

SNACKS & FIT TREATS

VEGGIES & HUMMUS

\$4 PER PACK
\$16 5 PERSON PLATTER

SLICED FRESH FRUIT

\$5 PER PACK
\$20 5 PERSON PLATTER

CHOCOLATE CHIA PUDDING

\$4 EACH

TRAIL MIX ENERGY BALLS

\$3.5 PACK OF 3

DARK CHOCOLATE ENERGY BALLS

\$3.5 PACK OF 3

PROTEIN DONUTS

\$5 EACH

CHICKEN SALAD SNACKER PROTEIN PLATE

\$6 EACH - housemade cranberry chicken salad, pita, fresh veggies, and jalapeno havarti

RISE & SHINE PROTEIN PLATE

\$6 EACH - hardboiled egg, sliced orange, grapes, gluten free seedy crackers, Munch vanilla latte nut butter

OFFICE SNACK PACK

\$70 - includes a variety of 15 fresh Fit snacks to keep your colleagues fuelled up through the afternoon!

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

GET SHREDDED HASH

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

SUPER FOODS HASH

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

PBJ FRENCH TOAST

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

FITCAKES

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



CHAMP'S SCRAMBLE

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

SUNRISE SANDWICH

\$8
Fried egg, bacon, cheddar, tomato, and spinach on an english muffin

BERRY YOGURT PARFAIT

\$4.5 EACH

FRESH SALADS & SOUP

SUSTAIN

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

TEX MEX GREENS

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

MARKET GREENS

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

PERFORMANCE

\$10 ONE SIZE **G**
Ham, spring mix, feta, almonds, cucumber, carrot, apple, dried fruit, sesame thyme 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, proteins (chicken, beef, prawns, tofu), sauces, and toppings (veggies, nuts/seeds, legumes)

BASIC BAR

\$12 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

\$16 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 VEGGIE SPAGHETTI

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

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

GET GAINZ GNOCCHI

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

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 \$10 EACH

CLASSIC ITALIAN

ROAST BEEF

TUNA SALAD

SOUTHWEST CHICKEN

VEGGIE



LUNCH & DINNER

TASTY THAI BEEF

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

NINJA CHICKEN STIRFRY

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

POWER PRAWN CURRY

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

NO BUTTER CHICKEN

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

TANDOORI CHICKEN

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

CLUB MED CHICKEN

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

CHICKEN FINGERS

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

GUINNESS BEEF STEW

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

BUENO QUESADILLA

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

KILLER ENCHILADAS

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

BE-FIT & POTATOES

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

CANADIAN SALMON

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

YAM SHEPHERDS PIE

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

MUSCLE UP MEATLOAF

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

D DAIRY FREE **G** GLUTEN FREE **V** VEGETARIAN

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