



Cold Working Lunches

*Let Us Take the Worry of Making Choices for You!
10 guests minimum applies. All prices are per guests, unless otherwise noted.
HST is additional. Some items require 48 hours notice.*

The Winery Lunch \$15.95

Citrus Fennel Salad
Romaine, Oranges, Shaved Fennel, Pepitas, Lemon-Mint Dressing

Tomato and Cucumber
Tomatoes, Cucumbers, Shaved Red Onions, Lemon Dressing

Charcuterie
Artisan Cheese Selection, Assorted Cured Meats,
Pickled Vegetables, Grainy Mustard, Flavored Chutneys and Jellies,
Citrus Black and Green Olives, Black Olive Paste
Herbed Crostini and Crackers
Crudités & Fit Dips

Rustic Chocolate Board with Dried Fruit, Nuts & Grapes

Gourmet Deli \$15.95

Pommery Potato Salad
New Potatoes, Celery, Green Onions, Bell Peppers, Pommery Mustard Dressing

Fit Greens Salad
Romaine, Red and White Cabbage, Carrot Ribbons, Cucumbers,
Grape Tomatoes, Balsamic Dressing

Baguette Sandwiches (Multigrain, Whole Wheat or White)
Roast Beef, Horseradish Mayo, Grilled Onions & Tomatoes
Roasted Turkey Breast, Goat Cheese & Roasted Red Peppers
Black Forest Ham, Maple Mustard and Aged Cheddar
BBQ Chicken, Spiced Havarti Cheese & Pickles
Grilled Eggplant & Zucchini, Roasted Red Pepper & Onions with Balsamic Mayo

Fit Dessert Board
Assorted Cookies, Squares, Tarts and Biscotti



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Lean, Mean with Super Greens \$17.95

Herbed Crostini with FIT Chickpea Hummus

Spinach Strawberry Salad

Spinach, Romaine, Carrots, Cabbage, Strawberries, Dried Cranberries,
Pepitas, Goat Cheese, Berry Vinaigrette

Quinoa Tabbouleh Salad

Tomatoes, Onions, Cucumbers, Parsley, Lemon, Olive Oil

Choice of Either:

FIT House Seasoned Chicken, Duo of FIT Salsas
Basil, No Nut, Pesto Chicken, Grilled Tomatoes & Parmesan Cheese Petals
Black Bean & Quinoa Sweet Potato Burgers, Roasted Red Pepper Feta Dip

Diced Fruit with A Duo of FIT Dessert Dips

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 Sandwiches From \$5.95 - \$7.95

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.