

## ENTREES (comes w/ 1 side)

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

**Balsamic (GF)** – grilled, balsamic glaze (\$11.5)  
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/ vegetable mix (*mushrooms, water chestnuts, snow peas, broccoli, carrots, onions & peppers*), brown rice, teriyaki sauce (\$12.5)  
490 cal, 2 g fat, 85 mg chol, 48 g protein, 62 g carbs, 5 g fiber

**Fajita** – grilled, onions, peppers, cheddar cheese, salsa, Cajun seasoning, fat free sour cream (\$12)  
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 (\$13)

**Broiled Schrod** – Boneless, filet cut. Fresh 8 oz.  
– broiled w/light seasoned crumbs (\$12.5)

#### Add a Sauce

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

**Cajun (GF)** – broiled w/ a Cajun spices – (add .50)

**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—\$4

All above sides are **Gluten Free** w/ the exception of

## SALADS

### Grilled Salmon Salad (GF) (\$12)

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) (\$11)

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) (\$13)

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

### Thai Chicken Salad (\$11)

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



"to eat well is to live well"

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## SANDWICHES & WRAPS

### Teriyaki Chicken Wrap (\$9)

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)

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 (\$8.5)

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 - (\$10.5)

w/ Chicken - (\$9.5)

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

### Turkey Burger (\$9)

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 (\$10)

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

## FROZEN YOGURT

Self-serve .....\$.69/oz.

Over 50 toppings w/ 12 flavors of yogurt, sorbet, gelato & ice cream!

## SMOOTHIES - \$6.50

Mixed Berry / Strawberry Banana

## DESSERTS

Lg Cookies \$3 ea Chocolate Chip / M&M

Fudge Brownies \$3 ea

Chocolate Cake \$7/ slice

Carrot Cake \$7/slice

Boston Cream Pie \$7/ slice

Chocolate Peanut Butter Reese's Pie \$7/ slice

## "ALL IN ONE BOWLS"

**Buffalo Bowl (\$10)** - Harvest blend (brown rice, farro & quinoa) celery, carrots, Buffalo sauce, Bleu cheese, citrus sour cream.  
350 cal, 9 g fat, 20 mg chol, 11g protein, 49 g carbs, 7 g fiber

**Baja Bowl (\$10)** - 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 (\$10)** - 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 (\$10)** - Harvest blend, bell peppers, 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)

Grilled Beef Tips (GF) (\$8)

Grilled Salmon (GF) (\$7)

Tofu (GF) (\$3.5)

**Korean Spicy Beef Bowl (\$14.5)** - Grilled tender beef tips in a sweet & spicy Korean sauce, peppers, water chestnuts, carrots, broccoli & Jicama, jasmine rice & scallions.

**BBQ Short Rib Dinner (\$13.5)** - marinated in Korean Kalbi BBQ sauce, grilled, over jasmine rice w/ sesame ginger Napa slaw, drizzled sriracha agave & lime

**Poke Bowl (GF)** - Your choice of chilled sushi grade tuna OR seared tofu tossed in a soy based, rice vinegar wasabi marinade, Asian rice w/ sesame seeds, seaweed salad, cucumber, scarrots, edamame, avocado & scallions

(tuna poke- \$13 tofu poke - \$12)

**Orange Glazed Chicken Bowl (\$12.5)** -Crispy chicken tossed in an orange glaze with sesame seeds & scallions, served over an aromatic jasmine vegetable rice.