

GF - Gluten Free
DF - Dairy Free
S - Spicy

LC - Low Carb
V - Vegetarian
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BREAKFAST

❁ Apple Cinnamon Pancakes

\$9.99 GF

Apple cinnamon protein pancakes made with gluten free flour, whey protein powder, applesauce, coconut milk, local pasture raised eggs and cinnamon.

❁ Breakfast Sampler

\$11.99 GF

Local pasture raised eggs, maple turkey sausage, apple cinnamon protein pancakes and an apple compote.

BEEF

Pot Roast & Yukon Wedges

\$13.49 GF DF

Braised beef, tomatoes, carrots, celery, onion, house-made vegetable broth, roasted Yukon potatoes and green beans.

❁ BBQ Burger & Fries

\$12.99 GF DF

Beef burger, sweet potato fries, green beans and caramelized onions with a sweet honey BBQ sauce.

SEAFOOD

❁ Carolina BBQ Salmon

\$14.99 GF DF

BBQ Salmon, roasted Yukon potatoes, broccoli and Carolina BBQ sauce.

❁ Romesco Shrimp

\$13.99 GF DF S

Romesco sauce topped shrimp, red bell pepper, carrots, zucchini, red onion and walnut pesto brown rice.

TURKEY

❁ Pepper Jack Turkey Burger

\$13.49 S

Buffalo turkey burger with pepper jack cheese paired with mac & cheese and green beans.

❁ Turkey Fried Rice

\$11.99 GF DF

Ground turkey, stir fry veggies, brown rice and edamame, with gluten free soy sauce, sriracha.

CHICKEN

BBQ Chicken & Mac N Cheese

\$12.99

Shredded BBQ chicken, mac & cheese and broccoli.

❁ Chocolate Raspberry Chia Pudding

\$4.99 GF DF VG

Chocolate chia pudding made with chia seeds, plant based protein powder, coconut milk and cocoa powder, topped with raspberry compote.

Farmer's Breakfast

\$10.99

Pasture raised scrambled eggs, maple turkey sausage, house-made English muffin and white cheddar cheese.

❁ Bruschetta Steak Pasta

\$13.99

Italian steak, whole wheat pasta tossed in olive oil, fresh herbs, feta cheese, caramelized onions and blistered tomatoes.

❁ Beef Chili

\$11.99 GF DF S

Ground beef, kidney beans, tomatoes, green pepper, yellow onion, jalapeño and garlic.

Lemon Dill Salmon

\$14.99 GF

Baked lemon dill salmon, broccolini and buttery seasoned basmati rice.

❁ Herb Grilled Salmon

\$14.99 GF DF

Herb grilled salmon, Brussels sprouts, red onion, sun-dried tomatoes, cranberries and roasted butternut squash.

Turkey Sage Meatballs

\$12.99 GF DF

Turkey sage meatballs, roasted butternut squash & Brussels sprouts, caramelized onions and marinara sauce.

Sweet & Salty Turkey Burger

\$11.99 GF DF LC

Asian inspired turkey burger with a veggie stir-fry sautéed in garlic, ginger and fit-flavors Asian dressing.

Muscle Maker

\$14.99 GF DF

Herb grilled chicken and basmati rice.

❁ Potato & Egg White Scramble

\$12.99 GF DF

Egg whites scrambled with spinach, red pepper, green pepper, red onion, sausage turkey and roasted Yukon potatoes.

Turkey, Eggs & Potatoes

\$11.99 GF DF S

Ground turkey, pasture raised scrambled eggs and an Idaho and sweet potato hash.

Cheeseburger Bowl

\$12.99 GF

Ground beef, basmati rice, cheddar cheese, mustard, pickles and onions.

Honey Sriracha Beef

\$13.99 GF DF LC S

Honey sriracha ground beef, red bell pepper, zucchini, red onion, cauliflower rice and spicy mayo.

❁ Honey Chipotle Shrimp

\$13.49 GF S

Chipotle seasoned shrimp paired with basmati rice, cabbage slaw, and topped with honey chipotle sauce.

Turkey Burger & Butternut Mash

\$13.49 GF DF

Turkey burger with mashed butternut squash and green beans topped with caramelized onions, savory almonds and cranberry sauce.

Chicken, Broccoli & Rice

\$12.99 GF DF

Peanut marinated chicken, brown rice and broccoli.

Balsamic Chicken Pasta

\$13.49 DF

Balsamic glazed chicken, whole wheat pasta, roasted butternut squash, caramelized onions, sun-dried tomatoes, pumpkin seeds and thyme.

❁ Chicken Parmesan

\$13.49 GF LC

Italian breaded chicken, spaghetti squash, broccolini, marinara sauce and parmesan cheese.

PLANT BASED

❁ Southwest Fiesta Burger

\$11.99 GF DF VG S

Black bean tofu burger, sweet potato hash, green bell pepper, red bell pepper, yellow onion, avocado lime salsa and pico de gallo.

BULK

❁ Bulk Buffalo Turkey Burgers

\$24.99 GF DF LC

Turkey burgers with hot sauce and Memphis spices.

Bulk Herb Chicken

\$26.99 GF DF LC

Grilled chicken with herb marinade.

Bulk Sweet Fries

\$8.99 GF DF VG

Hand-cut sweet potato fries tossed in a savory spice blend.

Bulk Roasted Veg Medley

\$10.99 GF DF LC VG

Roasted butternut squash, Brussels sprouts and caramelized onions.

SNACKS

Chocolate Chip Blondie

\$4.49 (2 pack) GF DF V
\$13.99 (12 pack)

Almond flour, plant based protein powder, maple syrup, avocado oil and chocolate chips.

PB Bliss Bar

\$4.49 (2 pack) GF DF VG

Peanut butter, almond flour, plant based protein powder, maple syrup, cocoa powder and coconut oil.

❁ Raspberry Crumble Bars

\$4.49 (2 pack) GF DF

Raspberries, maple syrup, brown sugar, collagen protein, protein oat crust with a crumble topping.

❁ Honey Mustard Chicken

\$12.99 GF DF

Seared honey mustard chicken with roasted Yukon potatoes, red bell pepper, carrots, zucchini and red onion.

❁ Breaded Chicken & Au Gratin Potatoes

\$13.49 GF LC

Italian breaded chicken, green beans, and sliced potatoes with homemade cheese sauce and onions, topped with chives.

❁ Vegetable Lo Mein

\$10.99 VG

Asian tofu, whole wheat pasta, sesame oil, carrots, red bell pepper, zucchini, napa cabbage, green onion and black sesame seeds.

Bulk Sweet & Salty Turkey Burgers

\$24.99 GF DF LC

Asian inspired turkey burger with honey, soy sauce, garlic and ginger.

Bulk Italian Breaded Chicken

\$26.99 GF DF LC

Gluten free breaded chicken with Italian spices.

Bulk Butternut Mash

\$10.99 GF DF VG

Butternut squash, maple syrup, cinnamon and salt.

❁ Bulk Shaved Brussels and Veggies

\$11.99 GF DF LC VG

Brussels sprouts, red onion, sundried tomatoes, cranberries and roasted butternut squash.

Snickerdoodle Peanut Butter Balls

\$3.99 (2 pack) V LC
\$18.99 (12 pack)

Peanut butter mixed with whey protein powder, cinnamon and crunchy cereal.

❁ Pumpkin Bread

\$3.99 (1 pack) GF DF V
\$11.99 (4 pack)

Gluten free flour, plant based protein powder, pumpkin spice, pumpkin puree and honey.

Thai Peanut Chicken

\$12.99 GF DF S

Peanut chicken, coconut rice, red bell pepper, broccoli, carrots, water chestnuts, garlic, ginger and sesame oil with a sweet & spicy peanut sauce.

❁ Crab Cake & Romesco

\$12.99 GF DF VG

Vegan "crab" cakes made with hearts of palm, chickpeas, gluten free bread crumbs, basmati rice, olive oil and herb chickpeas, red bell pepper, carrots, zucchini, red onion

Bulk BBQ Shredded Chicken

\$26.99 GF DF LC

Shredded chicken breast tossed in sweet honey BBQ sauce.

❁ Bulk Honey Mustard Chicken

\$26.99 GF DF LC

Seared chicken glazed with fit-flavors' house made honey mustard sauce.

Bulk Roasted Yukon Wedges

\$10.99 GF DF VG

Yukon potatoes, olive oil, thyme, and salt & pepper.

Bulk Green Beans

\$10.99 GF DF LC VG

Fresh green beans, olive oil, and salt & pepper.

❁ Caramel Cheesecake

\$4.99 (2 pack) GF V

Greek yogurt and cream cheese cheesecake filling, plant based protein oat crust, topped with caramel drizzle.

Salted Caramel Chocolate Bars

\$4.99 (2 pack) GF DF VG

Chocolate almond flour protein base, sunflower seed butter caramel filling, peanuts and a chocolate drizzle.

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