

Save time. Call ahead 203-513-8722

Free delivery to Shelton businesses with 2 orders or more • \$2.50 delivery for a single order.
50 Huntington Plaza (behind Common Bond Market) • www.kimbensen.com
 Visit our website for times and info on our ready-to-go meals!

Breakfast ANYtime

Breakfast Burrito \$8.95

1 egg or 2 whites, bacon or kim's turkey sausage, 2 veggies, choice of cheese in a flatbread
 Cal: 288 | FreeStyle Points: 3
 Options: 1C, 1½P, ½D, 1V

Omelette \$8.95

egg or whites, bacon or kim's turkey sausage, 2 veggies, choice of cheese
 Cal: 180 | FreeStyle Points: 1
 Options: 1½P, ½D, 1V

Egg & Cheese \$4.95

1 egg or 2 egg whites, choice of cheese on a light english muffin
 Cal: 210 | FreeStyle Points: 2
 Options: 1C, ¼P, ½D

Snack Wrap \$4.95

1 egg or 2 whites, bacon or kim's turkey sausage, choice of cheese in half a flatbread
 Cal: 178 | FreeStyle Points: 2
 Options: ½C, 1P, ½D

Entrée Salads

Taco Salad Bowl \$8.95

flatbread bowl, lettuce, turkey taco meat, light cheddar, salsa, and sour cream (without bowl deduct 80 cal, 1C, 1pt)
 Cal: 334 | FreeStyle Points: 4
 Options: 1C, 1½P, 1D, 2½V

Cheeseburger Salad \$8.95

ground turkey cooked in a mustard/ketchup sauce atop a fresh salad; garnished with chopped pickles & cheddar
 Tastes like a McD's cheeseburger!
 Cal: 298 | FreeStyle Points: 3
 Options: ¾C, 1½P, ½D, 1½V

Spinach Salad with Bacon Dressing \$8.95

fresh spinach, hardboiled eggs, bacon, mushrooms, and onion slices topped with a homemade warm bacon dressing
 Cal: 223 | FreeStyle Points: 2
 Options: 2P, 2V

Paninis

Meatball Ricotta \$8.95

sliced homemade meatballs, tomato sauce, ricotta, mozzarella, and parmesan cheeses toasted in kim's flatbread
 Cal: 359 | FreeStyle Points: 5
 Options: 1C, 1P, 1¾D, 1V

Turkey Taco \$8.95

homemade turkey taco meat, salsa, and cheddar cheese toasted in kim's flatbread
 Cal: 226 | FreeStyle Points: 4
 Options: 1C, 1P, ½D, 1V, ½X

The Stevie \$8.95

lean ground turkey, ketchup, mustard, onion, chopped dill pickles and cheddar toasted in kim's flatbread
 Tastes like a McD's cheeseburger!
 Cal: 305 | FreeStyle Points: 4
 Options: 1¼C, 1½P, ½D, 1V

Turkey Swiss \$8.95

sliced turkey, tomato, swiss, spinach, and our homemade dijonaise in kim's flatbread
 Cal: 293 | FreeStyle Points: 4
 Options: 1C, 1¼P, 1D, ½V, ½X

BLT \$8.95

precooked bacon, fresh tomato and lettuce, and light mayo in kim's flatbread
 Cal: 251 | FreeStyle Points: 7
 Options: 1C, 1P, 1V, 1X

Sausage, Peppers & Onions \$8.95

our homemade turkey sausage with sautéed peppers and onions, and blue cheese in kim's flatbread
 Cal: 285 | FreeStyle Points: 4
 Options: 1C, 1½P, 1D, 2½V

Wraps

Thanksgiving Wrap \$8.95

lean turkey breast, light stuffing, homemade cranberry sauce, and mayo wrapped in kim's flatbread
 Cal: 359 | FreeStyle Points: 6
 Options: 1C, 1P, 1D, 2½V, ¼X

Chicken Club Wrap \$8.95

chicken, bacon, tomato slices, shredded lettuce, light cheddar, and mayo wrapped in kim's flatbread
 Cal: 298 | FreeStyle Points: 5
 Options: 1¼C, 1½P, ¼D, 1V, ½X

Flatbread Pizzas

BBQ Chicken Pizza \$8.95

red sauce, red onions and bbq chicken, a mixture of cheddar and mozzarella cheeses atop a toasted flatbread
 Cal: 376 | FreeStyle Points: 6
 Options: 1½C, 1P, 1½D, 1V

Florentine Pizza \$8.95

red or white sauce, ricotta, mozzarella, spinach, tomatoes, and garlic atop a toasted flatbread
 Cal: 306 | FreeStyle Points: 4
 Options: 1C, ½P, 1D, 1½V, 1½X

The Sporkie \$8.95

red or white, homemade turkey sausage, ricotta, parmesan & mozzarella cheeses atop a toasted flatbread
 Cal: 327 | FreeStyle Points: 6
 Options: 1C, 1P, 1½D, 1V

Greek Pizza \$8.95

tomato sauce, tomatoes, red onion, kalamata olives, feta, mozzarella, and spinach atop a toasted flatbread
 Cal: 340 | FreeStyle Points: 4
 Options: 1C, 1¾D, 2¼V, 1X

Make it a Meal

Add a small side salad and a beverage for an additional \$3.50

Kim's Chai Tea

Only 45 calories \$2.50

Compare Kim's to
 Dunkin Donuts
 188 cal
 Starbucks Chai
 120 cal

Options: ½D
 FreeStyle Pts: 1

Also available in our store!



We can make just about anything low carb! Just ask!

All Beverages \$2.00