



Fit To Eat Hot Buffet Menus

*Hot Items served hot in Chafing Dishes. Salads and Desserts Served at Room Temperature.
Minimum may apply. Prices are subject to change. Some items require 48 hours notice.*

All Fit To Eat Hot Buffets Are Served With

1 Entrée + 1 Salad + 1 Side + Fruit Salad

(or opt for an extra side instead of a 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

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

4 ounces for a single entrée. When you **Power Up!** You get 3 ounces of each entrée

Build Your Own Chicken Fajita **\$19.95**

strips of Chicken, Peppers and Onions and fresh Tortillas
Salsa, Sour Cream, Shredded Cheese and Lettuce for garnishing
** Guacamole \$1.25 extra per portion*

Grilled Turkey Sausages with sautéed onions, peppers and pommery mustard **\$17.95**

Chicken Souvlaki Skewers with tzatziki OR roasted red pepper feta dip **\$17.95**

Roast turkey breast with cranberry chutney **\$19.95**

Sweet and Sour Chicken (breast or thighs) **\$17.95**

Veggie Loaded Turkey Meatloaf **\$17.95**

Coconut Chicken Breast with sweet chili sauce **\$17.95**

Coriander Lime Chicken (breast or thighs) with mango-black bean salsa **\$17.95**

FISH | SEAFOOD

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

4 ounces for a single entrée. When you **Power Up!** You get 3 ounces of each entrée

Salmon with teriyaki and sesame and baby bok choy **\$20.95**

Mediterranean Tilapia with tomato-olive salsa **\$18.95**

Thai style Shrimp & Vegetables stir-fry **\$19.95**

Green Thai Coconut Curry poached White Fish **\$17.95**

White Fish Piccata with caper & olive brown butter sauce **\$17.95**

*** DOUBLE SIDED ***



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BEEF | PORK

Power Up! Add an entrée of fish or seafood for \$5.95 extra | poultry for \$4.95
4 ounces for a single entree. When you **Power Up!** You get 3 ounces of each entrée

- Beef and Vegetable Kebabs (2 per person) **\$20.95**
- Maple Mustard Grilled Pork Chops with roasted apple chutney **\$19.95**
- BBQ Pulled Pork Sandwiches with coleslaw **\$17.95**
- Garlic and Rosemary Beef Tenderloin Steaks with horseradish cream **\$23.95**
- Beef Cabbage Rolls (beef, rice, peas) with tomato sauce **\$17.95**

VEGETARIAN \$12.95

*Please also refer to our FIT BOWLS starting @ \$8.95
and VEGETARIAN SANDWICH MENUS starting @ \$7.95*

**specific minimums apply*

- Grilled Polenta with seasonal ratatouille
- Baked Sicilian Eggplant Parmesan *
- Sweet and Sour Tofu with stir-fried vegetables
- Island Garden Burger with grilled pineapple and red onion
- Vegan "Meat-Less" Meatloaf *
- Spinach-Ricotta Lasagna (GF + \$1.50 per person) *

SIDE VEGETABLES

Power Up! Add an extra side for \$3.50 extra

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|---|--|
| Grilled Vegetable Towers with goat cheese, balsamic | Lemon-Garlic Mushrooms |
| Green Beans Provencal with olives and tomatoes | Glazed Green Beans with red pepper confetti |
| Sesame Snap Peas and Carrots | Rainbow Roasted Vegetables |
| Roasted Asparagus with lemon aioli (\$1 extra) | Roasted Butternut Squash with cranberries and feta |
| Asian Stir-Fried Vegetables | Zucchini and Corn Succotash |
| Glazed Honey Butter Carrots | Seasonal Vegetable Medley |
| Sweet and Spicy Roasted Brussel Sprouts | Cauliflower "Fried" Rice (\$1 extra) |

SIDE POTATOES | RICE | GRAINS

Power Up! Add an extra side for \$3.00 extra

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|-------------------------------|---|
| Smashed Sour Cream Potatoes | Steamed Coconut Rice |
| Lemon-Parsley Rice | Greek Style Potatoes, Lemon, Feta and Olive Oil |
| Baked Sweet Potatoes | Quinoa, Edamame, Corn and Black Beans |
| Sea Salt Roasted New Potatoes | Mushroom Risotto Cakes (\$1 extra per portion) |

*** DOUBLE SIDED ***