

Appetizers

Roasted Chicken Tortilla Soup 7.5
Avocado and pico de gallo

Soup of the Day 7.5

Tofu and Lemongrass Soup 7.5
Baby bok choy, tofu, shitake, cilantro.
Lemon grass broth

Grilled Watermelon and Cucumber Salad 8
Mint, mache, hydroponic watercress,
black pepper dressing

Mixed Baby Greens 8
Tomatoes, cucumbers and carrots

Apple, Endive and Feta Cheese Salad 🍏 8
Lemon-thyme vinaigrette, chopped parsley

Chilled Avocado and Crab Salad 11
Cucumber and balsamic glaze

*Chili Rubbed Seared Tuna 🍷 12
Watercress and arugula salad, mango wasabi

Grilled Chicken Quesadilla 11
Avocado, pico de gallo, roasted tomato salsa

Entrée Salads

Caesar Salad 11
Chopped romaine lettuce, traditional dressing,
fresh Parmesan, white anchovy and a warm
garlic crouton.
Topped with grilled chicken, 15
Topped with grilled shrimp, 16

Traditional Cobb Salad 16
Grilled chicken, smoked bacon, egg, avocado,
blue cheese and tomatoes, tossed with lemon-Dijon
dressing

*Grilled Hanger Steak Garbanzo Salad 15
Marinated steak served over garbanzo and
radicchio salad

Market Chicken Salad 15
Organic chicken breast with balsamic mayonnaise,
haricots verts, olives, eggs, avocado, tomato,
radicchio, bibb lettuce.

Sandwiches

Crabcake Sandwich 16
Seasoned lump crabmeat with lettuce,
tomato and remoulade. Served with French fries.

*Meyer™ Natural Angus Burger 14
Aged white cheddar, horseradish sauce, onion jam
on a brioche bun. Served with French fries

Turkey Wrap 13
Bacon, spinach, tomato and sliced turkey with
chipotle spread. Served with vegetable chips

*Grilled Salmon BLT 13
Salmon, bacon, lettuce, tomato, saffron aioli on
brioche roll. Served with French fries.

Chicken Sandwich 13
Grilled chicken on ciabatta, sliced tomato,
crisp lettuce and herb spread.
Served with a fresh cucumber salad.

*English-Style Club Sandwich 13
Shaved turkey, smoked bacon, fried egg
and Dijon spread. Served with mixed green salad.

House-made Pastrami Sandwich 14
Heirloom tomatoes, fresh mozzarella
and pesto mayonnaise. Bulgur wheat salad

Entrées

Blackened Mahi-Mahi 18
Tomato, fingerling potato hash, lemongrass sauce

*Grilled Flat Iron steak 19
Roasted potatoes, sautéed spinach. Béarnaise sauce

Chicken Cacciatore 🍷 17
Crisp skinned breast, salami, local tomatoes,
portabella and potatoes

Whole Wheat Penne Pasta 🍷 16
Toasted pine nuts, shaved garlic, fresh spinach
and basil, feta and tomato sauce

Select from our Chef's two soups, extensive salad bar with assorted toppings, delicatessen with assorted meats, cheeses and breads. Allow us to cook before you hand selected toppings at our daily action station. Ever changing hot entrees, starch, vegetable and dessert.
Full Selection, \$16
Soup, Salad and Deli Selection \$14

*For children 12 and under, smaller portions are available for half price.
Please alert your server with any food allergies and we will be happy to accommodate your request.*

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

 **STAYFIT CUISINE**
CONSCIOUS/RESPONSIBLE/HEALTHY/CURRENT