

FRESH.
SOUTHERN.
COMFORT.



EAT FIT.
FEEL GOOD.
LIVE WELL.

BREAKFAST

MORNING OATS \$7

Oats, berries & honey; toasted raisin bread.

AVOCADO TOAST \$12

Multigrain toast, fig preserves, avocado, fried egg & chili flake oil.

WAFFLES \$12

Waffles with caramel drizzle.
Served with eggs and smoke sausage.

BUILD A BOWL \$8

Base: Grits or Potatoes

Protein: Smoke Sausage, Bacon or Grilled Chicken

Egg: Scrambled or Fried

VEGAN OMELETTE \$15

Plant-based eggs, mushrooms, spinach, onions, bell peppers & sun-dried tomatoes. Roasted potatoes.

SHRIMP OMELETTE \$15

Eggs, shrimp, cheese, spinach, mushrooms, onions & bell peppers. Roasted potatoes.

GRILLED CHICKEN WAFFLE WRAP ... \$12

Waffle cone, grilled chicken, scrambled eggs, bacon bits & syrup. Roasted potatoes.

BREAKFAST BURRITO \$5

Sausage, eggs & cheese.

— BREAKFAST SIDES —

EGGS (2) \$3

GRITS \$4

BACON (2) \$3

POTATOES \$4.50

SMOKE SAUSAGE (2) \$3

WHOLE GRAIN TOAST \$2

LUNCH

Choice of cauliflower or jasmine rice and 1 side.

ROTISSERIE CHICKEN

Quarter \$10.99

Half \$13.99

BLACKENED OR
GRILLED SHRIMP (4) \$12.99

GRILLED SALMON (8 OZ) \$13.99

GRILLED PARTY WINGS (4) \$10.99

À LA CARTE

ROTISSERIE CHICKEN

Quarter \$6.95

Half \$8.95

PARTY WINGS \$6.95

SALMON \$8.00

SHRIMP \$8.00

SIDES

CAULIFLOWER RICE \$4.50

GRILLED VEGETABLES \$4.50

SAUTÉED GREENS \$4.50

ROASTED CAJUN POTATOES ... \$4.50

ADD SAUTÉED SHRIMP (EXTRA) .. \$6.00

— VEGETARIAN / SALADS —

GREEN SALAD \$12.00

Mixed greens, tomatoes, cucumbers, purple onions, shredded carrots.

— ADD PROTEIN —

ADD GRILLED CHICKEN +\$2.00

ADD SAUTÉED SHRIMP +\$4.00

ADD COMBO +\$6.00

CREOLE STUFFED PORTOBELLO .. \$15.95

Quinoa, spinach, onions, garlic, sun-dried tomatoes, Creole spices, balsamic glaze.
Served with your choice of 2 sides.

MUSHROOM + QUINOA VEGAN BURGER \$15.95

Mushrooms, quinoa, Southern spices, vegan aioli, caramelized onions, lettuce on a toasted bun. Served with roasted red potatoes.

Flavor-forward, Soulful and 100% Vegan

DAILY SPECIAL

MONDAY Rotisserie Chicken

TUESDAY Blackened or Grilled Shrimp

WEDNESDAY Grilled Party Wings

THURSDAY Chef's Choice

FRIDAY Grilled Salmon

All Specials Include

Bed of Rice
Choice of 2 sides

BOWLS

SALMON BOWL \$12.50

Grilled salmon, cauliflower rice, cabbage, carrots, teriyaki drizzle.

SHRIMP BOWL \$11.00

Sautéed shrimp, cauliflower rice, cabbage, carrots, teriyaki drizzle.

DRINKS

ARNOLD PALMER TEA \$3.00

WATER Complimentary

Eat
Fit

Eat Fit BR items meet nutritional criteria designated by Ochsner Health.
Visit EatFitBR.com + download Eat Fit app for full nutrition facts.

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