

SNACKS & FIT TREATS

BERRY YOGURT PARFAIT
\$4.5 EACH

VEGGIES & HUMMUS
\$4 PER PACK
\$16 5 PERSON PLATTER

PROTEIN PLATE
\$6 EACH

PB PUMPKIN BAR
\$3.5 EACH

PROTEIN DONUTS
\$5 EACH

TROPICAL YOGURT PARFAIT
\$4.5 EACH

FRUIT
\$5 PER PACK
\$20 5 PERSON PLATTER

TRAIL MIX ENERGY BALLS
\$3.5 PACK OF 3

DARK CHOCOLATE ENERGY BALLS
\$3.5 PACK OF 3

PROTEIN PB CUPS
\$10 PACK OF 2

CATERING FAQ

ALL ITEMS ARE AVAILABLE TO BE SERVED IN INDIVIDUAL CONTAINERS WHICH WE REFER TO AS "FIT MEALS" OR BUFFET STYLE - LET US KNOW WHAT YOU PREFER FOR YOUR GROUP!

FIT KITCHEN CATERING MEALS WILL ARRIVE HOT UNLESS OTHERWISE REQUESTED.

FIT KITCHEN CATERING IS AVAILABLE FOR ALL TYPES OF FUNCTIONS LOOKING FOR A HEALTHY TWIST - CORPORATE, COCKTAIL PARTIES, IN HOME, SPECIAL EVENTS.

48 HOURS NOTICE IS REQUIRED FOR CATERING ORDERS.

SUBSTITUTIONS ARE NOT AVAILABLE FOR FIT MEALS, LET US KNOW IF YOU ARE LOOKING TO ACCOMMODATE ALLERGIES

FIT MEAL SIZES

Fit Meals come in small + large sizes

SMALL = 12oz container - Lighter eaters, lunch size
LARGE= 16oz container - Bigger eaters, dinner size



FIT OFFICE

CATERING **FITKITCHEN!**

EAT FIT & FEEL GREAT WITH FIT KITCHEN!

Office meeting fuel

Breakfast, lunch, dinner

Lunch & Learns

Wellness Programs

Individual portion controlled meals

Buffet style service options

PLACE AN ORDER

info@fitkitchen.ca • www.fitkitchen.ca

BREAKFAST

OATS OF STEEL

\$9 ONE SIZE **V**
Steel cut oats, hemp and flax seeds, coconut, almonds, whey protein, mixed berries

GET SHREDDED HASH

\$10•\$12 **G D**
Chipotle ground turkey, root vegetables, red peppers, onion, black beans, scrambled eggs

CHAMP'S SCRAMBLE

\$10•\$12 **G D**
Herb chicken breast, tomato, spinach, zucchini, scrambled eggs

ALBERTA BREAKFAST

\$10•\$14 **G**
Sliced roasted beef, scrambled eggs, and smashed potatoes

SUPER FOODS HASH

\$10•\$12 **G D**
Ground bison, beef, root veg, broccoli, mushrooms, peppers, kale, scrambled eggs

HEALTHY SANCHEZ

\$11•\$13 **G V**
Sunnyside egg over a corn tortilla, tomatillo salsa, black beans, and cheese

PBJ FRENCH TOAST

\$11•\$13
Protein french toast sticks with P&J for dipping, chicken apple sausage

BOMB.COM BURRITO

\$5•\$8 **V**
Eggs, cheddar, black beans, salsa, red cabbage

AIN'T NO YOLK

\$10•\$12 **G V**
Egg white omelette with feta cheese, mushrooms, arugula, cherry tomatoes

FITCAKES

\$11•\$13
Protein pancakes, maple syrup berry blend, chicken apple sausage

GOLD MEDAL WRAP

\$5•\$8 **V**
Eggs, cheddar, sweet corn, smashed potatoes, kale, guacamole

THE SMART TURKEY

\$10•\$12 **G**
Whole egg omelette, ground turkey, red pepper, green onion

FRESH SALADS & SOUP

SUSTAIN

\$10 ONE SIZE **G**
Chicken, spring mix, feta, tomato, dried fruit, orange chili dressing

ENERGIZE

\$10 ONE SIZE **D V**
Red lentil patty, romaine, egg noodles, roasted red peppers, cucumber, carrot, cilantro, almonds, sesame thyme dressing, peashoots, miso ginger

TEX MEX GREENS

\$10 ONE SIZE **G**
Chicken breast, romaine, corn tortilla chips, mesa beans, salsa, sour cream

PERFORMANCE

\$10 ONE SIZE **G**
Ham, spring mix, feta, almonds, cucumber, carrot, apple, dried fruit, sesame thyme dressing

MARKET GREENS

\$6 ONE SIZE **G D V**
Spring mix, cucumber, carrot, tomato, onion, house dressing

DAILY SOUP

\$4 SM • \$6 LG
Daily healthy option available

FIT BUDDHA BOWL BAR

Treat your team to a 'build your own' style buddha bowl bar set up. Fit Kitchen will provide an assortment of greens, grains, skewered proteins (chicken, beef, prawns, tofu), sauces, and toppings (veggies, nuts/seeds, legumes)

BASIC BAR

\$10 PER PERSON • 15 PERSON MINIMUM

INCLUDES:

- 2 types of greens
- 2 types of grains
- 2 types of sauces
- 1 choice of protein
- 5 toppings

PREMIUM BAR

\$15 PER PERSON • 15 PERSON MINIMUM

INCLUDES:

- 2 types of greens
- 3 types of grains
- 3 types of sauces
- 2 choice of protein
- 8 toppings

LUNCH & DINNER

GLADIATOR'S LASAGNA

\$14 ONE SIZE
Spolumbo's Italian sausage and pancetta bolognese, cottage cheese, kale

GET GAINZ GNOCCHI

\$12•\$15
Housemade yam gnocchi with ground turkey, mushrooms, grape tomato, butternut squash, arugula,

YAM SHEPERDS PIE

\$12•\$15 **G**
Seasoned ground beef, mashed yams, corn, peas, carrots and celery

VEGGIE SPAGHETTI

\$10•\$13 **V**
Ratatouille with eggplant, kale, white beans, zucchini, red peppers, onion, parmesan

HEALTHY SPAG & BALLS

\$10•\$12 **G**
Gluten free pasta, beef meatballs tomato basil sauce, parmesan

TATONKA CHILI

\$12•\$15 **G**
Ground bison and beef, peppers, mixed beans, fire roasted tomatoes, cheese

FIT WRAPS

ASK US ABOUT OUR CURRENT VARIETY!

LUNCH & DINNER

TASTY THAI BEEF

\$12•\$15 **G D**
Alberta beef, kale, broccoli, peppers, carrots, vermicelli, Thai peanut sauce

POWER PRAWN CURRY

\$12•\$15 **G D**
Prawns, kale broccoli, carrots, peppers, black rice, coconut curry sauce

TANDOORI CHICKEN

\$12•\$14 **G**
Tandoori chicken thigh, curried potatoes, zucchini, red peppers

CHICKEN FINGERS

\$12•\$14
Baked buttermilk panko almond crusted chicken fingers, baked yam fries, honey dijon dip

BUENO QUESADILLA

\$10•\$12
Chicken, spinach, bell peppers, onion, cheese. With salsa and plain yogurt

BE-FIT & POTATOES

\$14•\$16 **G**
Sliced lean Alberta beef, mashed potatoes, broccoli, housemade jus

MUSCLE UP MEATLOAF

\$11•\$13 **G**
Homestyle grape tomato glazed beef meatloaf, broccoli mashed potatoes and peas

NINJA CHICKEN STIRFRY

\$12•\$15 **G D**
Chicken breast, kale, broccoli, peppers, carrots, almonds, black rice, ginger stirfry sauce

NO BUTTER CHICKEN

\$12•\$15 **G D**
Chicken breast, roasted vegetables, brown rice, coconut tomato curry sauce

CLUB MED CHICKEN

\$11•\$14 **G D**
Herb chicken breast, roasted vegetables

GUINNESS BEEF STEW

\$12•\$15 **D**
Alberta beef, root vegetables, mushrooms, in a Guinness stout stock

KILLER ENCHILADAS

\$12•\$14 **G V**
Choose from turkey, pork, beef, or veggie

CANADIAN SALMON

\$14•\$16 **G D**
Maple mustard salmon, asparagus, butternut squash rice

365 TURKEY DINNER

\$14•\$16 **G**
Roasted turkey breast, mashed potatoes, green beans, cranberry sauce, gravy

D DAIRY FREE

G GLUTEN FREE

V VEGETARIAN

VISIT FITKITCHEN.CA FOR NUTRITION INFO, MEAL PLANS, PACKAGES, AND MORE!