

# LATINLITE

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Delivery  Pick-up

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_, FL

Zip \_\_\_\_\_ Phone #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CC#: \_\_\_\_\_ Save on file Exp.: \_\_\_\_\_ V Code \_\_\_\_\_ Chip ? \_\_\_\_\_ CC Billing Adrs.: \_\_\_\_\_ Zip \_\_\_\_\_

## MONDAY's Entrees

9-18-2017

**1** "MASITAS" PARMESAN - Grilled breast of chicken topped with Parmesan sauce  
(Masitas de pechuga de pollo a la plancha cubiertas con salsa Parmesana)

Srvg: 6oz Cals: 273 Fat: 12 Carbs: 2 Sodium: 157 Protein: 42

**2** CUBAN STYLE TURKEY MEATBALLS  
(Albondigas de pavo a la Cubana)

Note: Our turkey meatballs are 30% carrots

Srvg: 10oz Cals: 265 Fat: 9 Carbs: 8g Sodium: 475 Protein: 25

\*Xtra entree: \$4.35  
\*Xtra side: \$2.19

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees

9-19-2017

**3** "FRICA PICA" Turkey picadillo with diced potatoes  
(Fricassee de picadillo de pavo con papitas en cuadritos)

Srvg: 8oz Cals: 295 Fat: 7 Carbs: 22 Sodium: 491 Protein: 18

**4** SPAGHETTI ALLA PUTTANESCA W/Black olives, capers, garlic, tomatoes, olive oil, anchovies and parmesan cheese (w/whole grain pasta)  
(Espaguetis con aceitunas negras, ajo, alcaparras, tomates, anchoas, aceite d/oliva)

Srvg: 9oz Cals: 203 Fat: 6 Carbs: 30 Sodium: 416 Protein: 4

Entree	Side 1	Side 2	Side 3	*Xtras

**Irma beat us, but didn't take us down!** You may replace any entree with #11 Turkey Picadillo or #12 Masitas

## WEDNESDAY's Entrees

9-20-2017

\*CONDITIONS APPLY, VISIT LATINLITE.COM

**5** GRILLED BREAST OF CHICKEN MASITAS MEXICANAS Topped with a light cilantro mojo  
(Masitas de pechuga de pollo Mexicanas a la plancha cubiertas con mojo ligero de cilantro)

Srvg: 6oz Cals: 240 Fat: 9 Carbs: 3 Sodium: 125 Protein: 39

**6** JACKIE'S TUNA WALDORF SALAD with cranberries, celery, onions, light mayo  
(Ensalada de tuna Waldorf con cranberries, cebollitas, celery y mayonesa ligera)

Srvg: 6oz Cals: 190 Fat: 9 Carbs: 15 Sodium: 379 Protein: 18

Entree	Side 1	Side 2	Side 3	*Xtras

## THURSDAY's Entrees

9-21-2017

**7** GRILLED BREAST OF CHICKEN MORSELS "MASITAS CRIOLLAS"  
(Masitas de pechuga de pollo a la plancha)

Srvg: 6 oz Cals: 212 Fat: 7 Carbs: 2 Sodium: 233 Protein: 37

**8** MAC & PICADILLO CUBAN STYLE with ground lean turkey  
(Macarrones con picadillo de pavo a la Cubana)

Srvg: 10oz Cals: 220 Fat: 5 Carbs: 20 Sodium: 356 Protein: 14

Entree	Side 1	Side 2	Side 3	*Xtras

## FRIDAY's Entrees

9-22-2017

**9** ITALIAN STYLE TURKEY LOAF Topped with marinara sauce & parm  
(Albondigon de picadillo de pavo cubierto con salsa marinara y parmesano)

Srvg: 5 oz Cals: 285 Fat: 7 Carbs: 10 Sodium: 285 Protein: 24

**10** CHICKEN PARMESAN "RISOTTO"  
(Arroz con pollo Parmesano "Risotto")

Srvg: 10oz Cals: 352 Fat: 12g Carbs: 46g Sodium: 240 Protein: 18

Entree	Side 1	Side 2	Side 3	*Xtras

2017-5- WEB

**SIDES FOR THIS WEEK: Choose three (3) p/person** Note: Cut off for Monday delivery is 12 pm Saturday

**20. CREAM OF BROCCOLI**  
(Crema de broccoli) Cals: 90 - 8oz

**21. GARBANZO SOUP** Cals: 195 - 8oz  
(Potaje de Garbanzos)

**22. CREAM OF VEGGIES** Cals: 155 - 8oz  
(Crema de vegetales)

**23. RICE** Cals: 190 - 8oz  
(Arroz)

**24. BROWN RICE** Cals: 210 - 8oz  
(Arroz integral)

**25. CONGRI brown rice & red beans** Cals: 210 - 8oz  
(Congri con arroz integral)

**26. SWEET POTATO PUREE** Cals: 110 - 6oz  
(Pure de boniato amarillo)

**27. STEAMED PLANTAINS** Cals: 145 - 6oz  
(Platanos al vapor)

**28. PICO DE GALLO w/fresh cilantro** Cals: 40 - 4oz  
(Ensalada de tomates con cilantro)

**29. GRILLED GREEN BEANS** Cals: 50 - 5oz  
(Habichuelas a la plancha)

**30. DARK CHOCOLATE MOUSSE** Cals: 70 - 4oz  
(Mousse de chocolate oscuro) (1% Milk, Splenda)

**31. COCONUT MOUSSE** Cals: 95 - 4oz  
(Mousse de coco)