

EAT. DRINK. SOCIALIZE.



Monday – Friday | 7:00 am – 1:30 pm

WEEK OF JULY 14TH–18TH



BREAKFAST FEATURES: \$6.70

PANCAKES:

buttermilk pancakes served with a side of bacon and syrup

MON

MAC AND CHEESELOGY: \$10.50

build your own classic mac and cheese bowl with a twist! with your choice of seasonal vegetables, toppings, cheese, and more

TUES

MEZZE: \$10.50

create your own mediterranean-style gyro with chicken or lamb/beef gyro meat, toppings, and sauces

WED

MAC AND CHEESELOGY: \$10.50

build your own classic mac and cheese bowl with a twist! with your choice of seasonal vegetables, toppings, cheese, and more

THURS

MEZZE: \$10.50

create your own mediterranean-style gyro with chicken or lamb/beef gyro meat, toppings, and sauces

FRI

STATION CLOSED CHECK OUT OUR OTHER OFFERINGS

CONNECT WITH US



Catering Questions?
Check us out at
Fnbo.catertrax.com

WEEKLY FEATURES

FLAME GRILL: \$10.00

TERIYAKI BURGER

hand-pressed beef burger patty, teriyaki sauce, provolone cheese, pineapple, applewood smoked bacon, lettuce, tomato, pickle, and chipotle aioli on a toasted bun

BUTCHER & BAKER DELI:\$10.00

BUFFALO FRIED ARTICHOKE WRAP

buffalo marinated artichokes fried golden brown in a spinach tortilla with lettuce, tomato, blue cheese crumbles, and ranch drizzle

PICCOLA ITALIA PIZZA: \$10.00

CHICKEN PESTO

pizza dough topped with: pesto, chicken tomato, red onion, and mozzarella cheese with a balsamic glaze



Savour
BY NEXTEP

Download and order with the app today!

SOUP/ GRAZE



Scan and let us know what you want to see on our Create Station!

July 14

Soup:

Baked Potato

Hot Graze:

Szechuan Shrimp
Vegetable Fried
Rice

~contains soy & sesame~

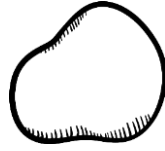
Eggs Your Way



one egg
\$1.95 | 100 cal



two egg
\$3.90 | 200 cal



one egg white
\$1.95 | 60 cal

Build Your Own

omelets

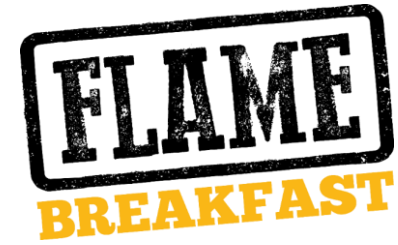
includes two eggs
one meat, one cheese
and 3 veggies included
\$4.45
additional
toppings | \$0.95

burritos

includes one egg
one meat, one
cheese and 3 veggies
included
\$5.85
additional toppings | \$0.95
flour tortilla

sandwich

egg, meat, cheese & choice of biscuit,
croissant, English muffin or flatbread
\$5.70
additional toppings | \$0.95



BREAKFAST HOURS:
7:00am – 9:00am

house favorites

	cal
bacon (2 slices)	\$1.70 90-110
pork sausage (2 links or 1 patty)	\$1.70 100-170
biscuits & sausage gravy	\$4.70 800
seasoned tater tots	\$2.25 170-330



SELECT A PROTEIN

cal

FIT grilled chicken breast	\$6.40 180-210
beef burger	\$7.95 250-270
FIT black bean burger	\$6.95 250-260
spicy chicken breast	\$7.25 300-420
crispy chicken breast	\$7.25 275-325
grilled salmon	\$10.30 220
grilled firecracker salmon	\$10.85 220

CHOOSE YOUR STYLE

cal

brioche/pretzel bun/ made without gluten bun	250
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UPGRADE YOUR TASTE

cal

cheese	\$0.95 50-90
bacon	\$2.25 90-110
sautéed mushrooms	\$1.40 50
caramelized onions	\$1.40 40
fried egg	\$1.95 100

HOUSE FAVORITES

cal

grilled vegetables	\$2.45 80
house cut fries	\$4.20 200-220
FIT sweet potato	\$3.90 250
onion rings	\$3.90 310-400
ranch fries	\$4.20 220-300

CHEF FEATURES

Chips and Queso: \$6.70

8 ounces of Queso and Chips

Add a side of Queso: \$3.35

4 ounces of Queso



piccola italia

Try it on our crispy
Cauliflower Crust

LOVE
²/₂
AT
FIRST
BITE

BUILD YOUR OWN select 3 toppings \$7.80 | additional toppings \$0.85-\$1.40

sauses

traditional red sauce/spicy
Alfredo/spicy
Pesto/spicy

protein

pepperoni
sausage
ground beef
grilled chicken

veggie toppings

Onions mushrooms
peppers black olives
jalapenos spinach
banana peppers



BUTCHER + BAKER

Build Your Own Deli Creation

	cal
grilled chicken breast	\$6.70 190
chicken or tuna salad	\$6.70 310
deli ham	\$6.70 120
smoked turkey breast	\$6.70 100
pepperoni	\$6.70 190
no meat option	\$5.55 100
four slices bacon	\$6.70 220

TRY OUR CHEF-FEATURED SANDWICH

chicken bacon ranch wrap \$10.00

grilled chicken, bacon, cheddar, lettuce, tomato and ranch in a 12" flour wrap

Select Your Bread or Wrap

Bread : Texas toast, whole wheat, rye or made without gluten bread 300-350 cal

Wraps : spinach, whole wheat or flour 260-310 cal

Cheese Options: pepper jack, Swiss, provolone, American, cheddar 70-90 cal

Sauces

spicy mustard, mayo, honey mustard, ranch, chipotle mayo, oil & vinegar, pesto mayo
20-110 cal

Add a Side

house chips	\$3.35
fit fruit salad	\$3.10

add applewood smoked bacon \$2.25