

# Millie's

RESTAURANT  
& BAKERY



## smart menu

We have created some great tasting entrées for our guests who are looking for wholesome choices. These items are featured on [HealthyDiningFinder.com](http://HealthyDiningFinder.com)

No substitutions please.



### FRESH VEGGIE OMELETTE

Fresh spinach, sautéed mushrooms, fat free cheddar cheese and egg substitute folded together for a great tasting omelette. Served with whole-wheat toast without butter and salsa on the side. **8.49**

• Cal 550 / Fat 5g / Carbs 80g / Fiber 12g •



### TURKEY BACON N EGGS

Two slices of turkey bacon and scrambled egg substitute. Served with whole-wheat toast without butter and fresh fruit. **6.99**

• Cal 500 / Fat 11g / Carbs 71g / Fiber 9 g •



### FITNESS BREAKFAST

Hot oatmeal topped with raisins and brown sugar. Served with low fat milk and fresh fruit on the side. **4.49**

• Cal 470 / Fat 5g / Carbs 99g / Fiber 8g •



### SESAME GINGER CHICKEN SALAD

Tender marinated chicken, shredded carrots, sliced cucumber, pineapple, scallions, red onions, tomatoes, chow mein noodles and wontons on a bed of lettuce. Tossed in fat free sesame ginger dressing. **8.69**

• Cal 350 / Fat 6g / Carbs 35g / Fiber 4g •



### FLATBREAD CHICKEN WANNA BE

Grilled flatbread topped with a variety of fresh vegetables, grilled chicken, fat free cheddar cheese and salsa. **8.49**

• Cal 600 / Fat 11g / Carbs 64g / Fiber 8g •

### Flatbread Wanna Be without chicken 7.49

• Cal 400 / Fat 6g / Carbs 63g / Fiber 8g •



### GRILLED BBQ CHICKEN GRANDWICH

Grilled skinless chicken breast with lettuce and tomato. Served on a whole-wheat bun with a side of BBQ sauce and fresh fruit. **8.99**

• Cal 610 / Fat 7g / Carbs 100g / Fiber 7g •



### VEGGIE BURGER

A patty featuring mushrooms, onions and whole grains with lettuce and tomato and served on a whole-wheat bun. Fresh fruit on the side. **8.49**

• Cal 490 / Fat 8g / Carbs 98g / Fiber 12g •



### SONORAN TILAPIA

Tender and flaky tilapia rubbed with Sonoran spices and grilled. Served with steamed white rice and fresh vegetables. **10.99**

• Cal 640 / Fat 19g / Carbs 66g / Fiber 6g •



### GRILLED HAWAIIAN CHICKEN

Grilled skinless chicken breast topped with teriyaki sauce and diced pineapple. Served with steamed white rice and fresh vegetables. **9.99**

• Cal 560 / Fat 5g / Carbs 75g / Fiber 4g •



[HealthyDiningfinder.com](http://HealthyDiningfinder.com)

Nutritional values listed are based on USDA nutrition information database and through Healthy Dining computerized nutrition analysis. Values listed may be different than actual values due to supplier differences, serving size, product differences, specification ranges, tolerances, variable preparation, recipe changes and ingredient substitutions. Please consult with your doctor if you have questions about your health or diet.

