

## **Weight Watchers Lunch Menu**

**Grilled Veggie Burgers** – Whole Wheat Bun, Lettuce, Tomatoes, Red Onions & Fat Free American Cheese **8 Points - \$9**

**Grilled Chicken B.L.T. Wrap** – Mixed Greens, Tomatoes, Baco Bits, Grilled Chicken Fat Free American & Fat Free Ranch in Tomato Wrap – **9 Points - \$10**

**Summer Veggie Wrap** – Spinach, Tomato, Carrots, Cukes, Asparagus, Mushrooms, Yellow Squash, Zucchini, Avocado & BBQ Onions - **6 Points - \$10**

**Grilled Salmon B.L.T.** – Toasted Whole Wheat Bread, Low Fat Citrus Mayonnaise, Baco Bits, Tomatoes, Mix Greens & Grilled Salmon Filet – **10 Points - \$11**

**Grilled Grouper Sandwich** – Seared Grouper Filet, Whole Wheat Bread, Green Tomato Chow Chow, Low Fat Citrus Mayo, Tomatoes & Lettuce - **10 Points - \$10**

**Grilled Grouper – Steamed Vegetables & Asparagus** – **4 Points - \$12**

**Citrus Cornmeal Crusted Grouper** - Pan Seared with Steamed Vegetable Medley of Squash, Zucchini, Red Onions & Bell Peppers - **6 Points - \$13**

**Thai Grilled Chicken Wrap** – Water Chestnuts, Red Peppers, Mix Greens, Grilled Chicken and a side of our Toasted Sesame Vinaigrette – **9 Points - \$9**

**Grilled Turkey Burger** – Ground 99% Fat Free Turkey, Spinach & Feta Cheese on Toasted Whole Wheat Bun, Mix Greens & Tomatoes – **9 Points - \$9**

**Soft Tacos Your Way** – Grilled or Blackened Chicken or Grouper on Flour Tortilla Fat Free American, Black Beans, Corn, Lettuce, Salsa **10 Pts Chix / 8 Pts Fish - \$12**

**Skinny Omelet** – Spinach, Mushroom, Asparagus, Squash, FF Cheese **3 Points - \$8**

**Asian Chicken Salad** – Mixed Greens, Grilled Chicken, Black & White Sesame Seeds, Cucumbers, Mandarin Oranges, Toasted Sesame Vinaigrette **8 Points - \$11**

**Autumn Harvest Salad** – Mixed Greens, Blackened Salmon, Dried Cranberries, Apricots, Tomatoes, Cucumbers, & Balsamic Vinaigrette – **10 Points - \$13**

**Mediterranean Grilled Chicken Spinach Salad** – Sun Dried Tomatoes, Portabellas, Cucumbers, Tomatoes, Grilled Chicken & Balsamic Vinaigrette – **8 Points - \$12**