

SNACKS & FIT TREATS

VEGGIES & HUMMUS

\$4 PER PACK
\$16 5 PERSON PLATTER

TRAIL MIX ENERGY BALLS

\$3.5 PACK OF 3

CHICKEN SALAD SNACKER PROTEIN PLATE

\$6 EACH - housemade cranberry chicken salad, pita, fresh veggies, and jalapeno havarti

CHOCOLATE CHIA PUDDING

\$4 EACH

SLICED FRESH FRUIT

\$5 PER PACK
\$20 5 PERSON PLATTER

DARK CHOCOLATE ENERGY BALLS

\$3.5 PACK OF 3

CHARCUTERIE PLATE

\$8 EACH - a variety of meats, cheeses, crackers

ASSORTED TRAIL MIXES/NUT CUPS

\$4 EACH

OFFICE SNACK PACK

\$70 - includes a variety of 15 fresh Fit snacks to keep your colleagues fuelled up through the afternoon!

CATERING FAQ

ALL ITEMS ARE AVAILABLE TO BE SERVED IN INDIVIDUAL CONTAINERS WHICH WE REFER TO AS "FIT MEALS" OR BUFFET STYLE - LET US KNOW WHAT YOU PREFER FOR YOUR GROUP!

FIT KITCHEN CATERING MEALS WILL ARRIVE HOT UNLESS OTHERWISE REQUESTED.

FIT KITCHEN CATERING IS AVAILABLE FOR ALL TYPES OF FUNCTIONS LOOKING FOR A HEALTHY TWIST - CORPORATE, COCKTAIL PARTIES, IN HOME, SPECIAL EVENTS.

CATERING ORDERS CAN BE ACCEPTED UP TO 5 HOURS IN ADVANCE

LET US KNOW IF YOU ARE LOOKING TO ACCOMMODATE ALLERGIES

FIT MEAL SIZES

Fit Meals come in small + large sizes

SMALL = 12oz container - Lighter eaters, lunch size

LARGE= 16oz container - Bigger eaters, dinner size



FIT OFFICE CATERING

FITKITCHEN!

EAT FIT & FEEL GREAT WITH FIT KITCHEN!

Office meeting fuel

Breakfast, lunch, dinner

Lunch & Learns

Wellness Programs

Individual portion controlled meals

Buffet style service options

PLACE AN ORDER

info@fitkitchen.ca • www.fitkitchen.ca

BREAKFAST

GET SHREDDED HASH

\$10•\$12 **G** **D**
Chipotle ground turkey, root vegetables, red peppers, onion, black beans, scrambled eggs

SUPER FOODS HASH

\$10•\$12 **G** **D**
Ground bison, beef, root veg, broccoli, mushrooms, peppers, kale, scrambled eggs

PBJ FRENCH TOAST

\$11•\$13
Protein french toast sticks with Pb&j for dipping, chicken apple sausage

FITCAKES

\$11•\$13
Protein pancakes, maple syrup berry blend, chicken apple sausage

CHAMP'S SCRAMBLE

\$10•\$12 **G** **D**
Herb chicken breast, tomato, spinach, zucchini, scrambled eggs

SUNRISE SANDWICH

\$8
Fried egg, bacon, cheddar, tomato, and spinach on an english muffin

BERRY YOGURT PARFAIT

\$4.5 EACH

FRESH SALADS & SOUP

SUSTAIN

\$12 ONE SIZE **G**
Chicken, spring mix, feta, tomato, dried fruit, orange chili dressing

TEX MEX GREENS

\$12 ONE SIZE **G**
Chicken breast, romaine, corn tortilla chips, mesa beans, salsa, sour cream

MARKET GREENS

\$6 ONE SIZE **G** **D** **V**
Spring mix, cucumber, carrot, tomato, onion, house dressing

ENERGIZE

\$11 ONE SIZE **D** **V**
Red lentil patty, romaine, egg noodles, roasted red peppers, cucumber, carrot, cilantro, almonds, peashoots, miso ginger

DAILY SOUP

\$4 SM • \$6 LG
Daily healthy option available

FIT BUDDHA BOWL BAR

Treat your team to a 'build your own' style buddha bowl bar set up. Fit Kitchen will provide an assortment of greens, grains, proteins (chicken, beef, prawns, tofu), sauces, and toppings (veggies, nuts/seeds, legumes). Add avocado \$2.

BASIC BAR

\$13 PER PERSON • 15 PERSON MINIMUM

INCLUDES:

- 1 types of greens
- 2 types of grains
- 2 types of sauces
- 1 choice of protein
- 5 toppings

PREMIUM BAR

\$17 PER PERSON • 15 PERSON MINIMUM

INCLUDES:

- 2 types of greens
- 3 types of grains
- 3 types of sauces
- 2 choice of protein
- 8 toppings

FIT WRAPS & SANDWICHES

Fresh made and delivered to you. Full size gourmet wraps and sandwiches for your next meeting or event.

SOUTHWEST TURKEY \$11

Turkey, bacon, ancho chili aioli, guacamole, cheddar cheese, tomato, spinach, red onion

ALBERTA BEEF \$11

Roast beef, caramelized onions, truffle mustard aioli, cheddar cheese, arugula, tomato

ITALIAN \$11

Capocollo, mortadella, salami, provolone cheese, pesto spread, spinach, tomato

GRILLED VEGGIE LENTIL \$11

Grilled zucchini, red pepper, red onion, red lentil mix, roasted red pepper aioli, tomato, arugula **V**

ROASTED EGGPLANT \$11

Roasted eggplant, beets, feta cheese, capers, lettuce, garlic aioli **V**

SMOKED CHICKEN \$11

Smoked chicken, jalapeno aioli, cheddar cheese, tomato, lettuce

MINT GOAT CHEESE \$11

Creamy goat cheese, mint, cucumber, tomato, lettuce, mayo **V**

GLUTEN FREE BREAD AVAILABLE!



LUNCH & DINNER

GLADIATOR'S LASAGNA VEGGIE SPAGHETTI

\$14 ONE SIZE
Spolumbo's Italian sausage and pancetta bolognese, cottage cheese, kale

\$10•\$13 **V**
Ratatouille with eggplant, kale, white beans, zucchini, red peppers, onion, parmesan

GET GAINZ GNOCCHI

\$12•\$15
Housemade yam gnocchi with ground turkey, mushrooms, grape tomato, butternut squash, arugula,

HEALTHY SPAG & BALLS

\$10•\$12 **G**
Gluten free pasta, beef meatballs tomato basil sauce, parmesan

YAM SHEPERDS PIE

\$12•\$15 **G**
Seasoned ground beef, mashed yams, corn, peas, carrots and celery

TATONKA CHILI

\$12•\$15 **G**
Ground bison and beef, peppers, mixed beans, fire roasted tomatoes, cheese

BUILD YOUR OWN

SPEAK TO OUR TEAM TO BUILD YOUR OWN FIT MEALS OR BUFFET STYLE SPREAD!



LUNCH & DINNER

TASTY THAI BEEF

\$12•\$15 **G** **D**
Alberta beef, kale, broccoli, peppers, carrots, vermicelli, Thai peanut sauce

NINJA CHICKEN STIRFRY

\$12•\$15 **G** **D**
Chicken breast, kale, broccoli, peppers, carrots, almonds, black rice, ginger stirfry sauce

CAJUN CHICKEN

\$12•\$15 **G**
Blackened grilled chicken breast, broccoli, sweet potato mash

NO BUTTER CHICKEN

\$12•\$15 **G** **D**
Chicken breast, roasted vegetables, brown rice, coconut tomato curry sauce

TANDOORI CHICKEN

\$12•\$14 **G**
Tandoori chicken thigh, curried potatoes, cauliflower, and peas

CLUB MED CHICKEN

\$11•\$14 **G** **D**
Herb chicken breast, roasted vegetables

BE-FIT & RICE

\$14•\$16 **G** **D**
Sliced lean Alberta beef, butternut squash wild rice, roasted green beans, jus

GUINNESS BEEF STEW

\$12•\$15 **D**
Alberta beef, root vegetables, mushrooms, in a Guinness stout stock

CHIMICHURRI BEEF

\$14•\$16 **G**
Sliced lean Alberta beef, mashed potatoes, green beans, Chimichurri sauce

KILLER ENCHILADAS

\$12•\$14 **G** **V**
Choose from turkey, pork, beef, or veggie

MUSCLE UP MEATLOAF

\$13•\$15 **G**
Homestyle grape tomato glazed beef meatloaf, broccoli mashed potatoes and peas

CANADIAN SALMON

\$14•\$16 **G** **D**
Maple mustard salmon, asparagus, butternut squash rice

KETO FRIENDLY MEALS

KETO CAJUN CHICKEN

\$12•\$14 **G**
Cajun chicken breast with creamy kale, bacon, wild mushrooms

KETO CHIMICHURRI BEEF

\$13•\$15 **G**
Alberta sirloin, chimichurri sauce, creamy goat cheese cauliflower mash

KETO COBB SALAD

ONE SIZE \$10 **G**
Arugula, egg, bacon, tomato, onion yogurt ranch

KETO PARMESAN SALMON

\$14•\$16 **G**
Parmesan and parsley crusted salmon filet with creamy kale, bacon, and wild mushrooms

D DAIRY FREE

G GLUTEN FREE

V VEGETARIAN