

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



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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!

DESSERTS

- Lg Cookies \$3 ea
- Chocolate Chip / M&M Fudge Brownies \$3 ea
- Chocolate Cake \$7/ slice
- Carrot Cake \$6.5/slice
- Boston Cream Pie \$6.5/ slice
- Chocolate Peanut Butter Reese’s Pie \$6.5/ 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.