

## ENTREES (comes w/ 1 side)

### CHICKEN (boneless skinless 10 oz..)

**Grilled (GF)** – extra lean breasts grilled with a balsamic glaze **(\$10.50)**

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 **(\$11.75)**

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 **(\$11.75)**

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 **(\$12.50)**

**Grilled Tuna (GF)** – Sushi grade yellowfin, 7 oz. (med rare) lightly marinated and grilled **(\$13.50)**

**Broiled Schrod** – Boneless, filet cut. Fresh 8 oz. – broiled w/light seasoned crumbs **(\$12.25)**

### 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) (\$11.25)

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) (\$10.50)

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) (\$12.25)

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) (\$11.50)

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 (\$10.75)

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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Mixed Berry

Strawberry Banana

## SANDWICHES & WRAPS

### Teriyaki Chicken Wrap (\$9.00)

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 (\$9.00)

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 (\$8.50)

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 - (\$10.25)

w/ Chicken - (\$9.50)

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 (\$8.50)

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 (\$9.00)

Lean ground white meat mixed 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 (\$9.75)

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 (\$7.50)

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 (\$10.00)

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 (\$9.75)

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

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## "ALL IN ONE BOWLS"

### Buffalo Bowl (\$9.00)

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 (\$9.00)

Harvest blend, 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 (\$9.00)

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

### Mediterranean Bowl (\$9.00)

Harvest blend, 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 Beef Tips (GF) (\$5.50)

Grilled Salmon (GF) (\$6.00)      Tofu (GF) (\$2.75)

Seared Tuna (GF) (\$5.50)

### Korean Spicy Beef Bowl (\$13.50)

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

### BBQ Short Rib Dinner (\$12.50)

Tender short ribs marinated in Korean Kalbi BBQ sauce, grilled & served over jasmine rice with sesame ginger Napa slaw, drizzled sriracha agave & garnished w/ lime

### Poke Bowl (GF)

Your choice of chilled sushi grade tuna OR seared tofu tossed in 'SoWabi marinade' (a soy based, rice vinegar wasabi marinade) over Asian rice w/ sesame seeds, seaweed salad, cucumber, shredded carrots, edamame, avocado & scallions

(tofu poke- \$11.50    tuna poke - \$12.50)