

welcome to your

# fit pantry

let's be friends  
@fitpantrybakersfield

ceo of sauces  
all fresh everything  
handmade from scratch  
locally owned  
& really great ingredients



## breakfast served until 10:30am

**avocado toast** 7  
hard-boiled egg, pico de gallo, red chili flakes

**breakfast burrito** 9  
steak, egg whites, onions, bell peppers, salsa, whole wheat wrap

**energy omelette** 8  
egg whites, turkey bacon, onions, bell peppers, grape tomatoes, feta, green onion, salsa

**protein pancakes** 9  
fruit, peanut butter, sugar-free syrup

**power bowl** 9  
whole egg or egg whites, steak, onions, bell peppers, salsa

**oatmeal** 5  
fruit, honey, brown sugar

## favorites 10

call 'em what you want, you'll love 'em!

**energy bites**  
dozen of our famous energy bites  
oats, peanut butter, honey, chocolate chips, flaxseed

**chimmichurri steak tacos**  
brown rice, black beans, pico de gallo

**creamy cilantro chicken tacos**  
brown rice, black beans, pico de gallo

**protein burger**  
lettuce wrapped, onion, tomato, dill pickles, chipotle, side of chips

**rosemary-garlic chicken**  
green beans, brown rice

## fresh squeezed juice

**immunity**  
orange, carrot, pineapple

**cleanse**  
cucumber, celery, apple, lemon

**hydrator**  
cucumber, coconut water, pineapple, lemon

**green machine**  
cucumber juice, celery, pineapple, ginger, lemon

12oz smalls 5

20oz biggie 7

**strawberry lemonade**  
strawberry, lemon, stevia, over ice

**pine-apple**  
pineapple, apple, over ice

**ging & juice shot**  
ginger, lemon, cayenne

## smoothies 20oz 7

**all juices** (gf) (v) **fit-c**  
orange juice, pineapple, banana

**kale yeah!**  
cucumber juice, kale, spinach, pineapple

**antioxidant**  
orange juice, spinach, blueberries, banana, oats

**refresher**  
apple juice, strawberry, pineapple

**strawberry banana**  
apple juice, almond milk, oats

**kale-ada**  
apple juice, kale, pineapple, banana, vanilla whey protein

**protein**  
almond milk, chocolate or vanilla whey protein, banana, peanut butter



## salads 10<sup>50</sup> **pro tip!** going vegetarian? ask for extra veggies instead of meat!

**cranberry chicken**  
spring mix, feta, glazed walnuts, creamy balsamic

**apple chicken**  
spinach, red onion, almonds, apple cider vinaigrette

**chopped chicken**  
romaine, tomatoes, turkey bacon bits, hard boiled egg, feta, avocado, creamy balsamic

**southwest**  
romaine, ground turkey, black beans, corn, pico de gallo, avocado, chipotle

**kale & quinoa**  
cucumber, grape tomatoes, shredded carrots, red onion, zesty lemon vinaigrette

## bowls 10

**founders**  
chicken, brown rice, carrots, broccoli, green onion, sweet chipotle

**bakersfield**  
ground turkey, brown rice, black beans, corn, pico de gallo, chipotle

**buffalo chicken**  
white rice, broccoli, carrots, celery, green onion

**fiesta**  
chicken, brown rice, black beans, bell peppers, onions, pico de gallo, chipotle

**thai**  
chicken, white rice, edamame, carrots, celery, green onion, soy glaze

**barbacoa**  
white rice, grilled onions, pico de gallo, feta, salsa

## plates pick a protein, two sides + sauce 11

### protein

grilled chicken  
grilled steak  
ground turkey  
quinoa  
shredded chicken  
shredded steak  
turkey burger

### sides

broccoli  
brown rice  
corn  
energy bites  
fajita veggies  
fruit  
green beans  
quinoa  
romaine  
spinach  
spring mix  
sweet potato hash  
white rice

### sauce

apple cider vinaigrette  
buffalo  
chimichurri  
chipotle  
creamy balsamic  
creamy cilantro  
rosemary garlic  
salsa  
soy glaze  
sriracha glaze  
sweet chipotle



oh, you fancy

### add-ons

avocado  
edamame  
glazed walnuts  
green onions  
grilled jalapeños  
shredded carrots  
turkey bacon bits  
extra sauce  
extra protein

## wraps 10

**pro tip!** make any wrap (gf) we'll put it on a bed rice or lettuce

**walnut chicken**  
spring mix, feta, glazed walnuts, creamy balsamic, spinach wrap

**steak fajita**  
romaine, black beans, bell peppers, onions, salsa, whole wheat wrap

**spicy chicken**  
buffalo chicken, romaine, carrots, celery, green onion, sun-dried tomato wrap

**sweet chipotle**  
chicken, brown rice, bell peppers, onion, sweet chipotle, sun-dried tomato wrap

**baja**  
ground turkey, romaine, corn, black beans, pico de gallo, avocado, chipotle, sun-dried tomato wrap

**mediterranean**  
chicken, hummus, cucumber, grape tomatoes, avocado, whole wheat wrap

**shredded steak**  
white rice, grilled onions, feta, pico de gallo, salsa, sun-dried tomato wrap

**vegan**  
quinoa, kale, garbanzo beans, cucumber, grape tomato, red onion, zesty lemon vinaigrette, spinach wrap

**greek**  
chicken, hummus, romaine, cucumber, grape tomato, red onion, carrots, feta, creamy cilantro, spinach wrap

## açai bowls 8<sup>50</sup>

**fp**  
peanut butter, granola, strawberry, banana, honey

**usa**  
coconut, strawberry, blueberry

**aloha**  
granola, coconut, strawberry, pineapple, kiwi

**plain jane**  
açai with your choice of add-ons

almonds • almond butter • peanut butter • banana  
blueberry • strawberry • pineapple • kiwi • apple • granola  
coconut • chocolate chips • honey

## kids

choice of 1 side, orange, kids zevia beverage or drink 7

organic mac + cheese

plate choice of protein

taco grilled chicken or ground turkey

turkey burger



## beverages

kombucha  
tea  
zevia

bai  
bottled water

