

EAT. DRINK. SOCIALIZE.

LAKESIDE MARKETPLACE

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

WEEK OF DECEMBER 8



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

SWEET POTATO BREAKFAST BURRITO
whole wheat wrap stuffed with egg whites, fresh baby spinach, sweet potatoes, spicy black beans, and pico de gallo

COUNTRY FRIED STEAK BREAKFAST WRAP

scrambled eggs, fried steak, shredded hashbrowns, diced onions, and country style sausage gravy wrapped in a flour tortilla

MON

CHEF'S TABLE: JERK SPICED PUMPKIN CHICKEN

jerk spiced chicken thighs cooked with mango, pineapple, and spiced pumpkin sauce served over rice and sweet plantain

GLOBAL: MACHU PERU

aji de gallina, lomo saltado, steamed jasmine rice, arroz chaufa, solterito, aji dipping sauce, roasted potato and salsa criolla

TUES

FOODWORKS: MAW MAW'S CROLE KITCHEN

mardi gras, veggie mardi gras pasta, mardi gras slaw chicken salad

price vari

GLOBAL: MACHU PERU

aji de gallina, lomo saltado, steamed jasmine rice, arroz chaufa, solterito, aji dipping sauce, roasted potato and salsa criolla

WED

CELEBRATE THE SEASON: BOURBON PORK LOIN OR WILD RICE STUFFED SQUASH (V)

choice of FIT honey bourbon pork loin or FIT roasted acorn squash with wild rice stuffing (V) served with sweet potato pecan casserole, roasted green beans, and a dinner roll.

GLOBAL: MACHU PERU

aji de gallina, lomo saltado, steamed jasmine rice, arroz chaufa, solterito, aji dipping sauce, roasted potato and salsa criolla

THURS

CHEF'S TABLE: SALMON, QUINOA & TZATZIKI BOWL

grilled wild salmon with fresh spring mix, carrots, cucumber, tomato, quinoa, tzatziki sauce, and a lemon vinaigrette

GLOBAL: MACHU PERU

aji de gallina, lomo saltado, steamed jasmine rice, arroz chaufa, solterito, aji dipping sauce, roasted potato and salsa criolla

FRI

FLAME: BLACKENED GRILLED CHICKEN SANDWICH

cajun spiced grilled chicken with fresh shredded lettuce, tomatoes, onions, pepper jack cheese and a housemade cajun mayonnaise on a la telera roll

FLAME

AVAILABLE MON-FRI

includes choice of side

BALSAMIC CHICKEN

cabbage kale slaw, grilled pear slices, goat cheese, and balsamic glaze on a telera roll

THREE CHEESE, TOMATO AND AVOCADO MELT

swiss, provolone, and pepper jack cheese with fresh sliced tomato and avocado on toasted sourdough bread

SWAP YOUR SIDE

FIT roasted red beet and orange salad(V)

PICCOLA ITALIA

LASAGNA AL FORNO

pasta layered with ground beef and pork bolognese, alfredo, mozzarella and parmesan cheeses

BUTCHER & BAKER

AVAILABLE MON-FRI

includes choice of side

CRANBERRY CHICKEN SALAD WRAP

grilled chicken salad with cranberry mayo, celery baby spinach in a whole wheat wrap

PULLED PORK AND COLESLAW WRAP

hot pulled pork, barbecue sauce, and coleslaw in a wrap

SWAP YOUR SIDE

carrot jalapeño salad (V)

SOUP

MONDAY

pasta fagioli with sausage or garden vegetable

TUESDAY

pasta fagioli with sausage or butternut squash

WEDNESDAY

pasta fagioli with sausage or broccoli cheese

THURSDAY

pasta fagioli with sausage or white bean harissa

FRIDAY

pasta fagioli with sausage or garden vegetable

CONNECT WITH US

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denotes registered dietitian pick