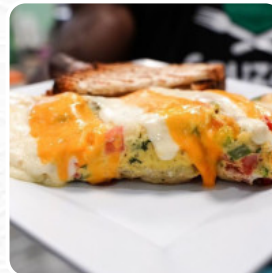
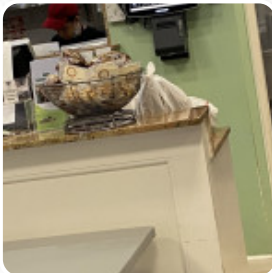




## Souzafit Newark Nj Menu

<https://menuweb.menu>

70 Adams St Store 7, Newark, NJ 07105, United States  
+19737327976 - <http://www.souzafitrestaurant.com/>



The restaurant from Newark offers **107** different **dishes and drinks on [the menu](https://menuweb.menu)** for an average price of \$15.4. **\*\*Dining Experience at Local Gem\*\*** Diners have mixed feelings about [this local eatery](#), which offers a range of fresh, healthy options at budget-friendly prices. While some regulars praise the attentive, friendly staff and the cleanliness of the restaurant, others express disappointment at inconsistent food quality since its reopening. Highlights include impressive meal plans and delicious smoothies, though some dishes are noted as overly oily. Loyal patrons appreciate the genuine care from the husband-and-wife owners, making it a beloved spot for many who seek nutritious meals after workouts. Overall, the restaurant remains a favorite destination, albeit with room for improvement.

# Souzafit Newark Nj Menu



## Main Courses

TURKEY MEATBALL PASTA \$20.0

## Toast

FRENCH TOAST

## Sandwiches

BLACK BEAN BURGER \$19.5

## Drinks

SMOOTHIES

## Starters & Salads

FRENCH FRIES

## Steaks

GRILLED STEAK

## Starters

MEATBALL PARM \$19.5

## Soft Drinks

ORANGE JUICE \$8.0

## Hamburgers

THE CHEATER \$24.0

## Wrap

THE MEXICAN WRAP \$10.0

## Toasts

TEX-AVOCADO TOAST \$13.0

## Main

OVERNIGHT OATS \$6.0

## Kids Menu

LEAN BEEF BURGER \$19.0

## Energy Drinks

MONSTER \$19.5

## Special Sushi Rolls

CAJUN SALMON \$20.0

## Gourmet

COOL-CUMBER \$10.0

## Gourmet-Burger

BISON BURGER \$22.0

## Pizza Piccola Ø 28Cm

XTREME \$18.0

## Beverages

JUICES

## Pastas & Lasagna

CREAMY PESTO PASTA \$13.0

## Healthy Smoothies

JUMPSTART \$12.0

## Soul Salads

SUPER POWER SALAD \$13.5

# Souzafit Newark Nj Menu



## Sweet Delights

FRENCH TOAST COMBO

## Lunch Entrées

PASTA A LA BOLOGNESE \$20.0

## Seafood Entrees

GRILLED SALMON PLATE \$23.0

## Breakfast Wraps

MORNING MACHINE \$9.0

## Breakfasts

ACAI BOWL \$15.5

## Teriyaki Plates

TOFU TERIYAKI PLATE \$19.5

## Virgin Cocktail

BERRY BLAST \$11.0

## Pizza Flavours

SPARTAN \$18.0

## Fried Foods

SHRIMP PLATE \$23.0

## Tony Roni's Wraps

TUNALICIOUS \$18.0

## Desserts

SEE MOSS

## Char Grilled Burgers

THE CHILLI \$20.0

## Gobble Plates

GRILLED STEAK PLATE \$23.0

## Sides

SWEET POTATO

## Breakfast Healthier Side

THE ATHLETIC \$10.0

## Speciality Beers

GOLIATH \$12.0

## Antojitos Mexicanos (Mexican Favorites)

STEAK TACOS \$17.5

## Specialty Milkshake

HULK \$10.0

## Low Carb. Specialties

CALIFORNIA CHICKEN PLATE \$20.0

## Souzafit Gourmet Fit Plates

MEXICAN GROUND BEEF PLATE \$22.0

## Restaurant Category

FRENCH

# Souzafit Newark Nj Menu



## Kid's Menu - Quesadillas

SHRIMP QUESADILLA \$17.0

## Hearty Breakfast - Eggs And Omelettes

VEGGIE OMELETTE \$17.5

## All In A Cup

PITAYA BOWL \$16.5

## Chicken Teriyaki Plate

CHICKEN TERIYAKI PLATE \$19.5

## Wraps

DUMBELL STEAK \$19.5

SOUZAFIT BURRITO \$19.5

## Breakfast

CREATE YOUR OWN OMELETE \$13.0

EGG BURRITO \$13.0

## Side Dishes

BANANA CHIPS \$7.0

SWEET POTATO FRIES

## Quesadillas

LEAN STEAK QUESADILLA \$17.5

GRILLED CHICKEN QUESADILLA \$16.0

## Tacos

CHICKEN TACOS \$16.5

SHRIMP/FISH TACOS \$18.5

## Quesadilla

BBQ SHREDDED CHICKEN QUESADILLA \$16.0

VEGGIE QUESADILLA \$16.0

## Juices

THUNDERBEETS \$10.0

THE RELIEF \$10.0

## French Toast

CINNAMON APPLE PROTEIN FRENCH TOAST \$15.5

VANILLA PROTEIN FRENCH TOAST \$15.5

## Gourmet Plates

LA FIESTA CHICKEN \$20.0

WILD BLACKENED CODFISH \$22.5

## Ingredients Used

YOGURT \$7.5

BROCCOLI

## Pasta - Licious

GUILT-FREE VODKA SAUCE PASTA \$13.0

REDUCED FAT ALFREDO PASTA \$13.0

## Smoothies

MAHALO PASSION \$11.0

THE TROPIKALE \$11.0

SMOOTHIE

# Souzafit Newark Nj Menu



## Pasta

GARLIC SHRIMP PASTA	\$22.0
PASTA ALFREDO	
CHICKEN ALFREDO	

## Burger

SHRIMP BURGER	\$22.0
TURKEY BURGER	\$19.0
SALMON BURGER	\$22.0

## Dessert

THE CARNIVAL	\$11.0
FRUIT SALAD	\$6.5
PROTEIN MUFFIN	\$4.5

## Omelettes

FIT OMELETTE NEW	\$16.5
BULK UP OMELETTE	\$19.5
SHREDDED CHICKEN OMELETTE NEW	\$18.0

## Protein Shakes

WORTH THE WEIGHT	\$12.0
VANILLA PROTEIN ICED COFFEE	\$9.0
LEANOUT	\$12.0

## Oatmeal

ALMOND BLAST OATMEAL	\$11.5
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PB APPLE OATMEAL	\$10.5
ORGANIC OATMEAL BLAST	\$10.5

## Salads

POPEYE SALAD	\$13.5
CAESAR SALAD	\$13.0
QUINOA TROPICAL SALAD	\$14.0
EVERGREEN	\$10.0

## Pancake/Waffle

WHEAT BANANA CHOC CHIP PB	\$15.5
SWEET POTATO BERRIES BANANA	\$15.5
SWEET POTATO APPLE CINNAMON SAUCE	\$15.5
WHEAT BANANA WALNUT ALMOND BUTTER	\$15.5

## These Types Of Dishes Are Being Served

CHICKEN
TOSTADAS
SALAD
BURGER
TUNA STEAK
TURKEY
WRAP

# Souzafit Newark Nj Menu



## Souzafit Newark Nj

70 Adams St Store 7, Newark, NJ  
07105, United States

### Opening Hours:

Monday 06:00-21:00  
Tuesday 06:00-21:00  
Wednesday 06:00-21:00  
Thursday 06:00-21:00  
Friday 06:00-21:00  
Saturday 06:00-18:00  
Sunday 08:00-17:00

Made with [Menu](#)

