

### Grilled Chicken Salad

Marinated grilled chicken breast served over a fresh bed of lettuce greens & garnished with tomatoes & slices of avocado. 11

Half Chicken Salad. 7

### Martha's House Salad

Fresh organic baby spinach & greens, topped with nuts, raisins, fresh strawberries & served with Martha's Sugar-free homemade vinaigrette. 9

Add grilled chicken or shrimp. 11

### Shrimp Salad

Fresh grilled jumbo shrimp served over a bed of fresh lettuce greens, topped with tomatoes, fresh pineapple & slices of avocado. 11

### Mango Chicken Salad

Marinated grilled chicken breast & fresh mango, avocado, purple onions, cherry tomatoes, cilantro, and & served over Romaine lettuce. 12

### Jicama & Pear Salad

Jicama & Pear served over mixed organic baby spinach & greens, with walnuts. 9

### Ensalada de Pescado

Grilled bass fish sautéed with bell peppers, onions, & served over a bed of mixed organic baby spinach & greens. 12

### House Salad

Crispy lettuce greens topped with tomatoes, cucumbers, carrot strips, and slices of avocado. 4



### Lettuce Wraps

Filled with grilled chicken strips, sautéed with bell peppers, zucchini, caramelized onions, peanuts, chile de arbor & slices of avocado. 12

### Meat & Veggies Fajita Bowl

Grilled chicken or steak, sautéed with grilled bell peppers & onions. 7

With Shrimp. 9

### Two Get Fit Tacos Modesto

Grilled chicken, onions, cilantro, tomato, topped with avocado. Served with a side of black beans and grilled green onions. 8

### Get Fit Chicken Caseras

Grilled chicken layered with fresh cabbage, pico de gallo, avocado, and a mild red sauce on top.

Served with whole or black beans. 9

Sub Shrimp 10

### Healthy Egg White Omelette

An omelet filled with spinach, grilled bell peppers, tomatoes, onions, & topped with slices of avocado.

10

### Approved Dressings

Martha's Sugar Free Homemade Vinaigrette

Green Sauce

Baslamic

### Approved Sauce Choices

Green Sauce, Ranchero, Con Chile, Enchilada Red Salsa, Ghost Pepper Sauce

