

APPETIZERS

QUINOA CHEESE STICKS \$80

Baked quinoa, garlic, parmesan, egg whites, topped with low-fat mozzarella, served with tomato sauce.

ZUCCHINI CHEESE BITES \$75

Shredded zucchini, mixed cheeses, whole grain crumbs, egg whites, served with house SUE-per sauce

STUFFED AVOCADO \$85

Avocado halves stuffed with chicken salad.

TURKEY MEATBALLS \$75

Turkey meatball halves, tomato sauce.

TURKEY CHILI \$75

Lean ground turkey, bean medley, corn, plum tomato sauce.

WHOLE WHEAT HOAGIES

\$85

14 halves per tray

GRILLED CHICKEN PARM OR TURKEY MEATBALL PARM

Plum tomato, low-fat mozzarella, whole wheat hoagie.

SLIM CHICKEN

Thinly pounded blackened chicken breast, lettuce tomato, fresh avocado, chipotle mayo drizzle, whole wheat hoagie.

CHICKEN PHILLY

Thinly shaved seasoned chicken, peppers, onions, low-fat mozzarella, whole wheat hoagie.

ADD DESSERT PLATTER \$55 - \$85

Assorted baked goods.

WHOLE WHEAT WRAPS

\$85

14 halves per tray

TURKEY TURKEY CLUB

Sliced low sodium oven roasted turkey, turkey bacon, lettuce, tomatoes, roasted peppers, mayo.

PESTO CHICKEN

Grilled Chicken, pesto sauce, fresh spinach, roasted peppers

TUNA OR CHICKEN SALAD

Lettuce, tomatoes, cucumbers

BUFFALO CHICKEN FINGER RANCH

Buffalo baked chicken fingers, lettuce, tomato, shredded low-fat mozzarella, fit ranch dressing (Greek yogurt base).

BUFFALO CAULIFLOWER WRAP

Buffalo cauliflower, fresh avocado, julienne carrots, mixed greens, SUE-per sauce. (Tofu base dressing)

THAI CHICKEN

Diced chicken, Thai peanut sauce, romaine lettuce, bean sprouts, shredded carrots, diced cucumbers.

CHIPOTLE CHICKEN

Grilled chicken, salsa, corn, black beans, lettuce, queso fresco, chipotle mayo.



- Hot Items served in half size aluminum trays.
- Cold Items served in 12" round platters.
- Each half tray and 12" platter serves 10 - 12 people. Large sizes serve 15 - 20 people



SALADS

Add Chicken \$25 Add Shrimp \$25 Add Tofu \$30

POWER BOWL Small \$80 / Large \$95

Mixed greens, avocado, hard boiled eggs, unsalted pistachios, chick peas, craisins, goat cheese, house SUE-per sauce.

FIT RANCH SALAD Small \$80 / Large \$95

Mixed greens, salsa, black beans, corn, chopped cucumbers, fresh avocado, low-fat cheese, fit ranch dressing (greek yogurt base).

MEDITERRANEAN Small \$80 / Large \$95

Mixed greens, tomato, red onion, cucumber, chickpeas, roasted red peppers, feta cheese, house vinaigrette.

FIT COBB Small \$90 / Large \$105

Mixed greens, red cabbage, grilled chicken, low-fat mozzarella, avocado, tomato, red onion, turkey bacon, house vinaigrette.

DIJON PISTACHIO CRUSTED CHICKEN

Small \$90 / Large \$105

Mixed greens, unsalted pistachios, craisins, mandarin oranges, fresh mozzarella, pistachio crusted chicken, house vinaigrette.

THAI CRUNCH

Small \$85 / Large \$100

Bed of cold quinoa, red cabbage, carrots, cucumbers, edamame, bean sprouts, peanuts, topped with Thai Peanut sauce.

PASTABILITIES

ZOODLES WITH SALMON \$100

Pasta shaped zucchini, sauteed fresh tomatoes, artichokes, spinach, diced salmon, roasted garlic.

ZOODLES WITH CHICKEN \$95

Pasta shaped zucchini, sauteed broccoli, diced chicken, roasted garlic, tomatoes, topped with goat cheese and almonds.

ZOODLES WITH BOLOGNESE \$90

Pasta shaped zucchini, lean ground turkey bolognese.

CHICKEN PAD THAI \$95

Rice noodles, diced chicken, Thai peanut sauce, raw carrots, raw bean sprouts, cilantro, crushed peanuts.

STIR FRY \$90

Rice noodles, edamame, broccoli, red onions, carrots, mushrooms, topped with scallions, and peanuts, low sodium ginger soy.

Add Chicken \$25 Add Shrimp \$25 Add Tofu \$30

LEAN N' CLEAN

CHICKEN PAILLARD \$95

Thinly pounded chicken breast, arugula, tomato, balsamic vinaigrette

CLEAN ROUTINE \$90

Thinly pounded chicken breast, avocado, salsa, jasmine rice.

GARDEN CHICKEN \$95

Thinly pounded chicken breast, extra virgin olive oil, sauteed garlic rainbow vegetables.

COMFORT FOOD

TURKEY BOLOGNESE \$90

Spaghetti squash, lean ground turkey bolognese.

BAKED CHICKEN TENDERS \$80

Baked, served with honey mustard or ketchup.

GRILLED CHICKEN PARM \$85

Grilled chicken breast, low-fat mozzarella, plum tomato sauce.

TURKEY MEATLOAF \$85

Served with sweet, tangy sauce

QUINOA FRIED RICE \$90

Peas, carrots, egg whites, red onions, corn, bean sprouts, low sodium soy.

ENERGY BOWLS

Chicken \$85 Steak \$95 Tofu \$90

Jasmine Rice, Black Beans, salsa, low-fat mozzarella

SIDES

BAKED SWEET POTATO ROUNDS \$40

JASMINE RICE \$50

BROCCOLI \$40 + \$10 Sautéed

Steamed or Sautéed

SPINACH \$45 + \$10 Sautéed

Steamed or Sautéed



fit foodz
Café

Fit Foodz Café brings fresh, flavorful, and healthy food to your gatherings and events.

Our catering options are fully customizable, from individual platters to beautiful grazing spreads, crafted from our delicious menu offerings.

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561-451-1420

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