

LATINLITE

BY FAT BUSTERS
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Name: _____ Address: _____ City: _____, FL

Cash: Ck:

Zip _____ Phone #: _____ EMAIL: _____

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

Delivery Pick-up

MONDAY's Entrees 1-31-2022

1 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:6ozCals:240Fat: 9Carbs:3 Sodium:125 Protein:37

2 **SPAGHETTI PUTTANESCA w/tomatoes, black olives, basil, olive oil, garlic**
(Espaguetis Puttanesca con tomates, aceitunas negras, albahaca, ajo y aceite de oliva)

Srvg9oz Cals:225 Fat:9 Carbs:30 Sodium:403 Protein:8

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

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 2-1-2022

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

Srvg:5ozCals:235Fat: 9Carbs:3 Sodium:125 Protein:37

4 MEDITERRANEAN RICE AND CHICKEN with curry and cilantro
(Arroz con pollo Mediterraneo con curry y cilantro)

Srvg:10ozCals:325 Fat:10Carbs:39 Sodium:485Protein:16

*Conditions apply, visit latinlite.com

Entree	Side 1	Side 2	Side 3	*Xtras

Eat healthy, feel GREAT!

5 days \$57.49 p/person
4 days \$48.72 p/person

You can replace any entree with #11 Turkey Picadillo or #12 Masitas

WEDNESDAY's Entrees 2-2-2022

5 MASITAS CRIOLLAS - grilled breast of chicken morsels
(Masitas de pechuga de pollo Criollas a la plancha)

Srvg:5 ozCals:212Fat:6 Carbs:0 Sodium:489Protein:31

6 AMERICAN NEST- BBQ turkey picadillo over a nest of sweet potato
(Nido Americano - Picadillo de pavo en salsa BBQ sobre un nido de pure de boniato amarillo)

Srvg:10ozCals:398Fat:15Carbs:35 Sodium:490 Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 2-3-2022

7 ITALIAN TURKEY MEATBALLS - in a crushed tomato sauce covered with parm
(Albondigas de pavo a la Italiana en salsa de tomate cubierto con parmesano)

Srvg:5oz Cals:212 Fat:9 Carbs:0 Sodium:389Protein:24

8 BONSAI GRILLED RICE & CHICKEN with onions, celery, ginger, and garlic
(Arroz c/pollo Bonsai a la plancha con cebollitas, celery, jengibre y ajo)

Srvg:10oz Cals:323 Fat:10 Carbs:44Sodium:659 Protein:14

W/Brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 2-4-2022

9 ROPA VIEJA shredded breast of chicken in a tomato creole sauce
(Ropa Vieja de pechuga de pollo)

Srvg:8ozCals:235 Fat:9Carbs:10 Sodium:485Protein:28

10 CHEESE RAVIOLIS in a light pink sauce sprinkled with parmesan cheese
(Raviolis de queso cubiertos en salsa rosada ligera y parmesano)

Srvg:7oz Cals:298 Fat:12 Carbs:55 Sodium:495 Protein: 2

Entree	Side 1	Side 2	Side 3	*Xtras

2022-5-WEB

Cut off for Monday delivery is 2 pm Friday **SIDES FOR THIS WEEK: Choose three (3) p/person** Late orders Entree's may be replaced with #11 or #12

20. VEGGIE TUSCAN SOUP
(Sopa Toscana de vegetales) Cals: 185 - 8oz

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

22. CURRY & VEGGIE SPLIT PEA SOUP
(Chicharos con curry y vegetales) Cals: 80- 8oz

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

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

25. REAL MASHED POTATOES Cals: 165-6oz
(Pure de papas)

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

27. STEAMED PLANTAIN Cals: 145- 6-oz
(Platano al vapor)

28. CILANTRO TOMATO SALAD Cals: 50 - 4oz
(Ensa. de tomates con cilantro)

29. RICE PUDDING Cals: 140 - 3oz
(Arroz con leche) 1% milk Splenda

30. CHOCOLATE & VANILLA PARFAIT Cals: 140- 3oz
(Parfait de chocolate y vainilla)

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