauce over peppers, water chestnuts, carrots, broccoli & Jicama served over jasmine rice, garnished with scallions.