



## ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

# Essential Choices Menu

**Daily soup choice**- select a clear broth base, loaded with vegetables and/or beans, and lean protein such as chicken breast.

Small Soup (8oz.) - 3.30    Medium Soup (12oz.) - 4.30    Large Soup (16oz.) - 5.30

**Fruitwich Combo** – combine a cup of fresh mixed fruit with one of the sandwiches outlined below. 8.99

### Garden Salads

**Garden Salad** – request the cheese be omitted to make this a healthy choice. 6.99

**Harvest salad** – a balanced mixture of greens, lean protein (turkey), fruit and pecans. 7.99

### Gourmet Sandwiches

Remember to choose **fruit** for the side and choose a **high-fiber** bread: Seven-Grain or White Whole Wheat would be the best choice.

**Turkey Cheezer** 6.99    **Turkey Lurkey** 7.30    **Colossal Turkey** 7.30    **Smokin' Turkey** 7.15

**Ham Cheezer** (minus the Cheeze) 6.99

**The Original Veggie** has at least three high fat ingredients: provolone, guacamole and mayo. Your best strategy to make this sandwich a vegetarian winner... skip the cheese and mayo and request extra veggies. 6.95

### Sandwiches Hot off the Press

Essential Fitness top 2 picks- **Grilled Italian Beef** 7.49    **The Spicy Cuban** 7.49

### From the Oven

**The Naked Chicken**- skip the mayo and you have a choice high in lean protein and low in fat. 7.05

**French Dip** minus the provolone cheese can be another healthy choice, just be sure to skip the pickle and other high-salt foods 7.35

### *Rising Roll Tips:*

**Remember, Rising Roll will tailor your sandwich to your specific needs.**

**Always request salad dressing on the side**- A creative calorie saving technique is to dip your fork lightly in the dressing to capture a small amount, then poke a bite of salad... you will be surprised how flavorful the salad is when it is not drenched in dressing!

**Skip the mayo and/or cheese** on all sandwiches to save calories and fat!

**Watch the salt**- Skip the pickle if salt (sodium) needs to be limited in your diet. Other sources of salt on the Rising Roll menu: ham, broth-based soups, Au Jus, bacon, sauces and dressings, sauerkraut.

**Skip the "Salads"**- Chicken, Tuna and Egg salad pack in the fat and calories... even with low-fat mayo one cup of tuna salad contains nearly 200 calories and 10 grams of fat.

**Ask for ½ the cheese**- If you simply cannot live without a bit of cheese on your salad or sandwich, ask the server if you can get ½ the amount.

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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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