

The “Fit Bite” Program is a free restaurant recognition program that highlights the local restaurants in the Tyler area that promote the menu listings that are prepared using a **healthier cooking method**.



Below are the “Fit Bite” items served here at Traditions Restaurant!

Salads

Spinach Salad

Fruit Salad

Cucumber Salad

Mixed Greens Salad

Fresh Melon Salad

Meats

Chargrilled Chicken Breast

Baked Rotisserie Chicken

Salmon

Carved Turkey Breast

Pan Broiled Fish

Tilapia

Grilled Chopped Steak

Carved Rose Beef

Catfish

Vegetables

Plain Baked Sweet Potato

Steamed Mixed Squash

Boiled Cabbage

Plain Baked Potato

Steamed Broccoli

Pinto Beans

The “Fit Bite” Program makes the healthy choice the easy choice.

Are you going to order a “Fit Bite” item today?

Let us know by visiting FitCityTyler.com/FitBiteSurvey

