

Gusanoz New Lite Menu!



Lite Tacos de Pescado

Tilapia fillet seasoned and served in soft corn tacos with cabbage, pico de gallo and a side of black beans. \$8.99

398 calories, 3g fat, 18g protein, 58g carbohydrate, 14g fiber

Tostadas de Pescado

Sauteed Tilapia fillet seasoned and served over baked corn tortillas, lettuce and pico de gallo. \$6.99

281 calories, 3g fat, 10g protein, 37g carbohydrate, 5g fiber

Gusanoz Lite Skillet

Chicken, Shrimp or Flank Steak served with our lite fajita veggies on a sizzling skillet garnished with diced tomato. \$9.99

Over 100% Vitamin A and 600% Vitamin C naturally per skillet!

Chicken

324 calories, 6g fat, 42g protein, 27g carbohydrate, 5g fiber

Shrimp

304 calories, 3g fat, 41g protein, 28g carbohydrate, 5g fiber

Flank Steak

374 calories, 16g fat, 32g protein, 27g carbohydrate, 5g fiber

Gusanoz Healthy Salads

Chicken, Shrimp or Flank Steak served over a bed of lettuce with tomato, mushroom and red onion. Oil and vinegar dressing served on the side.. \$9.99

Nutrition information includes two tablespoons of evenly mixed olive oil and balsamic vinegar.

Chicken

394 calories, 19g fat (12g monounsaturated, 2g polyunsaturated), 42g protein, 16g carbohydrate, 5g fiber

Shrimp

368 calories, 16g fat (10g mono., 2g poly.), 41g protein, 16g carbohydrate, 5g fiber

Flank Steak

444 calories, 29g fat (16g mono., 2g poly.), 31g protein, 16g carbohydrate, 5g fiber



★ Lime Cactus ★

Compliment your lite lunch or dinner with a cold Mich Ultra Lime Cactus Pilsner beer. This naturally flavored beer pairs well with our lite dishes, offering hints of natural lime and cactus, subtle pilsner flavor and a clean citrus finish. \$2.95

107 calories, 0g fat, .5g protein, 6g carbohydrate

Lite Poblano Chicken (spicy)

Grilled chicken breast stuffed with a poblano pepper, smothered in our own poblano yogurt sauce and pico de gallo. Served with our lite fajita veggies on the side. \$10.99

416 calories, 7g fat, 58g protein, 32g carbohydrate, 6g fiber

Monounsaturated and polyunsaturated fats can have a beneficial effect on your health when eaten in moderation. Monounsaturated fats can help reduce bad cholesterol levels in your blood and lower your risk of heart disease and stroke. They also provide nutrients to help develop and maintain your body's cells. Monounsaturated fats are also typically high in vitamin E, an antioxidant vitamin most Americans need more of. - American Heart Association.



Nutritional analysis has been conducted with as much care and accuracy as possible using Master Cook Deluxe 9.0 software. Data is based on average portion sizes controlled as best as possible, but guests should expect some margin of error. Gusanoz does not guarantee these figures, but does promise to make every reasonable effort to be as accurate and truthful as reasonably possible.