Fit Bite Menu

Elevate Your Snacking Experience

At H3 Fit Bite, we believe that nourishing your body shouldn't compromise on flavor or enjoyment. Our carefully curated menu offers a selection of nutritious snacks designed to stave off hunger and enhance metabolic function. Indulge in up to 100 calories from our rotating array of delightful options.

Fruits:

Apples, Applesauce, Bananas, Blackberries, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Kiwi, Oranges, Strawberries, Peaches, Pears, Plums, Raisins, Strawberries, Watermelon

Veggies:

Carrots, Celery Sticks, Cucumber, Edamame, Red Bell Peppers, Yellow Bell Peppers

Other Options:

Almonds, Cottage Cheese, Hard Boil Egg, Peanut Butter Hummus, Plain Greek Yogurt, Overnight Oats, Ranch, Smoked Salmon, Triscuits

Beverage Station:

Hot: Cappuccino, Espresso, Decaf Colombian & Assorted Teas
Cold: Iced Decaf Tea, Herbal Tea, Filtered Water, Infused Water, Sparkling Water, V8 Juice

True Food is local, flavorful and wholesome. True to nature and True to you.