# NutriDine - Menu

## STARTERS

**Garden Salad - $5.99**

Fresh mixed greens, cherry tomatoes, cucumber, carrots, red onion

65 cal, 3g fat, 8g carbs, 2g protein, 3g fiber

Customization: Add avocado (+120 cal, +$2.50) | Add grilled chicken (+120 cal, +$3.50)

**Soup of the Day - $4.99**

Choice of daily fresh soups

Tomato Basil (V): 120 cal, 5g fat, 15g carbs, 3g protein, 4g fiber

Chicken Noodle: 180 cal, 6g fat, 18g carbs, 12g protein, 2g fiber

Lentil Soup (V): 190 cal, 3g fat, 30g carbs, 11g protein, 8g fiber

**Bruschetta - $6.99**

Toasted whole grain bread topped with diced tomatoes, garlic, basil, olive oil

220 cal, 9g fat, 30g carbs, 5g protein, 4g fiber

## MAIN COURSES

**Spaghetti with Meatballs - $14.99**

Whole grain pasta with beef meatballs in tomato sauce, topped with parmesan

650 cal, 22g fat, 80g carbs, 30g protein, 8g fiber

Customization: Whole wheat pasta (same cal) | Gluten-free pasta (+$1.50)

**Grilled Salmon - $18.99**

6oz salmon fillet with lemon-dill sauce, quinoa pilaf, steamed vegetables

490 cal, 24g fat, 28g carbs, 42g protein, 5g fiber

**Vegetable Stir-Fry - $13.99**

Seasonal vegetables stir-fried with tofu in ginger-soy sauce, served with brown rice

410 cal, 12g fat, 60g carbs, 18g protein, 9g fiber

Customization: Swap tofu for chicken (+70 cal, +$1.50) | Add cashews (+100 cal, +$1.00)

**Black Bean Burger - $13.99**

House-made black bean patty on whole grain bun with lettuce, tomato, onion. Served with side salad or sweet potato fries

480 cal, 12g fat, 65g carbs, 22g protein, 12g fiber

Customization: Side salad (included) | Sweet potato fries (+150 cal) | Regular fries (+180 cal)

**Protein Power Bowl - $16.99**

Choice of grilled chicken or tofu, brown rice, black beans, roasted vegetables, avocado

With chicken: 580 cal, 15g fat, 60g carbs, 45g protein, 12g fiber

With tofu: 520 cal, 14g fat, 60g carbs, 25g protein, 13g fiber

## SIDES

**Sweet Potato Fries - $4.99**

210 cal, 9g fat, 32g carbs, 2g protein, 5g fiber

**Quinoa Pilaf - $4.99**

180 cal, 4g fat, 30g carbs, 6g protein, 5g fiber

**Side Salad - $3.99**

45 cal, 2g fat, 7g carbs, 1g protein, 2g fiber

## BEVERAGES

**Fresh Fruit Smoothie - $5.99**

Blend of seasonal fruits with yogurt or plant milk

Berry Blast: 220 cal, 1g fat, 45g carbs, 8g protein, 6g fiber

Tropical Green: 190 cal, 1g fat, 42g carbs, 6g protein, 5g fiber

Protein Power: 290 cal, 2g fat, 42g carbs, 20g protein, 5g fiber

**Coffee - $2.99**

Regular or decaf

Black: 5 cal, 0g fat, 0g carbs, 0g protein, 0g fiber

With milk: 25 cal, 1g fat, 2g carbs, 1g protein, 0g fiber

**Tea - $2.49**

Various selections available (green, black, herbal)

0 cal, 0g fat, 0g carbs, 0g protein, 0g fiber

## DESSERTS

**Chia Pudding - $5.99**

Chia seeds soaked in almond milk with fruit compote and nuts

290 cal, 16g fat, 32g carbs, 8g protein, 12g fiber

**Dark Chocolate Avocado Mousse - $6.99**

Rich chocolate dessert made with avocado, cacao, and maple syrup

310 cal, 22g fat, 30g carbs, 5g protein, 9g fiber

**Greek Yogurt Parfait - $5.99**

Greek yogurt layered with granola and fresh berries

280 cal, 6g fat, 42g carbs, 15g protein, 5g fiber

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(V) = Vegetarian options

All nutrition information is approximate per serving. Please inform your server of any allergies or dietary restrictions.

Delivery available for orders over $15. Delivery fee: $3.99

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