

welcome to your

fit pantry

let's be friends
@fitpantrybakersfield

ceo of sauces
all fresh everything
handmade from scratch
locally owned
& really great ingredients



breakfast served until 10:30am 200-600 calories

- avocado toast 7⁹⁹**
hard-boiled egg, pico de gallo, red chili flakes
- breakfast burrito 9⁹⁹**
steak, egg whites, onions, bell peppers, salsa, whole wheat wrap
- energy omelette 8⁹⁹**
egg whites, turkey bacon, onions, bell peppers, grape tomatoes, feta, green onion, salsa
- protein pancakes 9⁹⁹**
fruit, peanut butter, sugar-free syrup
- power bowl 9⁹⁹**
whole egg or egg whites, steak, onions, bell peppers, salsa
- oatmeal 5⁴⁹**
fruit, honey, brown sugar

fresh squeezed juice

- immunity**
orange, carrot, pineapple
- cleanse**
cucumber, celery, apple, lemon
- hydrator**
cucumber, coconut water, pineapple, lemon
- green machine**
cucumber juice, celery, pineapple, ginger, lemon
- strawberry lemonade**
strawberry, lemon, stevia, over ice
- pine-apple**
pineapple, apple, over ice
- ging & juice shot**
ginger, lemon, cayenne

12oz smalls 5⁴⁹
20oz biggie 7⁴⁹
15-200 calories



favorites 10⁹⁹ 200-600 calories

- energy bites**
DOZEN OF OUR FAMOUS ENERGY BITES
oats, peanut butter, honey, chocolate chips, flaxseed
- chimmichurri steak tacos**
brown rice, black beans, pico de gallo
- creamy cilantro chicken tacos**
brown rice, black beans, pico de gallo
- protein burger**
lettuce wrapped, onion, tomato, dill pickles, chipotle, side of chips
- rosemary-garlic chicken**
green beans, brown rice

salads 10⁹⁹ 300-500 calories

- cranberry chicken**
spring mix, feta, glazed walnuts, creamy balsamic
- apple chicken**
spinach, red onion, almonds, apple cider vinaigrette
- chopped chicken**
romaine, tomatoes, turkey bacon bits, hard boiled egg, feta, avocado, creamy balsamic
- southwest**
romaine, ground turkey, black beans, corn, pico de gallo, avocado, chipotle
- kale & quinoa**
cucumber, grape tomatoes, shredded carrots, red onion, zesty lemon vinaigrette

pro tip!

going vegetarian?
ask for extra veggies instead of meat!

plates pick a protein, two sides + sauce 11⁹⁹

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|--------------------------------------|------------------------------------|------------------------------------|
| protein <small>pick 1</small> | sides <small>pick 2</small> | sauce <small>pick 1</small> |
| grilled chicken | broccoli | apple cider vinaigrette |
| grilled steak | brown rice | buffalo |
| ground turkey | corn | chimichurri |
| quinoa | energy bites | chipotle |
| shredded chicken | fajita veggies | creamy balsamic |
| shredded steak | fruit | creamy cilantro |
| turkey patty | green beans | rosemary garlic |
| | pop chips | salsa |
| | quinoa | soy glaze |
| | romaine | sriracha glaze |
| | spinach | sweet chipotle |
| | spring mix | |
| | sweet potato hash | |
| | white rice | |



add-ons

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|----------------|-------------------|-------------------|
| avocado | green onions | turkey bacon bits |
| edamame | grilled jalapeños | extra sauce |
| glazed walnuts | shredded carrots | extra protein |

kids

choice of 1 side, orange, and kids beverage
kids zevia, chocolate milk or water cup 7⁹⁹



- organic mac + cheese**
- plate choice of protein**
- taco** grilled chicken or ground turkey
- turkey burger**

bowls 10⁹⁹ 400-600 calories

- founders**
chicken, brown rice, carrots, broccoli, green onion, sweet chipotle
- bakersfield**
ground turkey, brown rice, black beans, corn, pico de gallo, chipotle
- buffalo chicken**
white rice, broccoli, carrots, celery, green onion
- fiesta**
chicken, brown rice, black beans, bell peppers, onions, pico de gallo, chipotle
- thai**
chicken, white rice, edamame, carrots, celery, green onion, soy glaze
- barbacoa**
white rice, grilled onions, pico de gallo, feta, salsa

pro tip!

make any wrap gluten-free!
we'll put it on a bed of rice or lettuce

wraps 10⁹⁹ 500-800 calories

- walnut chicken**
spring mix, feta, glazed walnuts, creamy balsamic, spinach wrap
- steak fajita**
romaine, black beans, bell peppers, onions, salsa, whole wheat wrap
- spicy chicken**
buffalo chicken, romaine, carrots, celery, green onion, sun-dried tomato wrap
- sweet chipotle**
chicken, brown rice, bell peppers, onion, sweet chipotle, sun-dried tomato wrap
- mediterranean**
chicken, hummus, cucumber, grape tomatoes, avocado, whole wheat wrap
- shredded steak**
white rice, grilled onions, feta, pico de gallo, salsa, sun-dried tomato wrap
- vegan**
quinoa, kale, garbanzo beans, cucumber, grape tomato, red onion, zesty lemon vinaigrette, spinach wrap
- greek**
chicken, hummus, romaine, cucumber, grape tomato, red onion, carrots, feta, creamy cilantro, spinach wrap

açaí bowls 8⁹⁹ 100-500 calories

- fp**
peanut butter, granola, strawberry, banana, honey
- usa**
coconut, strawberry, blueberry
- aloha**
granola, coconut, strawberry, pineapple, kiwi
- plain jane**
açaí with your choice of add-ons
almonds • almond butter • peanut butter
banana • blueberry • strawberry • pineapple
kiwi • apple • granola coconut
chocolate chips • honey

beverages

- kombucha tea zevia**
- bai bubbly bai bottled water**

