

EAT. DRINK. SOCIALIZE.

LAKESIDE CAFÉ

Monday – Friday
Breakfast: 7:30 am – 9:00 am
Lunch: 11:00 am – 1:30 pm
WEEK OF JULY 14



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

STRAWBERRY FRENCH TOAST 6.00
texas french toast stuffed with a marinated strawberry cream cheese filling

FIT TOFU BLACK BEAN BREAKFAST BURRITO (V) 6.50
scrambled tofu, black beans, peas, cilantro, tomato, mexican spices in a whole wheat tortilla

\$7 'ALL IN' MEAL DEAL

bacon, egg, and cheese burrito with tater tots and ocean spray bottled juice

MON

DHABA GRAZE: chicken tikka, cucumber raita, naan, tomato chutney, indian green beans, basmati rice .51/oz

SOUP: southwest chicken tortilla or potato leek 3.75

TUES

FOODWORKS: KABOBSKE prices vary

lamb, chicken or steak gyros, salads, or rice bowls
SOUP: southwest chicken tortilla or zucchini cream 3.75

WED

NATIONAL ICE CREAM MONTH: BBQ BABY BACK 12.00

FIT bbq baby back ribs with pepper bacon mac n' cheese, wine braised cabbage and apples, and 20oz water or soda. Add on house made ice cream sandwich +2.95

DHABA GRAZE: chicken tikka, cucumber raita, naan, tomato chutney, indian green beans, basmati rice .51/oz

SOUP: southwest tortilla or french onion 3.75

THURS

GUEST APPRECIATION: BLACKBERRY BALSAMIC BBQ GLAZED TURKEY BREAST 7.99

blackberry balsamic bbq glazed roasted turkey breast with bbq black beans and cilantro jicama slaw with 20 oz water or soda

DHABA GRAZE: chicken tikka, cucumber raita, naan, tomato chutney, indian green beans, basmati rice .51/oz

SOUP: southwest chicken tortilla or french onion 3.75

FRI

FISH AND CHIP SHOP: FIT FISH TACOS 10.00

tortillas filled with **FIT** fresh fish, romaine lettuce, pico de gallo, and chipotle crema served with a grilled cotija cheese corn salad and mango slaw with 20oz water or soda

DHABA GRAZE: chicken tikka, cucumber raita, naan, tomato chutney, indian green beans, basmati rice .51/oz

SOUP: southwest chicken tortilla or potato leek 3.75

**CONNECT
WITH US**

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denotes registered dietitian pick

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

PORK CUBANO SANDWICH 8.00
fire braised pork and ham with melted swiss cheese, chopped pickles, and yellow mustard on a telera roll

ONION SWISS TRUFFLE BURGER (V) 8.40
white truffle burger topped with swiss cheese, crispy onions, arugula and roasted garlic aioli on brioche

SWAP YOUR SIDE

FIT miso roasted carrots (VG)

\$6 'ALL IN' MEAL DEAL

choice of cheeseburger, signature garden burger, or signature grilled chicken sandwich
Includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda

HOUSE DRESSING FEATURES

ORANGE SESAME DRESSING

CRANBERRY BASIL VINAIGRETTE

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

GARDEN CHICKEN WRAP 8.00
grilled chicken, fresh lettuce, carrots, bell peppers, parmesan cheese and ranch dressing in a tortilla wrap

VEGGIE GOAT CHEESE BAGUETTE (V) 8.00
herb sun-dried tomato marinated grilled zucchini and eggplant with spinach and goat cheese on crusty baguette

SWAP YOUR SIDE

FIT grilled corn and cotija cheese salad (V)

\$6 'ALL IN' MEAL DEAL

choice of garden hummus wrap, honey dijon ham sandwich, or turkey pesto mayo wrap
includes whole fruit, vegetable crudité, or bagged chips and 20oz water or soda