

## Appetizers

### Avocado Bowls \$85

Avocado halves filled with fresh salsa, feta cheese, reduced balsamic vinegar.

### Quinoa Cheese Sticks \$80

Baked quinoa with garlic, parmesan, egg whites, topped with skim milk mozzarella, served with tomato sauce.

### Baked Chicken Tenders \$75

Whole wheat crumbs, baked, served with honey mustard or ketchup

### Homemade Garlic Hummus \$55

Served with vegetable crudité.

### Stuffed Avocado \$85

Avocado halves stuffed with chicken salad.

### Meatballs & Ricotta \$75

Turkey meatball halves served with ricotta cheese on the side.

### Turkey Chili \$75

Lean ground turkey, bean medley, corn, plum tomato sauce.

## Bun-less Burger Platters

### Turkey \$90 Veggie \$90 Angus \$100

Patties sliced on top of ingredients

### Going Green

Pesto sauce, fresh spinach, goat cheese.

### Spicy Avocado

Fresh salsa, fresh avocado, chipotle mayo drizzle.

### Bacon Arugula

White American cheese, turkey bacon, caramelized onions, fresh arugula.

## Whole Wheat Wraps

### Turkey Turkey Club \$85

Sliced low sodium oven roasted turkey, turkey .bacon, lettuce, tomatoes, roasted peppers, reduced fat mayo.

### Pesto Chicken \$85

Grilled Chicken, pesto sauce, fresh spinach, roasted peppers

### Tuna or Chicken Salad \$85

Lettuce, tomatoes, cucumbers

### Hummus Veggie \$85

Fresh spinach, homemade garlic hummus, roasted red peppers, tomatoes, onions, carrots.

### Thai Chicken \$85

Diced chicken, Thai peanut sauce, romaine lettuce, bean sprouts, shredded carrots, diced cucumbers.

### Chipotle Chicken \$85

Grilled chicken, salsa, corn, black beans, lettuce, queso fresco, chipotle mayo.

## Whole Wheat Hoagies

### Chicken Parm or Turkey Meatball Parm \$90

Plum tomato, skim milk mozzarella, whole wheat hoagie.

### Slim Chicken \$90

Thinly pounded blackened chicken breast, lettuce tomato, avocado mash, chipotle mayo drizzle, whole wheat hoagie.

### Chicken Philly \$90

Thinly shaved seasoned chicken, peppers, onions, skim milk mozzarella, whole wheat hoagie.

Hot Items served in half size aluminum trays.

Cold Items served in 12" round platters.

Each half tray and 12" platter serves 10 -12 people. Large sizes serve 15 - 20 people

## Salads

### Power Bowl Small \$80 / Large \$95

Mixed greens, avocado, hard boiled eggs, unsalted pistachios, roasted chick peas, raisins, goat cheese, house SUE-per sauce.

### Buddha Bowl Small \$80 / Large \$95

Mixed greens, chopped sweet potatoes, roasted chick peas, cabbage, carrots, quinoa, homemade garlic hummus, house SUE-per sauce.

### Mediterranean Small \$80 / Large \$95

Mixed greens, tomato, red onion, cucumber, chickpeas, roasted red peppers, feta cheese, house vinaigrette.

### Fit Cobb Small \$90 / Large \$105

Mixed greens, red cabbage, grilled chicken, skim milk mozzarella, avocado, tomato, red onion, turkey bacon, house vinaigrette.

### Dijon Pistachio Crusted Chicken

#### Small \$90 / Large \$105

Mixed greens, unsalted pistachios, raisins, mandarin oranges, fresh mozzarella, pistachio crusted chicken, house vinaigrette.



## Pastabilities

### Zoodles with Salmon \$100

Pasta shaped zucchini, sauteed fresh tomatoes, artichokes, spinach, diced salmon, roasted garlic.

### Zoodles with Chicken \$95

Pasta shaped zucchini, sauteed broccoli, diced chicken, roasted garlic, tomatoes, topped with goat cheese and almonds.

### Zoodles with Bolognese \$90

Pasta shaped zucchini, lean ground turkey bolognese.

### Chicken Pad Thai \$95

Rice noodles, diced chicken, Thai peanut sauce, raw carrots, raw bean sprouts, cilantro, crushed peanuts.

### Stir Fry \$90

Rice noodles, edamame, broccoli, red onions, carrots, mushrooms, topped with scallions, and peanuts, low sodium ginger soy.

Add Chicken + \$25 Add Shrimp + \$25

## Lean N' Clean

### Chicken Paillard \$95

Thinly pounded chicken breast, arugula, tomato, balsamic vinaigrette

### Clean Routine \$90

Thinly pounded chicken breast, avocado, salsa, jasmine rice.

### Garden Chicken \$95

Thinly pounded chicken breast, extra virgin olive oil, sauteed garlic rainbow vegetables.

## Comfort Food

### Turkey Bolognese \$90

Spaghetti squash, lean ground turkey bolognese.

### Chicken Milanese \$90

Pan seared in extra virgin olive oil, baked.

### Grilled Chicken Parm \$85

Grilled chicken breast, skim milk mozzarella, plum tomato sauce.

### Turkey Meatloaf \$85

Served with sweet, tangy sauce

### Quinoa Fried Rice \$90

Peas, carrots, egg whites, red onions, corn, bean sprouts, low sodium soy.

## Energy Bowls

### Chicken \$85 Steak \$95 Tofu \$90

Jasmine Rice, Black Beans, salsa, skim milk mozzarella

## Sides

### Baked Sweet Potato Rounds \$40

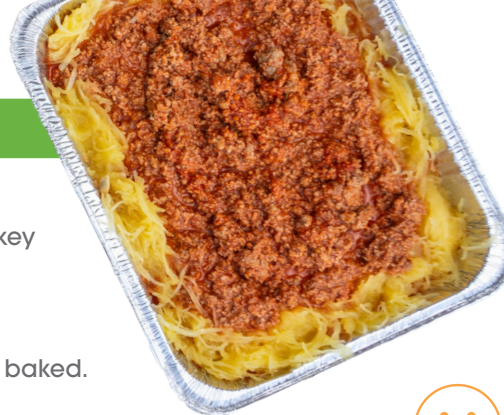
### Jasmine Rice \$50

### Broccoli \$40 + \$10 Sautéed

Steamed or Sautéed

### Spinach \$45 + \$10 Sautéed

Steamed or Sautéed



# fit foodz Café

Fit Foodz Café brings fresh, flavorful, and healthy food to your gatherings and events.

Our catering options are fully customizable, from individual platters to beautiful grazing spreads, crafted from our delicious menu offerings.

Let us make your event memorable and stress-free.

Call us today to get started!



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