

## SNACKS & FIT TREATS

### VEGGIES & HUMMUS

\$4 PER PACK  
\$16 5 PERSON PLATTER

### TRAIL MIX ENERGY BALLS

\$3.5 PACK OF 3 BALLS

### CHICKEN SALAD SNACKER PROTEIN PLATE

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

### CHOCOLATE CHIA PUDDING

\$4 EACH

### OFFICE SNACK PACK

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

### SLICED FRESH FRUIT

\$5 PER PACK  
\$20 5 PERSON PLATTER

### DARK CHOCOLATE ENERGY BALLS

\$3.5 PACK OF 3 BALLS

### PUMPKIN PEANUT BUTTER BAR

\$3.5 BAR

## 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

### BREAKWICH \$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

### TURKISH BOWL

\$15 ONE SIZE **G**  
Harissa chicken breast, feta cheese, olives, spinach, tomato, cucumber, brown rice, housemade garlic hummus and harissa sauce.

### BUDDHA BOWL

\$15 ONE SIZE **G**  
Grilled chicken breast, quinoa, cashews, carrots, purple cabbage, and house made cashew sauce.



## 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**

### SMOKED CHICKEN \$11

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

GLUTEN FREE BREAD AVAILABLE!

## LUNCH & DINNER

### GLADIATOR'S LASAGNA

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

### VEGGIE SPAGHETTI

\$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

### JAMBALAYA

\$14•\$16 **G D**  
Spolumbo's andouille sausage, and giant prawns with cajun spiced tomatoes, peppers, onions, and basmati rice.

### RANCHER'S CHILI

\$12•\$15 **G**  
Lean ground beef, peppers, mixed beans, fire roasted tomatoes, cheese

### LEM-N-PEPA CHICKEN

\$13•\$15 **G**  
Lemon pepper marinated grilled chicken breast, roasted fingerling potatoes and steamed carrots and broccoli.

## 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

\$15•\$17 **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

\$15•\$17 **G V**  
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

## BUILD YOUR OWN

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

## 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

VISIT FITKITCHEN.CA FOR NUTRITION INFO, INDIVIDUAL ORDERS, MEAL PLANS, PACKAGES, AND MORE!