

LATINLITE

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Delivery Pick-up

BY FAT BUSTERS
12234 SW 8 Street

latinlite.com Name: _____

Address: _____ City: _____, FL

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Zip _____

MONDAY's Entrees 6-27-2022

Xtra entree \$6.78 --Xtra side \$2.69

1 TURKEY PICADILLO MARINARA with chic peas topped w/parm
(Picadillo de pavo Marinara con garbanzos y parmesano)

Srvg:8oz Cals:295 Fat:9 Carbs:15 Sodium:445Protein:24

2 PESTO CHEESE RAVIOLIS - light creamy fresh basil pesto topped with parmesan
(Raviolis al pesto cremoso ligero de albahaca cubierto con parmesano)

Srvg:8ozCals:255Fat:10Carbs:49Sodium:285Protein:8

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees 6-28-2022

w/brown rice

3 GRILLED CURRY BREAST OF CHICKEN MASITAS
(Masitas de pechuga de pollo Al Curry a la plancha)

Srvg:6ozCals:295Fat:9g Carbs:5g Sodium:465Protein:37

4 ARROZ CON POLLO - yellow rice and breast of chicken morsels
(Arroz amarillo integral con masitas de pechuga de pollo)

Srvg:10ozCals:395Fat:9 Carbs:39Sodium:485 Protein:15

Entree	Side 1	Side 2	Side 3	Xtras

COMFORT MEALS, ZERO GUILT!

5 days \$66.89 p/person
4 days \$53.46 p/person

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

WEDNESDAY's Entrees 6-29-2022

w/wholegrain pasta

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

Srvg:5 oz Cals:235Fat:6 Carbs:0 Sodium:465 Protein:31

6 ARRABBIATA PENNE PASTA with tomatoes, onions, roasted garlic, red wine, fresh basil
(Macarrones Arrabbiata con tomates, cebollitas, ajo asado, vino tinto, albahaca fresca)

Srvg:9oz cals:295Fat:10 Carbs:39Sodium:415Protein: 8

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees 6-30-2022

w/wholegrain pasta

7 MASITAS TERIYAKI grilled breast of chicken morsels topped w/light teriyaki/cilantro mojo
(Masitas de pechuga de pollo Teriyaki a la plancha con mojo ligero de teriyaki y cilantro)

Srvg:6oz Cals:293Fat:12 Carbs:5 Sodium:557 Protein:37

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

Srvg:10ozCals:375Fat:8 Carbs:20Sodium:403Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees 7-1-2022

*CONDITIONS APPLY VISIT LATINLITE.COM

9 ITALIAN TURKEYLOAF topped a a light tomato sauce
(Albondigon de pavo a la Italiana cubierto con salsa ligera de tomate)

Srvg:6ozCals:285 Fat:10Carbs:10 Sodium:489 Protein:24

10 CUBAN CHICKEN SALAD -low carb-with celery, apples and low fat mayo
(Ensalada de pollo Cubana con celery, manzanas y mayonesa ligera)

Srvg:6oz Cals:212 Fat:7Carbs:9 Sodium:118 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

2022-1-WEB

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

20. CREAM OF BROCCOLI
(Crema de broccoli) **Cals: 98- 8oz**

21. LENTIL SOUP
(Potaje de lentejas) **Cals: 80- 8oz**

22. GARBANZO SOUP
(Potaje de garbanzos) **Cals: 174 - 8oz**

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

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

25. SMASHED POTATOES **Cals: 155 - 5oz**
(Papas "machacadas")

26. OVEN ROASTED SWEET POTATO
(Boniato amarillo asado al horno) **Cals: 115 - 6oz**

27. STEAMED PLANTAINS
(Platanos al vapor) **Cals: 165 -6oz**

28. TOMATO, ONION, CILANTRO SLD **Cals: 50 -4oz**
(Ensa. de tomate, cebollitas, cilantro)

29. CUBAN SLAW w/apples, celery, mayo **Cals: 75- 4oz**
(Ensa de col picadita, manzana, celery, mayo)

30. CHOCOLATE CREME RICOTTA
(Crema de ricotta de chocolate) **Cals: 140 - 4oz**

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