



## ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

# Essential Choices Menu

### DTC Lunch Box

Beef and Broccoli	11
Thai Basil Chicken	11
Yu Shan Chicken	10

### Soups & Greens

Wild mushroom Hot & Sour	4
Jing House Salad	6
Strawberry Tofu Salad	12
Mango Ahi Salad	14
Seared Salmon Salad	13

### Sides

Soothing Cucumbers	6
Sugar Snap Peas	7
XO String Beans	9
Garlic Asparagus	10

### Small Plates

Edamame	5
Vietnamese Steamed Rolls	8
Sizzling Satay Tenderloin	14
Cool Lettuce Wraps	10
New Style Shashimi	12

### Charlie's Favorites

Thai Basil Chicken	15
Peppercorn Tenderloin	26

### Fresh Off the Boat

Seared Salmon	18
Volcano Dusted Scallops	19
Miso Seabass	24
Fresh Whole Fish	MP

### Classic Chinese

Country Style Tofu w/ Eggplant	14
Mango Lemon Chicken	15
Mongolian Beef	16
Tangerine Tenderloin	26
Ginger & Scallion Prawns	18

## Tips

-If in doubt, ask about preparation. Ask if items are pan fried in oil, battered and fried, steamed or grilled. For example, Sesame Chicken is usually prepared with breading and fried. Ask the server how the Jing version is prepared.

-Choose brown rice for added fiber. White rice, dumplings, and rice noodles are all relatively low in fiber compared to brown rice.

-Look for key words to symbolize higher fat preparation techniques or food items such as: tempura, fried rice, crispy, battered, pan-fried.

-Ask for steamed vegetable sides. Instead of sautéed or pan-fried vegetables, ask for a low fat preparation method, such as steamed.

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\*All selections have been picked by Essential Fitness Dietician Traci Thompson.

To schedule a consultation with Traci please contact Essential Fitness.

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