

## Salads

**CHICKEN COBB SALAD** \$9.99  
Romaine, carrots, hard boiled egg, baked chicken breast, cherry tomato, cheddar cheese, bacon chunks with a side of ranch dressing

**BERRY CHICKEN & FETA SALAD** \$9.99  
Romaine, strawberry, chicken breast, cherry tomato, toasted walnuts, dried cranberry, feta cheese with a side of poppyseed dressing

**CHICKEN CAESAR SALAD** \$9.99  
Romaine, baked chicken breast, cherry tomato, seasoned croutons, parmesan cheese with a side of Caesar dressing

## Burritos

## Wraps & Bowls

**BREAKFAST BURRITO** \$9.99  
Hashbrown, scrambled eggs, sausage, bacon, cheddar cheese, hot sauce in a flour tortilla and a side of salsa

**JACKFRUIT BURRITO** \$11.99  
Refried beans, Spanish rice, seasoned jackfruit, plant based cheese, onion and peppers in a flour tortilla and a side of salsa.

**CHICKEN FAJITA BURRITO** \$9.99  
Refried beans, Spanish rice, baked chicken breast, peppers and onions, sour cream, shredded cheese in a flour tortilla and a side of salsa.

**BUFFALO CHICKEN WRAP** \$9.99  
Baked chicken breast, hashbrown, sour cream, buffalo sauce, shredded cheese in a flour tortilla and a side of buffalo ranch dressing.

**TERIYAKI CHICKEN FRIED RICE BOWL** \$9.99  
Fried rice, peas, carrot, green bean, garlic, onion, pepper, broccoli, teriyaki chicken, sesame oil, sesame seeds

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# SIMPLIFY YOUR LIFE



Healthy eating starts with healthy food choices. For many, eating out is a part of our weekly meals. It's convenient and quick when you've had a long day at work or school. The question that you need to ask yourself is the food your picking up healthy? Westwood Smoothie Co. is conscious of your health by offering healthy food options with pocket friendly prices!

Our Fitmeals To Go offer the following benefits:

**FRESHNESS:** Our meals are never frozen and stay fresh for up to 5 days, so you can enjoy healthy, delicious food all week long.

**CONVENIENCE:** Westwood Smoothie Co. is mindful of those looking to fuel their workouts and support a healthier lifestyle with our selections of delicious and convenient meals.

**HEALTH:** Whether you're a dedicated athlete, a fitness enthusiast, or someone seeking a well-rounded wellness routine, our menu is tailored to meet your specific needs.

**ENJOY FOOD YOU LOVE WITHOUT THE WAIT!**

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# ORDER AHEAD

## 2 Pick-Up Options to Choose From

- Check us out on the **toast** App or visit us at Westwood to find out what is currently available, then pick up the same day
- Stop by and Order Your Meals up to 14 days in Advance

### **SAME DAY:**

### **IN-HOUSE ADVANCE:** Order at the Smoothie Co.

## SELECT YOUR PICK UP DATE

Hungry for a Healthy Meal Right Now? Check out the Toast App for today's meals! Then, pick today's date!

You can select up to 14 days in advance. All orders must be made at least 48 hours in advance.

## SELECT YOUR MEAL (S)

Simply choose from the current inventory using the Toast app or ordering at the Smoothie Co.

The entire menu is available for you to choose from. Any quantity, any meal! Complete the pre-order form at the Smoothie Co., and give to our staff.

## PROCEED TO CHECK-OUT

## PICK UP YOUR HEALTHY MEAL

You will be given an estimated time when your order is ready for pick up. We will have your order ready to go with your name on it!

*In-House Advance Pick Up days are Monday through Wednesday.*

We will have your order ready to go with your name on it!

Fresh - Healthy - Readymade  
**FITMEALS TO GO**

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