



Members receive 10% off Wellness Club entrees. Non-members may purchase these entrees at full price. Menu items are listed at full price.

214 E. Lincoln Hwy, DeKalb
815.758.2677

White Chicken Fideo Dinner.....\$11.99

Mexican fideo (like angel hair pasta) nested on top of our ranchero sauce, topped with seasoned grilled chicken, our light sour cream blend, more ranchero sauce and jalapeno slices. Served with a house salad. Choose either high fiber black beans on the side, or zucchini.

Try the chicken with zucchini and skip the sour cream:

Calories: 378 Fat: 10.8 g Sat. Fat: 2.3 g

Select the chicken with black beans, hold the sour cream:

Calories: 510 Fat: 13.4 g Sat. Fat: 2.3 g

Enjoy the sour cream on the side for additional

Calories: 50 Fat: 3 g Sat. Fat: 2.6 g

Light Chicken Fajitas\$12.99

Strips of white chicken with fresh green pepper, onions and carrots. Served sizzling with a lettuce, tomato, light sour cream and black beans. Choose either fat free flour tortillas or corn tortillas.

With chicken & 2 fat free flour tortillas:

Calories: 620 Fat: 8.3 g Sat. Fat: 2.6 g

With chicken & 3 corn tortillas:

Calories: 568 Fat: 10 g Sat. Fat: 2.9 g

Further reduce your calories by limiting your tortilla intake.

1 fat free tortilla contains 110 calories.

1 corn tortilla contains 56 calories, 0.6 g fat



Light Beef Fajitas\$12.99

Strips of beef with fresh green pepper, onions and carrots. Served sizzling with a lettuce, tomato, light sour cream and black beans. Choose either fat free flour tortillas or corn tortillas.

With beef & 2 fat free flour tortillas:

Calories: 642 Fat: 11.4 g Sat. Fat: 4.3 g

With beef & 3 corn tortillas:

Calories: 590 Fat: 13.2 g Sat. Fat: 4.6 g

Further reduce your calories by limiting your tortilla intake.

1 fat free tortilla contains 110 calories.

1 corn tortilla contains 56 calories, .6 g fat

Light Beef or Chicken

Taco Salad\$8.29

Order with fat free black beans and grilled chicken or beef strips over a heaping portion of shredded lettuce. Garnished with fresh sliced tomatoes, no-fat pico de gallo sauce, light sour cream, oven baked corn chips. Request mozzarella cheese only to be served on the side, but try to limit to just half the portion. (The generous side portion mozzarella is nearly 3 ounces.)

When ordered with chicken and without any type cheese

Calories: 535 Fat: 8.2 g Sat. Fat: 3.6 g

When ordered with chicken. Order mozzarella cheese on the side and limit your intake to ½ the cheese.

Calories: 636 Fat: 14.5 g Sat. Fat: 7.6 g

When ordered with beef and without any type cheese

Calories: 545 Fat: 11 g Sat. Fat: 5 g

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.