



**ESSENTIAL FITNESS**  
A PERSONAL TRAINING STUDIO

## Essential Choices Menu

### **Starters**

#### **Autumn Greens**

Point Reyes blue, Walnuts, pears make a balanced choice for a hearty salad with blue cheese, walnuts and pears 8

#### **Roasted Beet Salad**

Haystack Goat Cheese gougere, baby arugula and Hazelnuts. Beets are high in fiber and Vitamin C. 9

### **Entrees**

#### **Salmon**

Celery root, fennel, pistachios, endive and orange. Loaded with omega 3 fatty acids, fresh salmon is always an excellent choice. 26

#### **Pork Tenderloin**

Salsify, carrots, carrot greens and ruby port citrus juice. Tenderloin, with its moderate amount of total and saturated fat, is balanced with vegetables, citrus and salsify to provide a dish with ample amounts of Vitamin A, Vitamin C and iron. 26

#### **Angus Filet**

Chanterelles, parsley, baby gem romaine, cipollini onion, veal jus. 3 oz of this moderately-lean cut of beef provides nearly ¼ of the recommended amount of Vitamin B6, Vitamin B12, Zinc and Niacin (based on a 2,000 calorie diet). 31

#### **Colorado Lamb Shank**

Eggplant, curry baby carrots, pearl onion, chickpea puree with a special glaze. Low in total fat, saturated fat and calories, this cut of lamb is a great choice. 27

#### **Lucy Tips;**

- Tap into knowledgeable wait staff. Ask as many questions as possible to become an informed consumer.
- Watch for high fat accents such as crème fraiche, sausage, caramelized vegetables, bacon, and butter sauce.

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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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