



8772814046

<http://www.wolfdownmenus.com>

Get Fit Grill

Breakfast

- OG Breakfast Waffle Sandwich \$10.00
415cal 28G carbs 18G fat 29G protein/ waffles turkey bacon, egg whites, cheddar cheese
- Breakfast Flatbread \$12.50
744Cal 36G fat 54G carb 49G protein, whole grain flatbread, olive oil, grilled chicken breast, egg whites, turkey bacon, mozzarella cheese
- 1/2 Flatbread \$8.00
372cal 18g Fat 27g Carbs 24.5 g Protein Whole grain flatbread olive oil, grilled chicken breast, egg whites, turkey bacon, mozzarella cheese
- Hawaii 515 Breakfast Flatbread \$12.00
638Cal 21G Fat 80G carbs 27G Protein, Whole Grain Flatbread, red sauce, pineapple, egg whites, turkey bacon, mozzarella cheese
- Italian Waffle Breakfast Sandwich \$10.00
470 Cal 28G Fat 26G carbs 30G Protein, Waffles, turkey pepperoni, egg whites, cheddar cheese, aioli sauce
- Turkey & Eggs Fit Plate \$10.00
Egg Whites, Sweet Potato Chunks, Asparagus, Ground Turkey
- Turkey Bacon Eggs Fit Plate \$9.00
218 Cal 2G fat 21G carbs, 20G protein, egg whites, sweet potato chunks, asparagus, turkey bacon
- Spicy Egg Fit Plate \$9.00
152Cal 0G Fat 20Carbs 16G protein, egg whites, sweet potato chunks, asparagus, diced jalapenos
- Breakfast Flatbread Low Carb \$12.50
417Cal 25G Fat 6Carbs, 43G protein Cauliflower Flatbread, Olive oil, chicken breast, egg whites, turkey bacon, mozzarella cheese
- Get Git Classica Breakfast \$8.00
270Cal 9 G fat 22 G carbs 19G protein, egg whites, sweet potato tots, red onion, turkey bacon, red peppers
- Cali Sunrise Breakfast Wrap \$9.00
456Cal 19G fat 33 Carb 40G Protein, grilled chicken breast, frescado wheat tortillas, avocado, egg whites, cherry tomatoes, feta cheese, turkey bacon
- Cali Sunrise Breakfast Wrap \$10.00
- Gluten Free
chicken breasts, gluten free wrap, avocado, egg whites, cherry tomatoes, feta cheese, turkey bacon
- Bird Wrap Breakfast Gluten Free \$9.00
Grilled Chicken Breast, gluten free Wrap, hummus, egg whites, red onion, cheddar cheese, red bell pepper, turkey bacon
- Coop Breakfast Waffles Sandwich \$9.00
510Cal 24G fat 33G carbs 35G Protein, Waffles, turkey bacon, egg

Sandwiches

- Peruvian Burger \$11.50
612Cal 37G fat 28G carbs 50G protein, piedmontese beef patty, cheddar cheese, aioli sauce, spinach, peruvian cherry peppers, whole grain bun
- Peruvian Burger Vegetarian Low Carb \$12.00
512Cal 42G Fat 20G Carb 377G Protein, Beyond Burger Patty, Cheddar Cheese, Aioli Sauce, Spinach, peruvian cherry peppers, cauliflower bun
- Buff Burger \$11.50
550Cal 29G fat 25G Carbs 53G protein, Piedmontese beef patty, turkey bacon, cheddar cheese, pickled onions, spinach, cherry tomatoes, whole grain bun
- Peruvian Burger Vegetarian \$12.00
622Cal 39G Fat 34G Carb 34G protein, Beyond Burger Patty, cheddar cheese, aioli sauce, spinach peruvian cherry peppers, whole grain bun
- Almond Butter Burger \$11.50
609Cal 39G Fat 29G Carb 48G Protein, Piedmontese Beef Patty, Almond Butter, Blueberries, Whole Grain Bun
- Gobbler Turkey Burger \$11.50
537Cal 23G Fat 29G Carb 50G Protein, Turkey Burger patty, whole grain bun, turkey bacon, avocado, feta cheese, cherry tomatoes, spinach
- Scorched Chicken Sandwich \$10.50
412Cal 12G Fat 24G Carb 52G Protein, Whole Grain Bun, Grilled Chicken Breast, Cherry Tomatoes, cheddar cheese, diced Jalapenos, spinach, Turkey Bacon
- Almond Butter Beyond Burger Vegetarian LC \$11.00
599Cal 42G Fat 15G Carb 51G Protein, beyond Burger Patty, Almond Butter, Blueberries, Cauliflower Bun
- Almond Butter Beyond Burger Vegetarian \$11.00
609Cal 39G Fat 29G Carb 48G Protein Beyond Burger patty, Almond Butter, Blueberries, Whole Grain Bun
- Salmon Pesto Sandwich \$11.50
491Cal 25G Fat 24G Carb 34G Protein, Wild caught Salmon, whole grain bun, turkey bacon, cherry tomato, spinach, diced jalapenos, cheddar cheese

*whites, cheddar cheese, grilled
chicken breast*