

BY FAT BUSTERS
12234 SW 8 Street

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MONDAY's Entrees 8-26-2019

1 **GRILLED TURKEY PICADILLO CRIOLLO**
K (Picadillo criollo de pavo a la plancha)

Srvg:6oz Cals:233 Fat:13Carbs:2 Sodium:499Protein:26

2 **SPANISH "PAELLA"**
W/brown rice, chicken & tilapia
(Paella Española c/ arroz integral, pollo y tilapia)

Srvg:10 ozCals:290Fat:4Carbs:41Sodium:341Protein:15

Xtra entree \$4.35
Xtra side \$2.19

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees 8-27-2019

*CONDITIONS APPLY, VISIT LATINLITE.COM

3 **HONEY-MUSTARD "MASITAS" grilled**
breast of chicken topped with sauce w/Splenda
(Masitas de Pechuga de Pollo a la plancha cubiertas con salsa Honey-Mustard)

Srvg:6 oz Cals:250Fat:9 Carbs:22Sodium:271Protein:40

4 **JUMBO PESTO CHEESE RAVIOLIS**
Topped with a fresh basil pesto & parmesan
(Raviolis de queso cubiertos con salsa cremosa ligera de alhaca fresca y parmesano)

Srvg:8oz cals:191Fat:10Carbs:53 Sodium:285Protein: 8

Entree	Side 1	Side 2	Side 3	Xtras

Eat healthy, feel GREAT! SHED THE POUNDS! *Keto* You may replace any entree with #11 Turkey Picadillo or #12 Masitas *Keto*

WEDNESDAY's Entrees 8-28-2019

5 **POT CHICKEN "POLLO EN CAZUELA"**
K breast of chicken morsels and green beans
(Pollo en Cazuela con habichuelas)

Srvg:8ozCals:245Fat:10g Carbs:0g Sodium:495Protein:25

6 **SALT & PEPPER TILAPIA**, oven baked
with olive oil, garlic and lightly peppered.
K (Filetillos de tilapia al horno con aceite de oliva, ajo y ligeramente a la pimienta)

Srvg:6 ozCals:344Fat:17 Carbs:0 Sodium:264 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees 8-29-2019

7 **MEXICAN TURKEYLOAF** topped
with a light crushed tomato sauce *has cilantro
(Albondigon de pavo a la Mexicana cubierto con salsa ligera de tomate *tiene cilantro)

Srvg:5 oz Cals:285Fat:7 Carbs:32 Sodium:405 Protein:18

8 **TERIYAKI RICE & CHICKEN**
with onions, celery, ginger, and garlic
(Arroz c/ pollo Teriyaki con cebollitas, celery, jengibre y ajo)

Srvg:10 ozCals:323Fat:9Carbs:44Sodium:659Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees 8-30-2019

9 **PAVOCHON** -Oven baked breast of turkey
Cuban style
K (Pavochon, pechuga de pavo al horno a la Cubana)

Srvg:5 ozCals:235 Fat:6Carbs:0 Sodium:589 Protein:31

10 **SPAGHETTI BOLOGNAISE** with wholegrain
pasta and turkey meat sauce
(Espaguetti integral con Salsa Bolognesa de picadillo de pavo)

Srvg:10ozCals:295Fat:8Carbs:28Sodium:462 Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

2019-1-WEB

SIDES FOR THIS WEEK: Choose three (3) p/person

20. CREAM OF SPINACH
K (Crema de espinaca)

Cals: 85-8oz

21. RED BEANS
(Frijoles colorados)

Cals: 155- 8oz

22. LENTIL SOUP
(Potaje de lentejas)

Cals: 75- 8oz

23. RICE (Arroz)

Cals: 190 - 6oz

24. BROWN RICE (Arroz integral)

Cals:190- 6oz

25. OVEN ROASTED POTATOES
(Papitas asada al horno)

Cals: 95-6oz

26. SWEET POTATO PUREE
(Puree de boniato amarillo)

Cals: 110-6oz

27. STEAMED PLANTAINS
(Platanos al vapor)

Cals: 145 - 6oz

Cut off for Monday delivery is 12 pm Saturday

28. CILANTRO TOMATO SALAD Cals: 50 - 3oz
K (Ensalada de tomate y cilantro) with garlic & olive oil

29. GRILLED VEGGIES
(Vegetales a la plancha) Cals: 75 - 3oz

30. MOCHA CREME RICOTTA
K (Crema de ricotta de cafe-choco) Cals: 145- 4oz

31. FRENCH VANILLA MOUSSE Cals: 90 - 4oz
(Mousse de vainilla)

*We reserve the right to changes in menu without prior notice