



You are what you eat.

Breakfast

Egg & Cheese on a Bagel

*1 egg on a Kim's Light Bagel
1 slice cheese*

cal 210 Options: 1C, 1P, 1/2D 4SP
\$3.95

Breakfast Burrito

*one egg or egg white with kim's home-made
turkey sausage crumbles and veggies
topped with your favorite cheese*

cal 208 Options: 1C, 1/2P, 1/2D, 1V 6SP
\$8.95

Carrot Cake Muffin

*topped with a light cream cheese frosting
made with whey low powdered sugar*

cal 118 Options: 1C, 1V, 1/4F, 1/4X 5SP
\$2.50

Extreme Bran Muffin

*shredded zucchini and apple, whole wheat
bran, and protein powder to make it a
complete meal*

cal 90 Options: 1/2C, 1/4P, 1/2V, 1/4F 3SP
\$2.50

Entrée Salads

Taco Salad Bowl \$9.95

*in a flatbread bowl filled with lettuce
and turkey taco meat, topped with
2% cheddar, tomatoes, and sour cream*

cal 359 Options: 1C, 1P, 1D, 2 1/2V, 1X 8SP

Bacon Wedge Salad \$9.95

*ice berg lettuce, red onion, bacon,
light blue cheese, bluecheese dressing
and sweet balsamic dressing*

cal 288 Options: 1/4C, 1P, 1D, 3/4V, 1 1/2X 7SP

Garden Salad \$6.95

*mixed lettuces
fresh veggies
2 tbs Bolthouse Dressing*

cal 90 Options: 2V, 1X 1SP

Paninis

\$8.95

Turkey Sausage with Peppers & Onions Panini

*kim's home-made turkey sausage
with peppers, onions & blue cheese*

cal 285 Options: 1C 1 1/2P 1/2D 2 1/2V 8SP

3-Cheese Broccoli Panini

*tons of steamed broccoli mixed with
ricotta, parmesan & mozzarella*

cal 228 Options: 1C, 1 1/4D, 1 1/4V 6SP

Turkey Taco Panini

*Kim's ground turkey taco meat,
2% cheddar cheese, chunky salsa*

cal 223 Options: 1C, 1P, 1/4D, 1 1/2V 6SP

Quesadillas

\$8.95

Caprese

*fresh tomato slices, 2% mozzarella cheese,
garlic and fresh basil*

cal 285 Options: 1C, 1 1/4D, 1/2V 7SP

Monte Cristo

*light Swiss, lean ham and turkey,
a thin layer of low sugar raspberry jam
toasted and sprinkled with*

whey low granular and cinnamon

cal 298 Options: 1C, 1 1/2P, 1D 7SP

The Cuban

ham and swiss with pickles and mustard

cal 285 Options: 1C, 2P, 3/4D 8SP

**Don't forget our
weekly specials
&
Prepared Entrées
from our freezer!**

Flatbread Pizzas

\$9.95

Buffalo Broccoli Blue Pizza

*steamed broccoli, hot sauce,
blue cheese & mozzarella*

cal 229 Options: 1C, 1D, 2V 6SP

White Veggie

*white sauce with red onion, tomatoes, bell
peppers, mozzarella, ricotta & parmesan*

cal 327 Options: 1C, 2D, 1/2V, 1/2X 8SP

The Sporkie

*red sauce, sausage, ricotta, parmesan
& mozzarella*

cal 327 Options: 1C, 1P, 1 1/2D, 1V 9SP

Classic Pepperoni

red sauce, pepperoni and mozzarella

cal 269 Options: 1C, 3/4P, 1D, 1V 7SP

Wraps

\$8.95

Chicken Club

*breaded chicken cutlet with shredded
lettuce, tomato, cheddar & light mayo*

cal 298 Options: 1/4C, 1 1/2P, 1/4D, 1V, 1/2X ■ 7

Deli Wrap

*deli turkey, broccoli slaw, tomato,
pickle dijon mustard & light honey mustard*

cal 250 Options: 1C, 1P, 2V, 1/2X ■ 6

Kids Menu

ages 10 and under

apple slices with PB2 \$4.95

corn dog with baby carrots..... \$5.95

personal cheese pizza \$7.95

Options® = Kim's Options Plan SP = Weight Watchers® Smart Points®

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