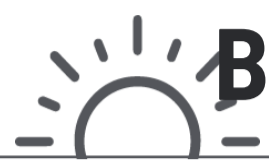


EAT. DRINK. SOCIALIZE.



Monday - Friday | 7:00 am - 1:30 pm

WEEK OF APRIL 15TH-19TH



BREAKFAST FEATURES: \$6.25

Buttermilk Pancakes:

Buttermilk Pancakes served with Bacon and Syrup

MON

Big City BBQ: \$9.38

Your choice of: Pulled Pork or BBQ Pulled Chicken, Sides, and Cornbread

TUES

Tagine: 9.38

Morocco's Rich Cuisine: Vegetable Tagine or Chicken Tagine with Rice and Toppings

WED

Big City BBQ: \$9.38

Your choice of: Pulled Pork or BBQ Pulled Chicken, Sides, and Cornbread

THURS

Tagine: 9.38

Morocco's Rich Cuisine: Vegetable Tagine or Chicken Tagine with Rice and Toppings

FRI

Mac and Cheesyology: \$9.38

We now have Gluten Free Pasta!
Create your own bowl of Mac and Cheese with your choice of cheese, toppings, and crunch

WEEKLY FEATURES

Flame Grill: \$9.38

The Mile High

Hand Pressed Burger Patty topped with Double Cheddar Cheese, Bacon, Tomato, Lettuce, Crispy Onions, and BBQ Sauce

Butcher & Baker Deli: \$9.38

Greek Turkey on Ciabatta

Sliced Turkey, Tomato, Lettuce, Cucumber, Kalamata Olives, Hummus, and Tzatziki

Piccola Italia Pizza: \$9.38

The Works

Pizza Dough Topped with: House-Made Red Sauce, Pepperoni, Black Olives, Sausage, Bell Peppers, and Mozzarella Cheese



Savour
BY NEXTEP

Download and order with the app today!

SOUP/ GRAZE



April 17

Soup:

Southwest Chicken Tortilla

Hot Plate:

Beef Enchilada Casserole with Red Rice and Beans

CONNECT WITH US



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

Eggs Your Way



one egg
\$1.82 | 100 cal



two egg
\$3.65 | 200 cal



one egg white
\$1.82 | 60 cal

Build Your Own

omelets

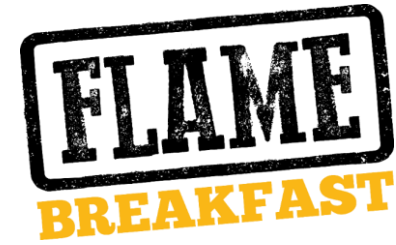
includes two eggs
one meat, one cheese
and 3 veggies included
\$4.17
additional
toppings | \$0.89

burritos

includes one egg
one meat, one
cheese and 3 veggies
included
\$5.47
additional toppings | \$0.89
flour tortilla

sandwich

egg, meat, cheese & choice of biscuit,
croissant, English muffin or flatbread
\$5.31
additional toppings | \$0.89



BREAKFAST HOURS:
7:00am – 9:00am

house favorites

	cal
bacon (2 slices)	\$1.56 90-110
pork sausage (2 links or 1 patty)	\$1.56 100-170
biscuits & sausage gravy	\$4.38 800
seasoned tater tots	\$2.08 170-330



SELECT A PROTEIN

cal

FIT grilled chicken breast	\$5.99 180-210
beef burger	\$7.15 250-270
FIT black bean burger	\$6.25 250-260
spicy chicken breast	\$6.77 300-420
crispy chicken breast	\$6.77 275-325
grilled salmon	\$9.64 220
grilled firecracker salmon	
<i>served with lettuce, tomato & pickle (adds 10 cal)</i>	\$10.16 220

CHOOSE YOUR STYLE

cal

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

cal

cheese	\$0.89 50-90
bacon	\$2.08 90-110
sautéed mushrooms	\$1.30 50
caramelized onions	\$1.30 40
fried egg	\$1.82 100

HOUSE FAVORITES

cal

grilled vegetables	\$2.29 80
house cut fries	\$3.91 200-220
FIT sweet potato	\$3.65 250
onion rings	\$3.65 310-400
ranch fries	\$3.91 220-300

CHEF FEATURES

Chips and Queso: \$6.25

8 ounces of Queso and Chips

Add a side of Queso: \$3.13

4 ounces of Queso

BUTCHER + BAKER

Build Your Own Deli Creation

	cal
grilled chicken breast	\$6.25 190
chicken or tuna salad	\$6.25 310
deli ham	\$6.25 120
smoked turkey breast	\$6.25 100
pepperoni	\$6.25 190
no meat option	\$5.21 100
four slices bacon	\$6.25 220

TRY OUR CHEF-FEATURED SANDWICH

chicken bacon ranch wrap \$9.38

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	\$3.13
fit fruit salad	\$2.87

add applewood smoked bacon \$2.08



piccola italia

Try it on our crispy
Cauliflower Crust

LOVE AT FIRST BITE

BUILD YOUR OWN select 3 toppings \$7.29 | additional toppings additional cost

sauces

- traditional red sauce
- spicy red sauce
- spicy alfredo
- alfredo
- pesto
- spicy pesto

protein

- pepperoni
- sausage
- ground beef
- grilled chicken

veggie toppings

- Onions
- Peppers
- jalapenos
- mushrooms
- black olives
- spinach

