

FIT MENU



Chef's Bowl

Grilled chicken, steak, fish, or shrimp. Served on a bed of grilled veggies, (brussels sprouts, mushrooms, green beans, zucchini, broccoli, & sliced avocado) with a side of molcajete sauce.

Chicken or Steak 13

Fish or Shrimp 15

Ensalada de Pescado

Grilled bass fish served with bell peppers, onions, & served over a bed of mixed organic baby spinach & greens. 13

Grilled Chicken Salad

Marinated grilled chicken breast served over a fresh bed of lettuce greens & garnished with tomatoes, & slices of avocado. 12

Half chicken salad. 8

Martha's House Salad

Fresh organic baby spinach & mixed greens, topped with nuts, raisins, fresh strawberries, & served with

Martha's Get Fit vinaigrette. 10

Add grilled chicken or shrimp. 13

Shrimp Salad

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

of avocado. 13

Mango Chicken Salad

Marinated grilled chicken breast & fresh mango, avocado, purple onions, cherry tomatoes, cilantro, & served over romaine lettuce. 13

Jicama & Pear Salad

Jicama & pears served over mixed organic baby spinach greens, with walnuts. 10

Add grilled chicken or shrimp 13

House Salad

Crispy lettuce greens topped with tomatoes, cucumbers, carrot strips & slices of avocado. 6

Recommended Healthy Dressings:

Martha's Fit Vinaigrette

Fit Molcajete Sauce

Balsamic

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Lettuce Wraps

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

Side of greens sauce. 13

Fajita Fit Bowl

Grilled chicken or steak, sautéed with grilled bell peppers & onions. 9

With Shrimp. 12

Two Get Fit Tacos Modesto

Grilled chicken, onions, cilantro, tomato, topped with avocado. Served with a side of black beans & grilled green onions. 10

Healthy Chicken Caseras

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

Served with whole or black beans. 10

Sub Shrimp 11

Guilt Free Flautas

Two grilled chicken & veggie flautas in wheat tortillas topped with fresh guacamole & our signature

molcajete sauce. Served with a side of black beans, fresh corn mixed salad, & organic mixed greens. 12

Fit Fish Tacos

Two grilled (adobado) bass fish tacos, topped with sliced avocado, fresh cabbage, red onions, tomatoes, & a cilantro slaw. Served with a

side of black beans and fresh

corn mixed salad. 13

Shape Up Shrimp Enchiladas

Two shrimp, veggie & sliced poblano pepper enchiladas in wheat tortillas, topped with our signature molcajete sauce & jack cheese.

Served with a side of black beans,

fresh corn mixed salad, &

organic mixed greens. 13