

F O O D

HUMMUS

Grilled vegetables, pita crisps, and roasted garlic 10.00

SESAME SEARED TUNA

Daikon slaw and peanut sauce

StayFit Cuisine 13.00

FRIED CALAMARI

Sweet chili sauce 13.00

BUFFALO WINGS

Celery and bleu cheese 11.00

POTATO SKINS

Crisp potatoes, smoked cheddar cheese, chorizo sausage
and chipotle sour cream 9.00

FRIED GREEN TOMATOES

Warm goat cheese and red onion marmalade 10.00

CHICKEN AL PASTOR QUESADILLA

Corn and flour tortillas filled with pulled chicken, Oaxaca
cheese and roasted tomato salsa. Served with sour cream
~~12.00~~

Consuming raw or uncooked, meats, poultry, seafood, shellfish and/or eggs may increase your risk of food born illness.

F O O D

LOW COUNTRY SHE CRAB SOUP

Chive and sherry creme fraiche 7.00

CHICKEN TORTILLA SOUP

Avocado and pico de gallo 7.00

MEDITERRANEAN SALAD

Baby cucumbers, sweet peppers, vine tomatoes, sweet onions, kalamata olives and feta cheese with a basil vinaigrette

StayFit Cuisine 8.00

TRADITIONAL COBB SALAD

Grilled chicken, smoked bacon, egg, avocado, bleu cheese crumbles, and tomatoes. Tossed with lemon-dijon vinaigrette

14.00

CAESAR SALAD

Romaine spears, traditional dressing, fresh parmesan cheese, white anchovy and a warm garlic crouton. Add grilled chicken for \$5

9.00

SAVANNAH CRAB CAKE

Baby arugula, seasonal fruit and feta cheese. House made tomato and peach jam

14.00

B+W FARMS BABY ARUGULA

Fresh raspberries, local goat cheese and Meyer lemon vinaigrette

14.00

F O O D

CRAB CAKE PO' BOY

Warm ciabatta and creole spread. Served with sweet potato slaw 13.00

ENGLISH STYLE CLUB SANDWICH

Shaved turkey, smoked bacon, fried egg and dijon spread 12.00

CHICKEN SANDWICH

Grilled chicken on ciabatta with sliced tomato, crisp lettuce and herb spread. Served with cucumber salad 12.00

CHICKEN AND AVOCADO SANDWICH

Shaved chicken breast, avocado and spinach served on whole-grain bread with honey mustard and spiced apple chutney

StayFit Cuisine 12.00

MEYER NATURAL ANGUS BURGER

Aged white cheddar, horseradish sauce, onion jam on a brioche bun 14.00

PAN FRIED SOFT SHELL CRAB

Lemon-caper and parsley dressing, sauteed seasonal greens on a baguette. Served with fries and Cajun mayo 16.00

GARLIC AND ROTISSERIE CHICKEN

Braised seasonal greens, sweet peach jam on sesame semolina bread. Served with a Georgia Gouda and mixed green salad 13.00

F O O D

CHICKEN CACCIATORE

Crisp skinned breast, local tomatoes and vegetables
23.00

SHRIMP AND SCALLOP DUET

Roasted corn salsa, chili and fresh coriander 27.00

VEGETABLE RIGATONI

Mushrooms, broccolini and pomodoro sauce 18.00

SHRIMP AND GRITS

Logan Mills turnpike grits, smoked cheddar and chive oil
26.00

GRILLED BEEF FILLET

Pan roasted potato, grilled portabello and Merlot demi
glace 33.00



F O O D

CHOCOLATE POTS DU CREME Shaved chocolate and whipped cream.	7.00
APPLE COBBLER Warm apples, cinnamon and caramel ice cream.	7.00
CREME BRULEE Split vanilla bean and fresh berries.	8.00
CHOCOLATE FLOURLESS TORTE Raspberry coulis and fresh berries.	8.00
NEW YORK CHEESE CAKE Candied pecans and caramel.	8.00
LOCAL HONEY PANNA COTTA Roasted fruit and sesame tulle.	7.00

