

UN-MENU

VEGETARIAN



GARDEN BIRD \$13

FRIED PLANT BASED CHICKEN PATTY SERVED ON OUR HOMEMADE PITA BUN SMEARED WITH SPICY FETA, SPINACH, PICKLES, TOMATO, LOCAL FIG IPA MUSTARD.

PORTA-WICH \$13.25

HOMEMADE PITA BUN STUFFED WITH GRILLED BALSAMIC GLAZED PORTABELLO MUSHROOM TOPPED WITH PICKLED GRILLED RED ONIONS, SLICED TOMATO, MELTED HERBED MOZZARELLA, BABY SPINACH, SPICY FETA SPREAD AND BALSAMIC REDUCTION.

MUSHROOM RISOTTO \$13.25

CRIMINI, PORTABELLO MUSHROOM AND FRESH PARMESAN CHEESE STIRRED INTO CREAMY RISOTTO.



SUB ANY SANDWICH OR BURGER PROTEIN WITH PLANT BASED

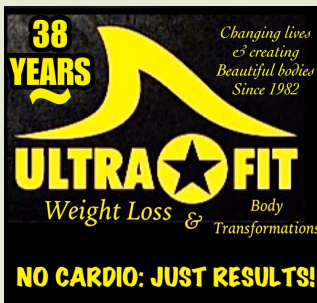


ULTRA FIT IS A WEIGHT LOSS AND BODY TRANSFORMATION PROGRAM FOUNDED OVER 39 YEARS AGO BY WEIGHT LOSS AND FITNESS EXPERT JOHN DEFENDIS. JOHN DEFENDIS IS A FORMER MR. USA AND A MEMBER OF THE INTERNATIONAL FITNESS HALL OF FAME .

JOHN AND HIS TEAM OF ULTRA FIT TRAINERS HAVE USED HIS PROGRAM TO CHANGE TENS OF THOUSANDS OF LIVES FOR THE BETTER.

THE ITEMS ON THIS MENU ARE ALL PREPARED WITH HIGH-QUALITY PROTEINS AND COMPLEX CARBOHYDRATES, NO ADDED SALT AND NO ADDED SUGAR.

FOR MORE INFORMATION ABOUT THE ULTRA FIT LIFESTYLE FOLLOW OR MESSAGE JOHN DEFENDIS ON FACEBOOK.



ULTRA FIT MENU

SALAD



SMALL \$7.5 LARGER \$9

-SPRING MIX TOPPED WITH TOMATO'S, CUCUMBERS, RED ONIONS WITH A SIDE OF WILD BERRY VINAIGRETTE

ADD

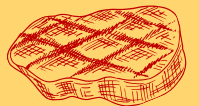
GRILLED CHICKEN BREAST 4OZ \$6.75 8OZ \$8.25
STEAK 4OZ \$9.75 8OZ \$14.50

EGG WHITE OMELETTE \$9.5



SERVED WITH 1 SIDE
STUFFED WITH POTATOS AND ONIONS, BELL PEPPERS, MUSHROOM AND SPINACH.

JUST THE MEATS



SERVED WITH 1 SIDE

GRILLED CHICKEN BREAST 4OZ \$8.25 8OZ \$10.25
STEAK 4OZ \$12.95 8OZ \$15.95

SIDES

STEAMED POTATO AND ONIONS
STEAMED MIXED VEGGIE
GRILLED ASPARAGUS

*PRESENT YOUR LOCAL F.I.G RECEIPT TO 10 STAR FITNESS ON REIDVILLE ROAD and RECEIVE A FIRST TIME COMPLIMENTARY WORKOUT WITH AN ULTRA FIT PERSONEL TRAINER

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