

LEARN FIT

FIT is moderate
in calories and fat

Snap here to
learn more



Wake up

- M** Strawberry Orange Smoothie
- T** Waffle Bar, Fresh Berries, Bananas Foster
- W** Meat Lover's Quiche, Cheddar Jack
- Th** Blueberry Pancakes, Warm Vermont Maple Syrup
- F** Waffle Bar, Fresh Berries, Bananas Foster

WELLNESS

Avocados mature on
the tree, but only
ripen once they are
taken off the tree.

SPOTLIGHT

MEET YOUR
EXECUTIVE CHEF



M

- Soup's On** Broccoli Cheddar 2.96/3.70
- Action** Lasagna Bolognese 7.95
- Sautéed Broccoli Rabe, Garlic, Red Chili
- House Made Garlic Parmesan Bread 1.35
- Deli** Grilled Steak, Black Bean Salsa **FIT** 6.50
- Of The Season** Grilled Asparagus, Lemon Zest, Parmesan .44 oz.
- Fire it Up** Grilled Portobello Burger, Roasted Red Pepper Balsamic Reduction 6.95

T

- Soup's On** Split Pea and Ham 2.96/3.70
- Main** Ale Battered Fish, Malt Vinegar Aioli 8.95
- Roasted Potato Wedges
- Sautéed Sugar Snap Peas 1.35
- Deli** Smoked Ham & Brie, Honey Mustard Baguette 6.50
- Of The Season** Strawberry Lime Aqua Fresca .44 oz.
- Fire it Up** Bacon Ranch Chicken Cheesesteak 6.95

W

- Soup's On** Beef Barley 2.96/3.70
- Main** Roasted Lemon Thyme Turkey Breast 7.95
- Mashed Red Bliss Potatoes
- Roasted Green Beans w/Almonds 1.35
- Of The Season** Roasted Pear, Blue Cheese Salad .44 oz.
- Deli** Caribbean Jerk Chicken Stack, Pineapple Salsa 6.50
- Fire it Up** Pulled BBQ Pork, Cole Slaw 6.95

Th

- Soup's On** Tomato Basil Bisque 2.96/3.70
- Action** Lemon Oregano Chicken Gyro 7.95
- Rice Pilaf
- Roasted Broccoli **FIT** 1.35
- Of The Season** Ginger Melon Aqua Fresca 1.45
- Deli** Tuna White Bean, 100 Calorie Wheat Thin, **FIT** 6.50
- Fire it Up** Sloppy Joe, Sharp Cheddar, Tater Tots 6.95

F

- Soup's On** NJS Amish Turkey Noodle 3.95/4.55
- Main** Roasted Half Chicken, Carolina BBQ 7.95
- Three Cheese Mac & Cheese
- Roasted Brussels Sprouts 1.35
- Deli** Pesto Chicken, Fresh Mozzarella, Roasted Tomato Stack 6.50
- Of The Season** Grilled Spring Vegetable Medley .44 oz.
- Fire it Up** Three Alarm Wing Bar, Buffalo, BBQ, Caribbean Jerk .44 oz.