



Eating for Fitness!

Dina's Picks Weight Loss Menu

Gluten Free Avocado Smash Toast... single slice of grilled gluten free toast, topped with smashed avocado, arugula, goat cheese and pine nuts. 9.99

... add poached local organic egg, 3

Sweet Potato Hash... roasted, seasoned sweet potatoes, red peppers, onions and Kale, topped with scrambled egg whites and sliced avocado. Served with fresh fruit. 16.99

Fit Flap... protein-packed griddle cakes made with oats, cottage cheese, egg whites and banana topped with your choice of seasonal berries or fruit and served with organic maple syrup or local honey. Single 8.99... Stack of 2 14.99

Organic, Thick Rolled Oats... baked in the oven and topped with toasted almonds and seasonal berries and served with almond milk and maple syrup on the side (Stevia or honey available upon request instead of maple syrup). 9.99

Organic Egg White Scrambler... sautéed organic baby spinach, portabellini mushrooms, zucchini, roasted red peppers and organic egg whites all scrambled together and topped with fresh avocado and salsa. Served with fresh fruit. 16.99

Spinach and Pine Nut Egg White Frittata... sautéed organic baby spinach in garlic and olive oil and toasted Parmesan cheese, baked open-faced atop our organic egg white omelet and sprinkled with toasted pine nuts. Served with fresh fruit. 16.99.



THE PATIO CAFÉ · Fig Garden Village
5138 N. Palm, Fresno CA

559-243-1074 · Hours: Sun-Thurs 7a-5p · Fri-Sat 7a-8p

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