

Fresh Healthy Meals

Preorder on FRIDAY by 3pm for Monday pickup

"LEAN ME" CHOICES

4 oz Grilled Boneless Chicken
Choose Brown rice, Quinoa, or Sweet Potato 8
Choice of Roasted Carrots,
Sauteed Vegetables,
Broccoli

4 oz Blackened Catfish
Choose Brown rice, Quinoa, or Sweet Potato 8
Choice of Roasted Carrots,
Sauteed Fresh Veggies,
Broccoli

4 oz Steamed Shrimp
Choose Brown rice, Quinoa, or Sweet Potato 10
Choice of Roasted Carrots,
Sauteed Fresh Veggies,
Broccoli

Chicken Fajitas
with Sweet Green and Red Peppers and onions 8
Choice of Brown rice, Quinoa, or Sweet Potato

4oz Roast Pork Tenderloin
Choice of Brown Rice, Quinoa, Sweet Potato 8
Choice of Roasted Carrots,
Sauteed Fresh Veggies,
Broccoli

4oz Grilled Wild Caught Salmon
Choice of Brown Rice, Quinoa, Sweet Potato 10
Choice of Roasted Carrots,
Sauteed Fresh Veggies,
Broccoli

4 oz Teriyaki Chicken Skewers
Choice of Brown Rice, Quinoa, Sweet Potato 8
Choice of Roasted carrots,
Sauteed vegetables,
Broccoli

"POWER ME" CHOICES

with extra 2oz protein = 6oz per meal

ANY OF THE LEAN ME OPTIONS
With 6oz of Protein Add \$2

6oz Grilled Sirloin
Grilled Fresh Sirloin
Choose of Brown Rice, Quinoa, or Sweet
Potato 10
Choice of Roasted Carrots,
Broccoli
Sauteed Fresh Veggies

"HEALTHY ME" CHOICES

Fresh Yogurt Smoothies

Order 5 for the week, we will have it ready daily
by 10am Nonfat yogurt, fresh fruit, and agave
\$5 each

I AM BERRY SWEET- Strawberry Milkshake
BLUEBERRY BANANA- Blueberries, Banana
PINEAPPLE BANANA- Pineapple, Banana
ORANGE CREAMSICLE- Fresh Orange juice, vanilla
ADD 20oz Organic Protein .75

Green Juices

16 oz fresh juiced Order min of 5 a week,
we will have it ready by 10am \$5

I AM HEALTHY- Cucumber, celery, kale, apple
I AM CHARISMATIC- Carrot, ginger, and lime
I AM RICH- Cucumber, kale, fennel, and apple
I AM BOLD- Carrot, celery, tomato, salsa fresca, and
pinch of cayenne

FRESH SALADS

Chicken Santa Fe Salad

Grilled Chicken, Mixed Greens, Black bean and corn
salsa, tomato, Cojack, Cilantro, Tortilla Strips and
Southwest Ranch Dressing \$8.50

Smoked Chicken Salad

House Smoked Chicken, Mixed Greens, Dried
Cranberries, Candied Walnuts, Red Onion, Bacon, and
Bleu Cheese with Balsamic Dressing \$8.50

Oriental Chicken Salad

Grilled Chicken, Sweet peppers, Cabbage, Orange slices,
Almonds, and Oriental Dressing \$8.50

Chicken Caesar

Romaine Hearts, Grilled Chicken, Shredded Parmesan,
Croutons and our Caesar Dressing \$8.50

Minimum of 5 items, can
be mixed and matched
234-7000 or order online
at [FifthAlarm.com/menu
/optimalmeals](http://FifthAlarm.com/menu/optimalmeals)

Using fresh local, or wild caught, hormone and
antibiotic free, and organic whenever possible
REAL FOOD, MADE DAILY