

EAT. DRINK. SOCIALIZE.

LAKESIDE CAFÉ

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



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

LOADED BREAKFAST BOWL WITH EGGS

hash browns with bacon and cheddar cheese with scrambled eggs, pork sausage, country gravy, sour cream and green onions
cheese on a bagel

6.50



FIT MUSHROOM FLORENTINE OMELET (V)

cage free eggs and egg whites cooked with fresh spinach, mushrooms, garlic, and parmesan cheese

6.00

MON

GRAZE: MACHU PERU: lomo saltado, pollo a la brasa, quinoa, yucca, roasted potato, rice pudding .51/oz

SOUP: chicken and rice or broccoli cheddar 3.75

TUES

FOODWORKS: THE CHILI HUT

prices vary

cincinnati style chili: coneys, 3, 4, 5 ways, and walking tacos

GRAZE: MACHU PERU: lomo saltado, pollo a la brasa, quinoa, yucca, roasted potato, rice pudding .51/oz

SOUP: chicken and rice or french onion soup 3.75

WED

TURO TURO: EGGPLANT ADOBO, BBQ CHICKEN,

10.00

choice of eggplant and long bean adobo or filipino bbq chicken, with lo mein, pork fried rice, achara and 20 oz water or soda. Add vegetable or chicken lumpia +2.00

GRAZE: MACHU PERU: lomo saltado, pollo a la brasa, quinoa, yucca, roasted potato, rice pudding .51/oz

SOUP: chicken and rice or potato leek 3.75

THURS

MEZZE: VEGETABLE KABOB OR GREEK CHICKEN BREAST

8.40/8.95

vegetable kabob (V) or FIT stuffed greek chicken breast with artichoke and roasted pepper pesto salad, chickpea cucumber sumac salad and a 20 oz water or soda.

GRAZE: MACHU PERU: lomo saltado, pollo a la brasa, quinoa, yucca, roasted potato, rice pudding .51/oz

SOUP: chicken and rice or broccoli cheddar 3.75

FRI

GRAZE: MACHU PERU: lomo saltado, pollo a la brasa, quinoa, yucca, roasted potato, rice pudding .51/oz

SOUP: chicken and rice or corn cream 3.75

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

BAYOU BURNING LOVE BURGER

8.40

spicy beef burger with fresh shredded lettuce, tomatoes, jalapenos, pepper jack cheese and chipotle mayo on a toasted brioche bun

TUNA MELT

8.40

Tuna salad with garlic aioli and cheddar in sourdough bread



SWAP YOUR SIDE

marinated green beans (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

SOMETHING DELICIOUS AWAITS YOU

DELI FEATURES

AVAILABLE TUES-FRI

includes choice of side



FIT AVOCADO LIME CHICKEN SANDWICH

8.00

cilantro lime grilled chicken breast with baby spinach, housemade avocado salsa, and mayo on a whole wheat sandwich thin



ROASTED VEGGIE & GOAT CHEESE MELT

8.00

roasted mushrooms and tomatoes with arugula, parmesan, havarti, and goat cheese on toasted multigrain bread



SWAP YOUR SIDE

FIT farro tomato cucumber salad (VG)

\$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

CONNECT WITH US



eatatpg.com



susan conover | 513.622.5098 susan.conover@compass-usa.com



denotes registered dietitian pick