BREAKFAST

BREAKFAST PLATE 1 5.19
Egg white omelette with tomato, peppers, mushrooms & onion with a side of turkey bacon and wheat toast (no butter)
Calories 305, Fat (g) 15, Sodium (mg) 520

BREAKFAST PLATE 2 5.19
Egg white omelette with tomato & spinach with a side of turkey bacon and wheat toast (no butter)
Calories 304, Fat (g) 15, Sodium (mg) 548

BREAKFAST SANDWICH 1 2.89
Egg white and turkey bacon on an english muffin
Calories 315, Fat (g) 14, Sodium (mg) 584

BREAKFAST SANDWICH 2 2.89
Hummus, avocado, grilled onion & grilled mushroom on an english muffin (not vegetarian if grilled)
Calories 342, Fat (g) 15, Sodium (mg) 549

BURGERS

BUNLESS BURGER 4.49
1/3 lb patty with tomato, onion & mustard on two leaves of lettuce
Calories 491, Fat (g) 38, Sodium (mg) 313

“SKINNY BUN” BURGER 4.49
1/3 lb patty with lettuce, tomato, onion & mustard on a “skinny” multi-grain bun
Calories 643, Fat (g) 38, Sodium (mg) 457

TURKEY BURGER 4.49
Turkey patty, lettuce & tomato on a wheat bun
Calories 538, Fat (g) 30, Sodium (mg) 1155

PANINIS

TURKEY PANINI 5.49
Turkey, spinach, tomato & onion on wheat bread
Calories 322, Fat (g) 4, Sodium (mg) 1258

VEGGIE PANINI 5.19
Spinach, tomato, onion, Italian dressing & hummus on wheat bread (not vegetarian if grilled)
Calories 382, Fat (g) 14, Sodium (mg) 863

CHICKEN PANINI 6.19
Grilled chicken, Italian dressing, avocado, tomato & onion on wheat bread
Calories 467, Fat (g) 14, Sodium (mg) 621

SIDES, SNACKS AND WINGS

APPLE 1.00
Calories 50, Fat (g) 0, Sodium (mg) 0

WHEAT BAGEL 1.29
Calories 310, Fat (g) 1, Sodium (mg) 20

WINGS (NO SAUCE OR FRIES) 6.75
Calories 450, Fat (g) 33, Sodium (mg) 870

BANANA 1.00
Calories 110, Fat (g) 0, Sodium (mg) 2

SMALL SIDE SALAD 2.29
Calories 46, Fat (g) 1, Sodium (mg) 27

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**SANDWICHES**

**TURKEY SANDWICH 4.39**
Turkey, lettuce, tomato & onion on wheat bread
Calories 305, Fat (g) 4, Sodium (mg) 967

**PHILLY STEAK SANDWICH 5.79**
Ribeye steak, grilled bell pepper & grilled onion on ciabatta bread
Calories 334, Fat (g) 4, Sodium (mg) 564

**CHICKEN AND MUSHROOM SANDWICH 5.99**
Grilled chicken, grilled mushroom & grilled onion on ciabatta bread
Calories 360, Fat (g) 8, Sodium (mg) 459

**GRILLED CHEESE 2.49**
Cheddar cheese on wheat bread
Calories 330, Fat (g) 12, Sodium (mg) 600

**GRILLED CHICKEN 5.95**
Grilled Chicken, romaine lettuce & tomato on ciabatta bread
Calories 321, Fat (g) 5, Sodium (mg) 450

**ROAST BEEF SANDWICH 5.39**
Roast beef, lettuce, tomato & onion on a wheat bun
Calories 364, Fat (g) 7, Sodium (mg) 798

**FISH FILLET SANDWICH 5.49**
Breaded cod, lettuce, tomato & onion on ciabatta bread
Calories 416, Fat (g) 13, Sodium (mg) 880

**BUFFALO CHICKEN SANDWICH 5.99**
Grilled chicken, lettuce, tomato & buffalo sauce on ciabatta bread
Calories 366, Fat (g) 8, Sodium (mg) 499

**VEGGIE SANDWICH 4.99**
Grilled bell pepper, grilled mushroom, grilled onion, cucumber, lettuce & tomato on a wheat hoagie (not vegetarian if grilled)
Calories 332, Fat (g) 7, Sodium (mg) 485

**SALADS**

**CHICKEN SALAD 4.79**
Chicken salad, romaine lettuce & tomato
Calories 237, Fat (g) 15, Sodium (mg) 765

**CHEF SALAD (NO DRESSING) 5.99**
Calories 210, Fat (g) 12, Sodium (mg) 777

**CHICKEN CAESAR SALAD 5.99**
Calories 285, Fat (g) 11, Sodium (mg) 557

**TUNA SALAD 4.79**
Tuna salad, romaine lettuce, tomato & cucumber
Calories 280, Fat (g) 21, Sodium (mg) 575

**CAESAR SALAD (NO DRESSING) 5.49**
Calories 169, Fat (g) 9, Sodium (mg) 505

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**TO ENJOY THESE ITEMS, PLEASE TELL THE CASHIER YOU WANT TO ENJOY THE FITTER FOOD VERSION.**

Fitter Foods menus provide great flavor combinations with, on average less than 400 calories, 15 grams of fat and 500 milligrams of sodium per meal.