

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

200-600 calories served until 10:30am

protein pancakes 10⁹⁹

fruit, peanut butter, sugar-free syrup

energy omelette 10⁹⁹

egg whites, turkey bacon, grilled bell pepper & onion, tomato, feta, green onion, salsa

breakfast burrito 10⁹⁹

steak, egg whites, grilled bell pepper & onion, salsa, whole wheat wrap

power bowl 10⁹⁹

whole egg or egg whites, steak, grilled bell pepper & onion, salsa

oatmeal 5⁹⁹

fruit, honey, brown sugar

toasties 8⁹⁹

200-600 calories served all day

avocado

hard boiled egg, pico de gallo, red chili flakes

pb banana

chocolate chips, honey

hearty hummus

cucumber, tomato, avocado, feta

strawberry nutella

almonds, coconut

favorites 12⁴⁹

200-600 calories

energy bites

DOZEN OF OUR FAMOUS ENERGY BITES

oats, peanut butter, honey, chocolate chips, flaxseed

chimmichurri

steak tacos

pico de gallo, side of black beans and brown rice

ALL FAVORITES
gf

creamy cilantro chicken tacos

pico de gallo, side of black beans and brown rice

protein burger

lettuce wrapped, onion, tomato, dill pickles, chipotle, side of chips

rosemary-garlic chicken

green beans, brown rice

fresh squeezed juice

ALL JUICES & SMOOTHIES
gf v

green machine

cucumber, celery, pineapple, ginger, lemon

cleanse

cucumber, celery, apple, lemon

hydrator

cucumber, coconut water, pineapple, lemon

immunity

orange, carrot, pineapple

12oz smalls 6⁴⁹

20oz biggie 8⁴⁹

15-200 calories

strawberry lemonade

strawberry, lemon, stevia, over ice

pine-apple

pineapple, apple, over ice

ging & juice shot

ginger, lemon, cayenne

smoothies

fit-c

orange juice, pineapple, banana

kale yeah!

cucumber juice, kale, spinach, pineapple

antioxidant

orange juice, spinach, blueberry, banana, oats

energy bite

new! almond milk, banana, oats, peanut butter, honey, chocolate chips

20oz biggie 8⁹⁹

200-400 calories

refresher

apple juice, strawberry, pineapple

strawberry banana

apple juice, almond milk, oats

kale-ada

apple juice, kale, pineapple, banana, vanilla whey protein

protein

almond milk, chocolate or vanilla whey protein, banana, peanut butter

salads

12⁴⁹

300-500 calories

cranberry chicken

spring mix, feta, glazed walnuts, creamy balsamic

southwest

romaine, ground turkey, black beans, corn, pico de gallo, avocado, chipotle

chopped chicken

romaine, tomato, turkey bacon, hard boiled egg, feta, avocado, creamy balsamic

ALL SALADS
gf

apple chicken

spinach, red onion, almonds, apple cider vinaigrette

kale & quinoa

cucumber, tomato, carrots, red onion, zesty lemon vinaigrette

fajita

romaine, chicken or steak, black beans, grilled bell pepper & onion, salsa

bowls

11⁹⁹

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

wraps

11⁹⁹

500-800 calories

sweet chipotle

chicken, brown rice, grilled bell pepper & onion, sweet chipotle, sun-dried tomato wrap

baja

ground turkey, black beans, corn, pico de gallo, avocado, chipotle, sun-dried tomato wrap

walnut chicken

spring mix, feta, glazed walnuts, cranberry, creamy balsamic, spinach wrap

steak fajita

romaine, black beans, grilled bell pepper & onion, salsa, whole wheat wrap

mediterranean

chicken, hummus, cucumber, tomato, avocado, whole wheat wrap

fiesta

chicken, brown rice, black beans, grilled bell pepper & onion, pico de gallo, chipotle

thai

chicken, white rice, edamame, carrots, celery, green onion, soy glaze

barbacoa

white rice, grilled onion, pico de gallo, feta, salsa

plates

pick a protein, two sides + sauce

12⁹⁹

protein pick 1

grilled chicken
grilled steak
ground turkey
quinoa
shredded chicken
shredded steak
turkey patty

sides pick 2

black beans
broccoli
brown rice
corn
energy bites
fruit
green beans
grilled bell peppers & onions
pop chips
quinoa
romaine
spinach
spring mix
sweet potato hash
veggies & hummus
white rice

sauce pick 1

apple cider vinaigrette
buffalo
chimichurri
chipotle
creamy balsamic
creamy cilantro
rosemary garlic
salsa
soy glaze
sriracha glaze
sweet chipotle
zesty lemon vinaigrette

add-ons

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

açai bowls 9⁹⁹

100-500 calories

fp.

peanut butter, granola, strawberry, banana, honey

gf usa

coconut, strawberry, blueberry

aloha

granola, coconut, strawberry, pineapple, kiwi

plain jane

açai with your choice of add-ons
almonds • almond butter • apple
banana • blueberry • chocolate chips
coconut • granola • honey • kiwi • nutella
peanut butter • pineapple • strawberry

beverages

kombucha

tea
zevia

alani nu

bai
bottled water

