

SALADS

Spinach & Chicken Salad

Cal: 255 Carbs: 13.5 Prot: 44 Fat: 3.5

Fresh spinach, mushrooms, scallions, corn and tomatoes served with fat free Italian dressing on the side. **\$4.50**

Tuna Salad

Cal: 225 Carbs: 25 Prot: 45 Fat: 4.5

Fresh tuna salad mixed with low fat mayonnaise and served over romaine lettuce, cucumbers, and shredded carrots. **\$4.50**

Mexican Ground Turkey Salad

Cal: 225 Carbs: 25 Prot: 40 Fat: 3.0

Ground turkey cooked in our light tomato sauce with fresh corn over a bed of romaine lettuce and topped with low-fat sour cream. **\$4.50**

WRAPS

Sofrito Mex Express Wrap

Cal: 435 Carbs: 60 Prot: 35 Fat: 5.5

Ground turkey cooked in our light tomato sauce with kidney beans, black beans and brown rice. **\$4.00**

Chicken Caesar Delite

Cal: 350 Carbs: 55 Prot: 44 Fat: 5

Garlic wrap filled with grilled chicken breast, romaine lettuce, tomatoes, low-fat parmesan cheese and low-fat ceasar dressing on the side. **\$4.25**

Super Veggie Wrap

Cal: 327 Carbs: 70 Prot: 5.5 Fat: 2.5

Tomato wrap filled with sautéed broccoli, scallions, carrots, mushrooms, tomatoes and spinach tossed in fat-free Italian dressing on the side. **\$4.00**

Turkey Roller

Cal: 415 Carbs: 60 Prot: 33 Fat: 3.5

Tomato wrap filled with deli turkey, fat-free ricotta cheese, spinach, corn, onions, basil, tomatoes and low-fat cheddar cheese. **\$4.25**

PASTA

Turkey Lasagna

Cal: 475 Carbs: 102 Prot: 39 Fat: 5.5

Oven baked lasagna filled with ground turkey and low-fat cottage cheese. **\$4.50**

Chicken & Penne Pasta

Cal: 442 Carbs: 90 Prot: 44 Fat: 4.5

Chicken breast sautéed with tomatoes, spinach & fresh garlic served over penne pasta. **\$4.50**

Vegetable Lasagna

Cal: 271 Carbs: 45 Prot: 7.4 Fat: 5.4

Oven baked lasagna filled with mixed vegetables and low-fat cottage cheese. **\$4.25**

Low-Fat Raviolis with Ground Turkey

Cal: 593 Carbs: 75 Prot: 52 Fat: 4.5

Low-fat raviolis filled with spinach and low-fat ricotta cheese served with ground turkey in our light tomato sauce. **\$4.75**

Spinach Spaghetti w/Turkey Meatballs

Cal: 447 Carbs: 90 Prot: 44 Fat: 4.5

6 oz. of fresh spinach pasta served with 10 oz. of turkey meatballs served in our light tomato sauce. **\$4.50**

HOT PLATTERS

Each platter comes with your choice of one side item: Brown Rice - Cal: 180 Carbs: 40 Prot: 4.0 Fat: 1.0; Sweet Potato - Cal: 120 Carbs: 26 Prot: 4.2 Fat: 1.0; Steamed Vegetables - Cal: 76 Carbs: 13 Prot: 3.5 Fat: 1.0

Grilled Chicken Breast

Cal: 211 Carbs: 0 Prot: 44 Fat: 3.5

Breast of chicken on the grill. **\$4.00**

Baked Salmon \$4.75

Cal: 175 Carbs: 0 Prot: 35 Fat: 3.5

Lemon Basil Chicken

Cal: 221 Carbs: 0 Prot: 44 Fat: 4.5

Grilled chicken breast seasoned with fresh lemon and basil and topped with low-fat parmesan cheese. **\$4.50**

Bean Sofrito Ground Turkey

Cal: 225 Carbs: 10 Prot: 40 Fat: 4.0

Ground turkey cooked in our light tomato sauce with kidney beans and black beans. **\$4.00**

Turkey Meatballs

Cal: 210 Carbs: 0 Prot: 45 Fat: 4.0

Turkey Meatballs served in our light tomato sauce. **\$4.25**

Chicken Fajitas

Cal: 233 Carbs: 5.5 Prot: 44 Fat: 3.5

Grilled chicken breast sautéed with strips of peppers and onions. **\$4.25**

Steak Fajitas

Cal: 419.2 Carbs: 24 Prot: 46.3 Fat: 13.8

Tender strips of steak sautéed with onions. **\$4.75**

Chicken Teriyaki

Cal: 233 Carbs: 5.5 Prot: 44 Fat: 3.5

Strips of chicken breast sautéed with peppers and onions in a light teriyaki sauce. **\$4.50**

Vegetable Stir-Fry

Cal: 282 Carbs: 55 Prot: 12 Fat: 3.2

Fresh vegetables sautéed in a light soy sauce. **\$4.25**

Oriental Chicken Platter

Cal: 243.8 Carbs: 7.2 Prot: 44 Fat: 3.9

6 oz. diced chicken breast sautéed with carrots, broccoli, scallions, red peppers, fresh garlic, and mushrooms in a light soy sauce. **\$4.75**

BREAKFAST

Each breakfast platter comes with your choice of one side item: Brown Rice - Cal: 90 Carbs: 20 Prot: 2.0 Fat: 1.0; Oatmeal - Cal: 340 Carbs 62 Prot: 14 Fat: 5.5; Protein Pancakes - Cal: 124 Carbs: 20 Prot: 11 Fat: .25

Spinach & Low-Fat Cheese

Cal: 213 Carbs: 8 Prot: 34 Fat: 2.5

Scrambled egg whites, spinach, peppers, onions and low-fat mozzarella. **\$4.00**

Veggie Scrambler

Cal: 156 Carbs: 4.0 Prot: 32 Fat: 1.0

Scrambled egg whites, spinach, tomatoes, mushrooms and onions. **\$3.75**

Egg White Scrambler

Cal: 238 Carbs: 27 Prot: 30 Fat: 1.5

Plain scrambled egg whites. **\$3.75**

Burrito Special

Cal: 363 Carbs: 50 Prot: 35 Fat: 3.5

Tomato wrap filled with egg whites, basil, low-fat cheddar, onions and potatoes. **\$3.75**

Egg Santa Fe

Cal: 363 Carbs: 50 Prot: 32 Fat: 3.5

Tomato wrap filled with egg whites, black beans, salsa, low-fat sour cream and cilantro. **\$3.75**

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