

FIT MENU



Chef's Bowl

Grilled chicken, steak, fish, or shrimp.
Served on a bed of grilled veggies,
(brussels sprouts, mushrooms, green beans,
zucchini, broccoli, & sliced avocado)
with a side of molcajete sauce.
Chicken or Steak 15 Fish or Shrimp 17

Healthy Chef's Wrap

A spinach tortilla filled with lettuce,
red cabbage, carrots, pico de gallo,
avocado, jack cheese, and
molcajete sauce. Served with an
organic mixed green salad.
Your choice of grilled chicken or beef. 15
With fish or shrimp. 17

Mango and Jicama Ceviche

Our delicious fresh ceviche, served
over jicama tostadas. 12

Keto Bowl

A bowl filled with your choice of
grilled chicken, steak, or carnitas.
Topped with pico de gallo, jack cheese,
avocado, sour cream, and
green sauce. 13

Shape Up Shrimp Enchiladas

Two wheat tortilla enchiladas filled
with shrimp, mixed veggies & sliced
poblano peppers. Topped with our
signature molcajete sauce and jack cheese.
Served with an organic mixed green salad,
and your choice of black beans or
white rice. 14

Keto-Nopal

Two fresh grilled cactus leaves (Nopales)
Topped with melted jack cheese your choice
of grilled chicken, carne asada, or carnitas,
Topped with pico de gallo and side
of molcajete sauce. 14

La Parrilla
MEXICAN RESTAURANT

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Lettuce Wraps

Topped with grilled chicken & sautéed
bell peppers, zucchini, caramelized
onions, peanuts, chile de arbol,
& slices of avocado.
Side of greens sauce. 14

Fajita Bowl

Grilled chicken or steak, sautéed
with grilled bell peppers & onions.
Server over white rice. 14
With Shrimp. 16

Two Get Fit Tacos Modesto

Two lettuce shells topped with
grilled chicken, onions, cilantro,
tomatoes & avocado. Served with
a side of black beans & grilled
green onions. 12

Healthy Chicken Caseras

Grilled chicken layered with fresh
cabbage, pico de gallo, avocado,
& a mild red sauce on top. Served
with whole or black beans. 12
With Shrimp 14

Guilt Free Wraps

Two wheat tortillas filled with grilled chicken &
veggies. Topped with fresh guacamole
& our signature molcajete sauce.
Served with an organic mixed
green salad, and your choice of
black beans or white rice. 14

Fit Fish Tacos

Two grilled (adobado) bass tacos,
topped with sliced avocado, fresh
cabbage, purple onions, tomatoes,
& a cilantro slaw. Served with an
organic mixed green salad, and
your choice of black beans
or white rice. 15

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