

Breakfast

Seasonal Fruit Salad

A medley of freshly sliced seasonal fruit, which may include watermelon, strawberry, melon, cantaloupe, pineapple, kiwi and seedless grape \$5.⁹⁵

High Protein Muesli

French vanilla yogurt mixed with oats and fresh fruit available in blueberry, strawberry, raspberry, strawberry-kiwi and mixed berry \$5.⁹⁵

High Protein Yogurt & Granola

Plain yogurt, mixed with vanilla whey isolate protein, layered over fresh strawberry puree (no sugar added) and topped with crunchy granola & almonds \$5.⁹⁵

Guilt-Free Pancakes (7 pc.)

Our special “secret” recipe, served with low-carb maple syrup
Available in chocolate chip, blueberry and apple-cinnamon. \$5.⁹⁵

Eggs & Sausage

Three eggs scrambled, served with golden brown turkey sausage and low-carb maple syrup \$5.⁹⁵

Pancakes & Sausage

No flour pancakes served with golden brown turkey sausage and low-carb maple syrup \$5.⁹⁵

Three-Egg Frittata

Brie, caramelized purple onions and fresh basil or
Honey ham, sweet peppers and aged cheddar or
Roasted vegetables with Woolwich goat cheese
Choose any ONE of these, only \$6.⁹⁵

Meat, Fish, Fowl

Roasted Chicken Suprême

Crispy chicken breast baked to perfection, served with seasonal vegetable medley or garlic potato mash \$11.⁹⁵

Stuffed Chicken Breast

Breast of chicken stuffed with oven-dried tomato, baby spinach, wild mushrooms and asparagus risotto \$14.⁹⁵

Enchilada

Traditional southwestern enchiladas stuffed with your choice of smoked flank steak, char-grilled chicken or fire-roasted vegetable mix; topped with chunky salsa and sharp cheddar \$11.⁹⁵

Turkey Stuffed peppers

Premium turkey stuffed with rice, tomato, mushroom and spinach, baked in a sweet red pepper and topped with shaved Parmesan cheese \$11.⁹⁵

White Wine Chicken

Tender chicken cutlet in white wine sauce, loaded with sautéed mushrooms and roasted mini potatoes \$13.⁹⁵

Tex-Mex Chicken

Grilled Cajun chicken breast with chunky salsa, jack cheese, served with tomato, corn & black bean pilaf \$13.⁹⁵

Quesadilla

Whole wheat tortilla stuffed with farm fresh roasted vegetables and baked
With your choice of steak or char-grilled chicken; served with jack cheese and non-fat sour cream \$8.⁹⁵

Charcoal Grilled Steak

Authentic hardwood smoked-steak, sliced paper thin and served with sweet potato mash \$14.⁹⁵

Dijon Beef

Tender chunks of beef sirloin simmered in creamy dill demi-glaze; served on a bed of no-yolk egg noodles \$12.⁹⁵

Citrus Salmon

Roasted Atlantic salmon filet, citrus glazed and served on a bed of sautéed baby spinach \$15.⁹⁵

Beef Roulade

AAA Canadian beef stuffed with wild mushroom & rosemary tapenade, slow-smoked, Served with garlic mash \$11.⁹⁵

Pasta & Risotto

Penne Primavera

Al dente penne pasta served with market fresh vegetables in a white wine pesto sauce \$8.⁹⁵

Homemade Gravy (i.e. Pasta Sauce)

Slow-simmered tomato-basil sauce served on your choice of whole-wheat penne or spaghetti \$8.⁹⁵
Add fire-grilled vegetable mix \$2.⁹⁵
Add turkey meatballs or tomato braised beef \$3.⁹⁵

Spinach & Mushroom Risotto

Traditional creamy Italian risotto topped with shaved Parmesan Reggiano available in: Butternut Squash, Wild Mushroom or Asparagus \$9.⁹⁵

Wraps

Honey Ham & Swiss

Shaved honey ham with onion, lettuce tomato, Swiss cheese and creamy dijonaise \$6.⁹⁵

BBQ Chicken

Slow- smoked chicken, low-carb BBQ sauce, caramelized Vidalia onion, sautéed mushroom and baby spinach \$8.⁹⁵

Grilled Vegetable

Sweet roasted red pepper, onion, zucchini, eggplant, portabella mushroom, carrot, avocado relish, baby spinach and goat cheese \$8.⁹⁵

Turkey

Shaved turkey breast with onion, lettuce, tomato and sun-dried tomato-mayo \$8.⁹⁵

Shaved Sirloin

Sirloin sliced paper thin, leaf lettuce, shaved red onion and horseradish mayo \$9.⁹⁵

Jerk Chicken



Authentic jerk marinated chicken with roasted peppers, baby spinach and coconut mayo \$10.⁹⁵

All wraps are served in a low-carb, whole-wheat tortilla



Salads

The House Salad

Mixed baby greens grape tomatoes and sliced cucumber
Served with an aged balsamic vinaigrette \$3.⁹⁵

Mandarin Salad

Toasted walnuts, mandarin orange segments and black olives
Served on a bed of baby greens and dressed with Dijon-citrus vinaigrette \$4.⁹⁵
Add honey-dijon chicken \$4.⁹⁵

Greek Salad

Kalamata olives, grape tomatoes, sliced cucumbers; crumbled Feta cheese
served on a bed of iceberg and romaine lettuce; dressed with
lemon-oregano vinaigrette \$4.⁹⁵
Add lemon-oregano chicken \$4.⁹⁵

Goat Cheese Salad

Freshly crumbled Woolwich goat cheese over mixed baby greens, sliced
strawberries, dried blueberries and candied pecans; dressed with a strawberry
balsamic vinaigrette \$5.⁹⁵
Add grilled chicken \$4.⁹⁵

Skinny Caesar

Romaine medley tossed with low-carb croutons, crisp turkey bacon and shaved
Parmesan cheese, served with a creamy garlic aioli \$4.⁹⁵
Add Parmesan crusted chicken \$4.⁹⁵

Pasta Salad

Whole-wheat fusili pasta tossed with seasonal roasted vegetables and
Pesto dressing \$3.⁹⁵

Caprese Salad

Multi-colored compari tomatoes and fresh Bocconcini cheese dressed with torn basil
and Balsamic vinaigrette \$6.⁹⁵

Taco Salad

Romaine and iceberg lettuce, shredded cheddar cheese, sliced black olives,
crispy baked tortilla chips and Cajun-spiced turkey with tangy chipotle dressing \$6.⁹⁵

Desserts

Berries & Cream

Farm-fresh berries smothered in a rich and creamy vanilla yogurt \$4.⁹⁵

Chocolate Dipped Fruit Stix

Sliced pineapple, strawberry, kiwi, and cantaloupe served with homemade chocolate
dipping sauce \$5.⁹⁵

Pudding

Delicious! Our own special recipe, available in chocolate, vanilla or swirl \$4.⁹⁵

Chocolate Strawberries (5 pc.)

Farm-fresh strawberries dipped in milk chocolate....mmm \$5.⁹⁵

Carrot Cake

Soft and spongy carrot cake topped with a mouth-watering cream cheese frosting \$4.⁹⁵

Chocolate Cake

Moist and delicious double fudge chocolate cake with a creamy chocolate frosting
Sure to satisfy any chocolate lovers craving \$4.⁹⁵

Beverages

Assorted Juices, Soft Drinks & Bottled Water

Apple, orange, cranberry, grapefruit & fruit punch \$2.⁵⁰

Spicy 

All prices are based on per person, minimum ten (10) persons per selection



Stop dieting. Start eating.

383 jane st. • toronto, ontario • M6S 3Z3 • phone: 416.572.0072 • fax. 416.572.0073 • www.litenup.ca