

ENTREES

6-27-2022

MONDAY

1 TURKEY PICADILLO MARINARA
with chic peas topped w/parm
(Picadillo de pavo Marinara con garbanzos y parmesano)
Srvg:8ozCals:295Fat:9Carbs:15Sodium: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:255 Fat:10Carbs:49Sodium:285Protein:8

TUESDAY

3 GRILLED CURRY BREAST OF CHICKEN MASITAS
(Masitas de pechuga de pollo Al Curry a la plancha)
Srvg:6ozCals:295Fat:9gCarbs:5gSodium:465Protein:37

4 ARROZ CON POLLO - yellow brown rice and breast of chicken morsels
(Arroz amarillo integral con masitas de pechuga de pollo)
Srvg:10ozCals:395Fat:9 Carbs:39Sodium:485Protein:15

WEDNESDAY

5 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)
Srvg:5ozCals:235Fat:6 Carbs:0Sodium:465 Protein:31

6 ARRABIATA wholegrain penne pasta with tomatoes, onions, roasted garlic, red wine, fresh basil
(Macarrones Arrabbiata con tomates, cebollitas, ajo asado, vino tinto, albahaca fresca)
Srvg:10ozCals:285Fat:10 Carbs:39Sodium:4153Protein:8

THURSDAY

7 MASITAS TERIYAKI grilled breast of chicken topped w/light teriyaki/cilantro mojo
(Masitas de pechuga de pollo Teriyaki a la plancha con mojo ligero de teriyaki y cilantro)
Srvg:6ozCals:293Fat:12 Carbs:5Sodium:557Protein:37

8 MAC & PICA - Cuban style wholegrain penne pasta with lean turkey picadillo and parm
(Macarrones integrales con picadillo de pavo a la Cubana con parmesano)
Srvg:10ozCals:375Fat:10 Carbs:20 Sodium:403Protein:18

FRIDAY

9 ITALIAN TURKEYLOAF topped a a light tomato sauce
(Albondigon de pavo a la Italiana cubierto con salsa ligera de tomate)
Srvg:6ozCals:285Fat:10 Carbs:10 Sodium:489Protein: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:6ozCals:285Fat:10 Carbs:10 Sodium:489Protein:24

LATINLITE

BY FAT BUSTERS

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

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

SIDES

three (3) p/person

- 20. CREAM OF BROCCOLI**
(Crema de broccoli) Cals: 98- 8oz
- 21. LENTIL SOUP** Cals: 80- 8oz
(Potaje de lentejas)
- 22. GARBANZO SOUP** Cals: 174- 8oz
(Potaje de garbanzos)
- 23. RICE (Arroz)** Cals: 190- 6oz
- 24. BROWN RICE** Cals: 190- 6oz
(Arroz integral)
- 25. SMASHED POTATOES** Cals: 155-5oz
(Papas "machacadas")
- 26. OVEN ROASTED SWEET POTATO** Cals: 115-6oz
(Boniato amarillo asado al horno)
- 27. STEAMED PLANTAINS**
(Platanos al vapor) Cals: 165-6oz
- 28. TOMATO, ONION, CILANTRO SALAD**
(Ensa. de tomate, Cals: 50-4oz cebollitas, cilantro)
- 29. CUBAN SLAW w/apples, celery, mayo** Cals: 85-4oz
(Ensa de col picadita, manzana, celery, mayo)
- 30. CHOCOLATE CREME RICOTTA** Cals: 140-4oz
(Crema de ricotta de chocolate)

Late order Entree's may be replaced with #11 or #12

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

2022-1-WEB