

BREAKFAST

Lemon Ricotta Pancakes (GF, V) ☀️

Lemon ricotta pancakes topped with creamy yogurt cheesecake frosting. Bright flavor for a balanced start to your day.

Blueberry Cream Cheese Breakfast Muffin (GF) ☀️

A tender almond-flour muffin packed with juicy blueberries and a luscious cream cheese center, boosted with plant-based protein and collagen peptides. Feels like a bakery treat, performs like fuel.

Hot Honey Breakfast Scramble (GF, DF, NF, S) ☀️

Spicy-sweet chorizo-seasoned turkey, roasted sweet potatoes, pasture-raised eggs finished with a drizzle of hot honey. A bold, energizing twist on a Southern-style breakfast.

Chocolate Covered Strawberry Parfait (GF, LC, V) ☀️

Chocolate flavored whole-milk Greek yogurt and a fresh strawberry compote topped a crunchy oat and cacao nib granola. A breakfast parfait that earns every spoonful.

Low Carb Scramble (GF, DF, NF, LC, S) ☀️

Fluffy egg whites and ground turkey sausage served with a small side of golden roasted Yukon potato wedges and a fresh pico de gallo. A full, satisfying plate built to fuel your day clean.

Farmer's Breakfast (NF)

Pasture-raised scrambled eggs, maple turkey sausage, paired with a house-made English muffin and a slice of white cheddar. Farm-fresh comfort that satisfies without the crash.

Turkey, Eggs, & Potatoes (GF, DF, NF, S)

Seasoned ground turkey, pasture-raised eggs, and a duo of roasted Idaho and sweet potatoes – hearty, simple, and clean fuel to start the day.

PLANT BASED & SALAD

"Crab" Cakes & Mediterranean Pasta (V, S) ☀️

Golden-seared hearts of palm and chickpea "crab" cakes served over whole wheat pasta with sundried tomatoes, pine nuts, and creamy goat cheese. Plant-based dining that doesn't play it safe.

Chinese Chicken Salad (GF, DF, S) ☀️

Shredded napa cabbage, crisp romaine, and carrots with honey soy marinated shredded chicken thigh, mandarin oranges, edamame, and cashews. Served with creamy peanut dressing and sesame seeds.

SNACKS



Mango Cheesecake (GF, V) ☀️

A velvety Greek yogurt and cream cheese cheesecake filling swirled with fresh mango, poured over a protein-packed oat and cinnamon crumble crust, sweetened with monk fruit and maple syrup. Tropical taste, clean ingredients.



PB Bliss Bars (GF, DF, VG)

Rich peanut butter and cocoa bar with plant based protein. Sweet, nutty, and melt-in-your-mouth good.



Chocolate Chip Muffins (GF, NF, V) ☀️

Tender oat flour muffins baked with rich Greek yogurt and pure maple syrup, then folded with dark chocolate chips for a subtly sweet, perfectly balanced bite.



PB Cookie Dough Protein Bars (GF, V)

Soft, chewy peanut butter bars with vanilla protein, dark chocolate chips, and a touch of maple. Dessert flavor, clean fuel.



Momma Mary Raw Bars (GF, DF, VG) ☀️

Rolled oats, almond flour, hemp, pumpkin and sunflower seeds, a touch of protein, and dark chocolate — all bound together with a warm hit of cinnamon. A no-bake bar with real-food ingredients.

AUGUST 2026

fit♥flavors[®] MENU



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CHICKEN

Buffalo Chicken & Mac N Cheese (NF, S)

Tender shredded chicken breast tossed in spicy buffalo sauce, creamy mac n cheese, and green beans. Bold flavor meets comfort and balance.

Muscle Maker (GF, DF, NF)

A hearty portion of herb-grilled chicken with fluffy basmati rice – clean, simple, and built for performance.

Chicken, Rice, & Veggies (GF, DF)

Chicken breast marinated in a peanut marinade, paired with tender broccoli, roasted carrots, and hearty brown rice. Rich, nutty, and perfectly satisfying.

Honey Sriracha Chicken (GF, DF, NF, S)

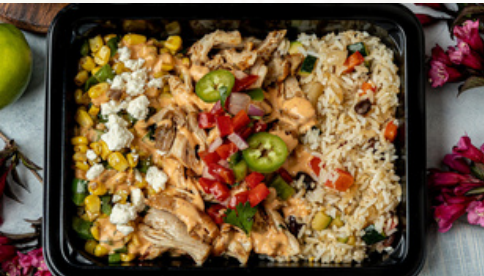
Seared chicken thigh glazed in a honey sriracha sauce, served over sesame brown rice with fresh mango salsa, stir-fried vegetables, and a bright finish of lime and cilantro. Sweet heat, clean plate.

Verde Chicken Enchiladas (GF, NF, S)

Tender shredded chicken thigh, cilantro lime rice, and black beans wrapped in corn tortillas with roasted jalapeño and tangy tomatillo verde sauce, blanketed in melted cheese served with zucchini. A Tex-Mex staple that earns its spot on the menu.

Garlic Parm Chicken & Spicy Marinara (GF, NF, S)

Golden Italian herb-breaded chicken breast over chickpea orzo, wilted spinach, and zucchini in a bold, garlicky spicy marinara. Crispy and unapologetically craveable.



Blackened Chicken & Mexican Street Corn (GF, NF, S)

Shredded blackened chicken thigh with a colorful rice pilaf, black beans, and Mexican street corn topped with Cotija cheese. Bright, bold, and full of flavor.

Breaded Chicken & Au Gratin Potatoes (GF, NF, LC)

Italian herb-breaded chicken breast with a house-made three-cheese au gratin — layers of Yukon potato, cheddar, mozzarella, and parmesan in a creamy béchamel — served alongside tender broccolini.

Firecracker Chicken (GF, DF, NF, S)

Crispy gluten-free breaded chicken breast served with a sweet and spicy firecracker sauce, served over basmati rice and zucchini. Bold heat, satisfying crunch, perfectly balanced.

Herb Chicken & Truffle Spaghetti Squash (GF, DF, LC)

Herb-roasted chicken breast over spaghetti squash tossed with truffle oil, basil, garlic, and pine nuts, served with green beans and peas. Light yet flavorful with a savory, chef-inspired finish.



SEAFOOD

Sushi Bowl (GF, DF, NF, LC, S)

Savory-sweet soy honey sriracha salmon served with crunchy cabbage, edamame, carrots, juicy mango, and crisp cucumber, finished with a creamy, zesty, spicy mayo.

Lemon Dill Salmon (GF, NF)

Oven-baked salmon with bright lemon and dill, paired with green beans and toasted buttery basmati rice for a clean, light classic.

Spicy Shrimp & Lemon Herb Risotto (GF, NF, S)

Shrimp in a bold, spiced tomato sauce served over silky lemon-herb risotto with zucchini and shaved parmesan. Restaurant-worthy in a weeknight-ready package.

Loaded Salmon Burger & Fries (GF, DF, NF, S)

A house-made salmon burger dressed with spicy mayo, caramelized onions, and tangy pickles, served alongside crispy sweet potato fries and fresh green beans.



TURKEY

Cilantro Lime Turkey Bowl (GF, DF, NF, S)

Chipotle and jalapeño-seasoned ground turkey with black beans and salsa over fluffy cilantro-lime brown rice. Bold, zesty, and built for those who want their macros with a little attitude.

Turkey Mostaccioli (GF, NF)

Hearty ground turkey baked with chickpea pasta, bright marinara, and three cheeses; ricotta, mozzarella, and parmesan, for a high-protein take on a nostalgic Italian favorite.

Sweet & Salty Turkey Burger (GF, DF, NF, LC)

Asian-inspired turkey burger served over a vibrant stir-fry of green and red cabbage, bell pepper, carrots, and edamame tossed in a ginger garlic sauce. Sweet, savory, and packed with crunch.

BBQ Meatloaf Burger (GF, DF, NF)

Juicy turkey burger glazed in our house sweet honey BBQ, served with roasted sweet potatoes and a roasted veg blend. A cleaner take on backyard comfort.



BEEF

Asian Beef & Rice (GF, DF, NF, S)

Savory ground beef tossed with Asian-inspired seasoning, paired with rice, zucchini, and topped with sesame seeds. A bold, umami-rich dish.

Taco Stuffed Pepper (GF, DF, NF, S)

Roasted sweet red bell pepper filled with seasoned beef and salsa, served with cilantro-lime rice and fresh pico. A zesty, protein-packed twist on taco night.



Cheeseburger Bowl (GF, NF)

Everything you crave in a burger, bowl-style. Seasoned ground beef over basmati rice, cheddar cheese, tangy pickles and red onions. Served with ketchup and mustard on the side.

Smothered Philly Bowl (GF, NF)

Ground beef smothered with sautéed peppers, onions, mushrooms, and provolone, served over basmati rice. A Philly cheesesteak, fit-flavors style.

Brown Sugar BBQ Braised Beef (GF, DF, NF)

Slow-braised beef knuckle in a smoky brown sugar BBQ sauce with tender carrots and hearty Idaho potatoes. The kind of meal that tastes like it took all day — because it did.

Italian Beef & Ratatouille (GF, NF, LC)

Italian-seasoned ground beef nestled over a slow-simmered ratatouille of eggplant, zucchini, yellow squash, mushrooms, and bell pepper in a rich tomato sauce, finished with a crown of creamy ricotta. Rustic, hearty, and full of depth.



Discover everything we offer online:
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GF - Gluten Free
DF - Dairy Free
NF - Nut Free
LC - Low Carb
S - Spicy
V - Vegetarian
VG - Vegan

**Consuming raw or undercooked meats, seafood, poultry, shellfish, or eggs may increase your risk of foodborne illness.*