

LATINLITE

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Delivery Pick-up

BY FAT BUSTERS
12234 SW 8 Street

latinlite.com Name: _____

Address: _____ City: _____, FL

Cash: Ck:

Zip _____

Phone #: _____

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V Code _____

Chip ? _____

CC Billing Adrs.: _____

Zip _____

MONDAY's Entrees 5-3-2021

1 HONEY-MUSTARD MASITAS *grilled* w/Splenda
breast of chicken topped with sauce
(Masitas de pechuga de pollo a la plancha cubiertas con salsa Honey-Mustard)

Srvg:6ozCals:250Fat:9g Carbs:18g Sodium:271Protein:37

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

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

Xtra entree \$4.35
Xtra side \$2.19

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees 5-4-2021

3 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)

Srvg:5 oz Cals:235Fat:6 Carbs:0 Sodium:489 Protein:31

4 CUBAN NEST chicken Ropa Vieja over mashed potatoes
(Nido Cubano, Ropa Vieja de pollo sobre pure de papa)

Srvg:10ozCals:398Fat:15Carbs:35Sodium:390Protein:15

Entree	Side 1	Side 2	Side 3	Xtras

Delicious food, no regret.

5 days \$52.91 per person

You may replace any entree with

4 days \$45.04 per person

#11 Turkey Picadillo or #12 Masitas

WEDNESDAY's Entrees 5-5-2021

5 MASITAS PARMESAN *grilled*
breast of chicken topped with sauce
(Masitas de Pechuga de Pollo a la plancha cubiertas con salsa Parmesana)

Srvg:6oz Cals:273Fat:12 Carbs:5 Sodium:157 Protein:37

6 MAC & PICA - Cuban style elbow pasta and lean turkey picadillo and parm
(Macarrones integrales con picadillo de pavo a la Cubana con parmesano)

Srvg:10ozCals:275Fat:8 Carbs:20Sodium:403Protein:18

*CONDITIONS APPLY, VISIT LATINLITE.COM

w/wholegrain pasta

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees 5-6-2021

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

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

8 "CREAMY" BASIL PESTO SHREDDED CHICKEN OVER PENNE PASTA
(Macarrones integrales con pollo al pesto de albahaca cremoso ligero)

Srvg:10 ozCals:323Fat:9Carbs:44Sodium:659Protein:14

w/wholegrain pasta

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees 5-6-2021

9 CURRY GRILLED BREAST OF CHICKEN MASITAS with grilled onions
(Masitas de pechuga de pollo al Curry con cebollitas a la plancha)

Srvg:6oz Cals:295 Fat:7 Carbs:5 Sodium:295Protein:37

10 TILAPIA IN "SALSA VERDE", has green sweet peppers, parsley, cilantro
(Tilapia en Salsa Verde de ajies verdes, perejil y cilantro)

Srvg:6ozCals:253Fat:9 Carbs:0 Sodium:485 Protein:19

Entree	Side 1	Side 2	Side 3	Xtras

2021-1-WEB

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

- 20. CREAM OF SPINACH (Crema de espinaca) **Cals: 95- 8oz**
- 21. ITALIAN CREAM OF SPLIT PEA (Crema de chicharos a la Italiana) **Cals:85- 8oz**
- 22. VEGETARIAN GALICIAN STEW (Caldo Gallego vegetariano) **Cals: 120- 8oz**
- 23. LENTIL SOUP (Potaje de lentejas) **Cals: 70 - 8oz**

- 24. RICE (Arroz) **Cals:190- 6oz**
- 25. BROWN RICE (Arroz integral) **Cals: 190-6oz**
- 26. CARROT PUREE (Pure de zanahoria) **Cals: 60-4oz**
- 27. MASHED PLANTAINS "FUFU" (Fufu de platano) **Cals: 95 - 4oz**

Cut off for Monday delivery is 2 pm Friday

- 28. SPANISH STYLE STEAMED POTATOES (Papas al vapor a la española) **Cals:110- 6oz**
- 29. TOMATO, ONION,GARLIC SALAD (Ensa.tomate, cebollitas, ajo) **Cals: 75 - 4oz**
- 30. RICE PUDDING (Arroz c/leche) **Cals: 90- 4oz**
- 31. VANILLA & CHOCOLATE PARFAIT (Parfait de vainilla y chocolate) **Cals: 120 - 4oz**

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