



FIT! THE HEALTHY MENU

BREAKFAST

PROTEIN BREAKFAST BOWL.....\$13.99

Weck's pinto beans, seasoned beef coupled with Hatch chopped green chile, and jack/cheddar cheese topped with 2 eggs any style. Served with a low-carb tortilla.

TURKEY SAUSAGE AND EGGS.....\$13.99

2 heart-healthy turkey sausage patties served with 2 eggs any style. Served with your choice of low-fat cottage cheese or fruit. Served with a low-carb tortilla.

HIGH DESERT EGG WHITE OMELETTE\$14.99

Shredded chicken and spinach folded into 3 egg whites, topped with mozzarella cheese, Weck's homemade salsa, and fresh avocado. Served with your choice of fresh fruit, low-fat cottage cheese or low-carb tortilla.

AVOCADO TOAST \$8.99

Fresh Avocado smash seasoned to perfection, topped with vine ripened tomatoes and an egg any style. Topped with fresh hot chopped green chile and finished with balsamic glaze.

LUNCH

SPINACH MUSHROOM CHICKEN QUESADILLA.....\$12.99

Low-carb tortilla topped with Swiss cheese folded with spinach, mushrooms and lean chicken breast. Served with Weck's homemade salsa and tortilla chips.

NM GREEN CHILE CHEESEBURGER SALAD\$14.99

Shredded lettuce topped with seasoned ground beef, chopped chile, pickles, tomatoes, onion, and jack/cheddar cheese. Served with low-fat thousand Island dressing.

BURGER IN THE BUFF \$12.99

Deliciously seasoned beef patty served with your choice of cheese, red onion, tomato and wrapped in romaine lettuce. Served with your choice of 2 healthy sides.

HONEY CRISP QUINOA BOWL \$14.99

Quinoa, Honey Crisp Apples, green onion, fresh broccoli, sliced almonds, dried cranberries and hemp seeds, dressed up with olive oil, lemon juice and Dijon topped with Manchego cheese.

LOW-CARB/LOW-CALORIE TRICKS!

- Substitute bread or bun with lettuce wrap.
- Go with vinaigrette instead of ranch.
- Substitute hashbrowns with tomatoes and avocado
- Get your dressing/chile on the side (dip instead of smothered.)
- Choose a low-carb tortilla instead of a regular one!