



Fit To Eat Cold Buffet Menus

Served at Room Temperature, ready to enjoy! Minimum may apply. Prices are subject to change.

All Fit To Eat Cold Buffets Are Served With

1 Entrée + 2 Salads + Fruit Salad

Please refer to our Salad Menu to make your salad selections

Extra salad (starting at \$3 per portion. See Salad Menu)

Dinner rolls and hummus for \$1.50 per person | Substitute or Add Chocolate Chip Cookies \$1.25 each

Substitute fruit salad for sliced fruit for \$1.25 extra

POWER UP! ADD a 2nd Entrée starting @ \$4.95

POULTRY \$16.95

Power Up! Add an entrée of beef or fish or seafood for \$5.95

Barbeque Chicken Breast with corn and cucumber salsa

Mediterranean Chicken Breast with tomato-olive salsa

Mild Jerk Chicken with pineapple salsa

Cilantro-Lime Chicken Breast with mango-black bean salsa

FISH | SEAFOOD \$18.95

Power Up! Add an entrée of beef for \$5.95 extra | poultry for \$4.95

Olive Oil & Herb Baked Salmon with pesto aioli (contains pine nuts)

Grilled Lemon-Garlic Shrimp Skewers (2pp) with black olive and sundried tomato tapenade

Sweet Chili Sesame Rainbow Trout with yogurt coconut cilantro sauce

Poached Salmon Fillets with lemon-yogurt dill sauce

BEEF \$19.95

Power Up! Add an entrée of fish or seafood for \$5.95 extra | poultry for \$4.95

Roasted Beef Tenderloin with horseradish cream (\$3 extra per person)

Roast beef with beetroot and goat cheese

Grilled Steak with roasted red pepper chimichurri chutney

Soy-Sherry Ginger Beef with chunky coconut peanut sauce

VEGETARIAN \$11.95

Please also refer to our FIT BOWLS starting @ \$8.95

and VEGETARIAN SANDWICH MENUS starting @ \$7.95

Chickpea Falafel with Hummus with tzatziki and pita

Mediterranean Seared Tofu Steaks with tomato-olive salsa

Chilled Vegetarian Soft-Shell Tacos

*with salsa, sour cream, shredded cheese and lettuce (*guacamole \$1 extra)*