



GEORGE'S MEXICAN EAT FIT MENU

NACHOS DE EGLA

Grilled chicken marinated in fresh spices, topped with black beans, pico de gallo, and sliced avocado

GRILLED CHICKEN , TILAPIA, OR SHRIMP

Marinated in fresh spices and served with sauteed zucchini and squash

SHRIMP OR CHICKEN SKEWER

Marinated in fresh spices then threaded onto sticks with green and red peppers, zucchini, squash, and red onions, then cooked to perfection. Topped with chimichurri sauce (Mexican pesto) and served with rice.

SHRIMP LETTUCE WRAPS

Fresh shrimp marinated in spices and topped with avocado and chimichurri (Mexican pesto)

FROM THE MAIN MENU

CEVICHE

SOPA DE LIMA

SHRIMP SALAD

FISH TACOS



Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + download Eat Fit app for nutrition facts.

