



Working Lunches

Let Us Take the Worry of Making Choices for You!

Hot Items served hot in Chafing Dishes. Salads and Desserts are Served Room Temperature.

10 guests minimum applies. All prices are per guests, unless otherwise noted.

HST is additional. Some items require 48 hours notice.

Taste of the Orient \$18.95

Asian Slaw with Edamame
Red and White Cabbage, Carrots, Edamame,
Sesame Japanese Vinaigrette

Spinach Mandarin Salad
Spinach, Romaine, Mandarin Oranges, Toasted Almonds,
Shredded Cabbage, Tropical Vinaigrette

Sweet & Sour Chicken and Vegetable Stir-fry
Sliced Green Onions & Cilantro

Lemon & Basil Rice

Honeydew Mint Salad with Mango

Cozy Comforts \$15.95

Classic Tomato Soup
Sour cream, chives, croutons

Baked Mac N' Cheese
(add Bacon \$1 | Grilled Sausage \$2 | Shrimp\$3 | Lobster\$5)
three cheese, panko & parsley crust

Classic Caesar Salad
romaine, croutons, parmesan, bacon
yogurt-garlic dressing or lemon-garlic vinaigrette

Baked Cinnamon Apple Crisp



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Mediterranean Escape \$20.95

Grilled Pita with FIT Chickpea Hummus And Tzatziki

FIT Greek Salad

Romaine, Bell Peppers, Red Onion, Tomatoes, Cucumber, Feta, Olives,
Lemon-Oregano Vinaigrette

Sundried Tomato Feta Quinoa Salad

Quinoa, Sundried Tomatoes, Celery, Parsley, Olive Oil

Greek Chicken Souvlaki (2 Per Person)

Roasted Red Pepper Feta Dip

Greek Potatoes with Lemon, Feta & Olive Oil

OR Lemon-Parsley Seasoned Rice

Pistachio & Local Honey Baklava

Italian Cucina \$17.95

Tomato Caprese Salad

Sliced Tomatoes, Cucumbers, Bocconcini Cheese, Basil Pesto Dressing, Balsamic Glaze

Arugula and Mushrooms

Arugula, Sliced Mushrooms, Parmesan, Sunflower Seeds, Lemon Vinaigrette

Pasta Primavera

Classic Italian Sauce, seasonal vegetables, Parmesan Cheese & Chopped Basil

Fit Chicken Parmesan

Mozzarella, Tomato Sauce & Basil

Biscotti & Seasonal Fruit Salad



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Mexican Fiesta \$17.95

Santa Fe Rice Salad

Rice, Black Beans, Corn, Bell Peppers, Cumin-Lime Vinaigrette

Chipotle Lime Slaw

Purple And White Cabbage, Grated Carrots, Jicama, Green Onions, Chipotle And Lime

It's Taco Time!

Tequila-Lime Chicken **OR** Citrus Seared Cajun Shrimp (\$1more)

Soft Shell Tacos (2.5 Per Person)

Pico De Gallo, Sour Cream, Grated Cheddar, Lettuce, **Add Guacamole (\$1 More)**

Canella and Sugar Dusted Sliced Oranges
with Crushed Pistachios

ADD ON'S

*Please refer to our full list of salads, sides, desserts
and entrees to make your selections. All prices are per person.*

Extra Side Vegetables or Starches Starting At \$3.00

More Greens, Extra Salads Starting At \$3

Herbed Crostini and Hummus \$1.50

Dinner Roll and Honey Butter \$1.50

Assorted Fruit Options Starting at \$3.00

Small Chocolate Chips Cookies (2) \$1.50

2nd Entrée: \$4 Chicken | Salmon \$5 | Beef Tenderloin \$7

(When You Add A 2nd Entrée, You Get 3 Ounces of Each Entrée)

STAFF AND RENTALS

We are happy to arrange service staff, bartenders, chefs and rental equipment for your event.