

WEEKLY SPECIALS

MONDAY

TURKEY MEATBALL WRAP.....\$6.99
SHREDDED MOZZARELLA CHEESE AND PASTA SAUCE

TUESDAY

TURKEY PICCADILLO WITH BROWN RICE AND VEGGIE.....\$8.99
SERVED WITH A STEAMED VEGETABLE

WEDNESDAY

PHILLY CHICKEN/STEAK OR TUNA WRAP...\$5.00
SERVED WITH CARAMELIZED ONIONS & MOZZARELLA CHEESE

THURSDAY

CHICKEN "VACA FRITA" STYLE WITH SWEET POTATO.....\$8.99
SERVED WITH CARAMELIZED ONIONS & A STEAMED VEGETABLE

FRIDAY

PHILLY CHICKEN/STEAK OR TUNA WRAP....\$8.99
SERVED WITH CARAMELIZED ONIONS & MOZZARELLA CHEESE

GLUTEN FREE PIZZAS

TRADITIONAL GLUTEN FREE MOZZARELLA CHEESE PIE.....\$9.99
(ALL CRUSTS ARE GLUTEN FREE AND MADE WITH TAPIOCA FLOUR)

**TOPPINGS: TURKEY SAUSAGE, TURKEY BACON, CANADIAN BACON, SALMON, SHRIMP, CHICKEN, ONIONS, PEPPERS, MUSHROOMS

EACH VEGGIE TOPPING IS.....25¢ EACH PROTEIN TOPPING.....\$1.50
SEAFOOD TOPPINGS.....\$2.50



HEALTHY MEAL PLANS

WEEKLY

(includes breakfast, lunch and dinner)
\$29.00 per day / \$145.00 per week
Breakfast = \$9 / Lunch = \$10 / Dinner = \$10

BI-WEEKLY

(includes breakfast, lunch and dinner)
\$26.00 per day / \$130.00 per week
Breakfast = \$8 / Lunch = \$9 / Dinner = \$9

MONTHLY

(includes breakfast, lunch and dinner)
\$23.00 per day / \$115.00 per week
Breakfast = \$7 / Lunch = \$8 / Dinner = \$8



CONTACT US TODAY

☎ 305-215-5068 🌐 www.rorockfitness.com
📍 12039 SW 132nd Ct., #6, Miami, Florida 33186



MENU

Open Monday-Friday: 8am - 5:30pm
Saturday: 8am - 2pm
Dine-in and Take-out



HEALTHY GOURMET



VEGETARIAN



PALEO



PESCATARIAN



LOW CARB



AND MORE

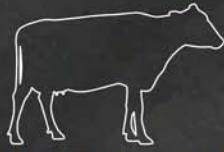
WE DELIVER

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MEALS

ADD QUINOA TO ANY MEAL FOR \$1.25
COCONUT OIL IS \$1.00 EXTRA

STEAK.....\$12.95



COMES WITH SWEET POTATO OR BROWN RICE
PLUS, BROCCOLI OR SPINACH

CHICKEN.....\$10.00



COMES WITH SWEET POTATO OR BROWN RICE
PLUS, BROCCOLI OR SPINACH

PORK.....\$10.00



COMES WITH SWEET POTATO OR BROWN RICE
PLUS, BROCCOLI OR SPINACH

FISH.....\$12.95



COMES WITH SWEET POTATO OR BROWN RICE
PLUS, BROCCOLI OR SPINACH

SHRIMP.....\$12.95



COMES WITH SWEET POTATO OR BROWN RICE
PLUS, BROCCOLI OR SPINACH

WRAPS



PHILLY STEAK.....\$7.50

AVAILABLE WRAPS: SPINACH, TOMATO BASIL, WHOLE WHEAT

PHILLY CHICKEN.....\$7.50

AVAILABLE WRAPS: SPINACH, TOMATO BASIL, WHOLE WHEAT

SMOOTHIES



ORGANIC SMOOTHIES.....\$5.50

AVAILABLE FLAVORS: • MIXED BERRIES • MANGO
• PINEAPPLE • BANANA

SWEETS



SIGNATURE TRUFFLES.....\$1.50

• ALMOND BUTTER • NUTELLA • PEANUT BUTTER
• COOKIE DOUGH • KEY LIME PIE

PALEO BROWNIES.....\$1.00

GREEK YOGURT w/ BROWNIE.....\$2.00

WITH BROWNIES COOKIE CRUMBLE

MORNING CLASSICS



MORNING CLASSICS ARE MADE-TO-ORDER AND SERVED WITH WHOLE GRAIN TOAST (110 CAL) & CRISPY HASH BROWN (140 CAL)

ALL AMERICAN SCRAMBLE...\$7.49

FRESHLY SCRAMBLED EGGS SERVED WITH TURKEY SAUSAGE.
(200-400 CAL)

FARMER'S OMELETTE.....\$6.99

OMELETTE WITH PEPPERS, MUSHROOMS, ONIONS AND CHEDDAR CHEESE (260-400 CAL)

GLUTEN FREE PANCAKES & EGGS...\$7.79

FOUR FLUFFY PANCAKES, FRESHLY SCRAMBLED EGGS AND TURKEY SAUSAGE. (850-1,010 CAL)

GLUTEN FREE WAFFLES & EGGS...\$6.79

MADE-TO ORDER WAFFLES SERVED WITH TURKEY SAUSAGE.
(470 CAL)

WAFFLE BREAKFAST SANDWICH...\$4.99

EGG OMELETTE WITH LOW FAT CHEESE AND TURKEY SAUSAGE
(495-600 CAL)

BREAKFAST WRAP.....\$5.99

EGGS, CHEESE, ONIONS, PEPPERS AND TURKEY SAUSAGE
(590-624 CAL)

SUBSTITUTE TOAST FOR PANCAKES OR WAFFLES .50