



LITE MENU

salads

Lite Cobb Salad \$14
w. Fat Free Honey Mustard

 **Spinach Chicken Salad \$13**
w. Arrezzo Roasted Garlic Balsamic Vinaigrette

PROTEIN

-  **Chicken Plate \$14**
Chicken Breast + Mixed Veggies + Sweet Potato Fries
- Shrimp Plate \$18**
Grilled Shrimp + Mixed Veggies + Sweet Potato Fries
-  **Grilled Tuna Plate \$19.50**
Grilled Tuna + Mixed Veggies + Sweet Potato Fries
-  **Baked Catfish Plate \$18**
Baked Catfish + Mixed Veggies + Sweet Potato Fries

ENTREES

- Smoked Turkey Wrap \$12**
Turkey + Lettuce + Avocado + Sweet Potato Fries
- 6" Guiltless Pizza \$10.50**
Wheat Crust + Cheese + Chicken + Basil + Mushroom + Garlic
- Veggie Pasta \$11**
Olive Oil + Red Onion + Mixed Veggies + Mushrooms + Garlic + Served Over Angel Hair

Eat Fit Acadiana items meet nutritional criteria designated by Ochsner Health System with support by the Blue Cross and Blue Shield of Louisiana Foundation and Lafayette General. Visit EatFitAcadiana.com and download the Eat Fit App for full nutrition facts.

