

CHEF'S CHOICE LIGHT

This menu is for those interested in bettering or developing healthier eating habits without compromising flavor. Calories and macronutrients are calculated at no additional cost for those tracking their intake, and are measured to ensure they are below 400 calories

SALADS



Chipotle Steak Salad \$10+tax
(370 Calories)
C/26.2g F/17g P/28.4g
Chipotle seasoned tri tip steak, sliced almonds, and pomegranate seeds on a bed of romaine lettuce & spinach. Side of light Caesar dressing.



Southwest Shrimp Salad \$10+tax
(303 Calories)
C/18.2g F/10.9g P/30.6g
Seasoned grilled shrimp, fire roasted bell peppers, and charred corn, on a bed of romaine lettuce & spinach. Side of cilantro, lime, avocado dressing

BOWLS



Chicken Zucchini Bowl \$10+tax
(252 Calories)
C/26.3g F/1.8g P/30.8g
Grilled chicken breast, white or brown rice, & grilled Zucchini spears



Tri Tip n' Rice Bowl \$10+tax
(349 Calories)
C/31.3g F/12.1g P/28.2
JFC savory seasoned Grilled tri tip steak, brown rice, and steamed carrots and cabbage



Cajun Smoked Salmon Bowl \$10+tax
(302 Calories)
C/27.4 F/8.9g P/28.5g
Cajun seasoned smoked salmon, over quinoa & a side of steamed broccoli

