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CHICKEN PLATE 14



CHICKEN BREAST - MIXED VEGGIES - SWEET POTATO FRIES

SHRIMP PLATE 18 GRILLED SHRIMP - MIXED VEGGIES - SWEET POTATO FRIES

GRILLED TUNA PLATE 19.5 GRILLED TUNA - MIXED VEGGIES - SWEET POTATO FRIES

BAKED CATFISH PLATE 18 BAKED CATFISH - MIXED VEGGIES - SWEET POTATO FRIES



EAT FIT ACADIANA ITEMS MEET NUTRITIONAL CRITERIA DESIGNATED BY OCHSNER HEALTH SYSTEM WITH SUPPORT BY THE BLUE CROSS AND BLUE SHIELD OF LOUISIANA FOUNDATION AND LAFAYETTE GENERAL. VISIT EATFITACADIANA.COM + DOWNLOAD EAT FIT APP FOR FULL NUTRITION FACTS. Salads

LITE COBB SALAD 14 W. FAT FREE HONEY MUSTARD

EATFIT SPINACH CHICKEN SALAD 13 18 W. ARREZZIO ROASTED GARLIC BALSAMIC VINAIGRETTE

Entrees

SMOKED TURKEY WRAP 12 TURKEY - LETTUCE - AVOCADO - SWEET POTATO FRIES

6" GUILTLESS PIZZA 10.5

WHEAT CRUST - CHEESE - CHICKEN - BASIL MUSHROOM - GARLIC

VEGGIE PASTA 11

OLIVE OIL - RED ONION - MIXED VEGGIES MUSHROOMS - GARLIC - SERVED OVER ANGEL HAIR

FOR A FULL LISTING OF NUTRITIONAL VALUES, INCLUDING NON-EAT FIT ITEMS, SCAN THE BARCODE WITH YOUR PHONE'S CAMERA.

