

LATINLITE

BY FAT BUSTERS
12234 SW 8 Street

*CONDITIONS APPLY. See website
latinlite.com
info@latinlite.com

Phone: 305-225-2999

Delivery Pick-up
City: _____, FL

Name: _____ Address: _____
CASH: CK: Zip _____ Phone #: _____ EMAIL: _____
CC#: _____ Save on file Exp.: _____ V Code _____ Chip ? _____ CC Billing Adrs.: _____ Zip _____

MONDAY's Entrees 9-27-2021

1 MASITAS CRIOLLAS- grilled breast of chicken morsels
(Masitas de pechuga de pollo Criollas)
Srvg:5oz Cals:212 Fat:7Carbs:0 Sodium:233 Protein:37

2 PESTO CHEESE RAVIOLIS - Fresh light creamy basil pesto topped with parm
(Raviolis de queso cubiertos con salsa cremosa ligera de albahaca fresca y parmesano)
Srvg:8ozCals:225 Fat:10g Carbs:49 Sodium:285Protein 8

Xtra entree * \$4.35
Xtra side * \$2.69

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 9-28-2021

3 GRILLED ITALIAN STYLE TURKEY PICADILLO w/onion, sweet green pepper, celery
(Picadillo de pavo a la Italiana a la plancha con cebolla, ajies, celery)
Srvg:6ozCals:220 Fat:7 Carbs:2 Sodium:233 Protein:34

4 ARROZ CON POLLO yellow rice and breast of chicken morsels (masitas)
(Arroz con pollo con arroz integral)
Srvg:10ozCals:315Fat:8 Carbs:42 Sodium:597 Protein:15

*Conditions apply, visit latinlite.com

With brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

TRADICIONAL, SABROSO Y SALUDABLE

5 days \$57.49 per person * You can replace any entree with:
4 days \$48.72 per person #11 Turkey picadillo or #12 grilled masitas

WEDNESDAY's Entrees 9-29-2021

5 PULPETA Cuban style turkeyloaf topped with grilled onions
(Pulpeta de picadillo de pavo cubierta con cebollitas)
Srvg:5ozCals:212Fat:9 Carbs:5g Sodium:389 Protein 24

6 SPAGHETTI PUTTANESCA w/tomatoes, black olives, basil, garlic & olive oil
(Espaguetti Puttanesca con tomates, aceitunas negras, albahaca, ajo y aceite de oliva)
Srvg:9oz Cals:225 Fat: 9 Carbs:30 Sodium:403 Protein:8

Whole grain pasta

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 9-30-2021

7 MEXICAN TURKEY PICADILLO FRICASSE topped with cheddar cheese.
(Fricassee de Picadillo de pavo a la mexicana cubierto con queso cheddar)
Srvg:6 Cals:325 Fat:10 Carbs:15 Sodium:233 Protein:27

8 CHICKEN WALDORF SALAD with cranberries, walnuts, elbow pasta, celery, sweet peas, light mayo
(Ensalada de pollo Waldorf con cranberries, nueces, coditos, celery, petit poi y mayonesa ligera)
Srvg:9ozCals:389Fat:6 Carbs:20 Sodium:390 Protein:15

Has walnuts

Has cilantro

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 10-1-2021

9 AJILLO grilled breast of chicken morsels topped with a light "creamy" garlic sauce
(Masitas de pechuga de pollo a la plancha cubiertas con salsa cremosa ligera al Ajillo)
Srvg:6ozCals:289Fat:11Carbs:6 Sodium:342 Protein:37

10 MIAMI NEST, Turkey picadillo fricassee over mashed plantins "fufu"
(Nido Miami, fricassee de picadillo de pavo sobre platano majado "fufu")
Srvg:10ozCals:398Fat:10Carbs:35 Sodium:390 Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

2021-2-

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

Cut off for Monday delivery is 2 pm Friday

20. CREAM OF MALANGA
(Crema de malanga) Cals: 90- 8oz

21. SPLIT PEA SOUP
(Potaje de chicharos) Cals: 80 - 8oz

22. BLACK BEAN SOUP
(Frijoles negros) Cals: 174- 8oz

23. RICE (Arroz) Cals: 190-6oz

24. BROWN RICE (Arroz integral) Cals: 190-6oz

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

26. SWEET POTATO PUREE
(Pure de boniato amarillo) Cals: 165 -4oz

27. SMASHED STEAMED POTATOES
(Papas al vapor machacadas) Cals: 135- 6oz

W/garlic and olive oil

28. GRILLED VEGGIES
(Vegetales a la plancha) Cals: 50-4oz

29. RICE PUDDING
(Arroz con leche) Cals: 145 -3oz

1% milk Splenda

30. DARK CHOCOLATE MOUSSE
(Mousse de chocolate negro) Cals: 135 - 3oz

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