

Introducing...

# Wolf Fit / Gluten Free Menu



Women

Men

1/2 cup  
1/2 cup

Pinto Beans  
Spanish Rice

1 cup  
1 cup

**Choice of:**

3 OZ  
3 OZ  
4 OZ

Grilled Beef Tenderloin  
Grilled Chicken  
Grilled Shrimp

6 OZ  
6 OZ  
6 OZ

**1 Cup of grilled veggies includes:**

Broccoli  
Cauliflower  
Carrots  
Spinach  
Bell Peppers  
Spanish Onions  
Mushrooms

**Served With**

Salsa (Coyote Café's)

or

Green Chile Sauce (if you like it spicy)