



## 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 2<sup>nd</sup> 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)*