

EAT. DRINK. SOCIALIZE.

LAKESIDE MARKETPLACE

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



WEEKLY BREAKFAST FEATURES

INCLUDES CHOICE OF SIDE

THE ELVIS WAFFLE

sweet belgian waffle with creamy peanut butter, fresh bananas, bacon, and honey



FIT BREAKFAST ENCHILADAS WITH AVOCADO TOMATILLO SALSA (V)

two egg and pepper stuffed corn tortillas topped with avocado tomatillo salsa and cheese

MON

CHEF'S TABLE: HARISSA GLAZED PORK WINGS

crispy pork wings tossed in a sweet and spicy glaze of roasted peppers, chilis, sugar and spices garnish with parsley and radish served with tomato couscous

GLOBAL: ISLAND EATS

spicy jerk chicken, jerk pork, jerk tofu, plantain, island rice and peas, red cabbage mango slaw, island style cabbage. spiced yellow rice curry roasted cauliflower

TUES

FOODWORKS: PRIME BBQ SMOKEHOUSE

mac & cheese, baked beans, pulled pork, brisket and pulled chicken

price varies

GLOBAL: ISLAND EATS

spicy jerk chicken, jerk pork, jerk tofu, plantain, island rice and peas, red cabbage mango slaw, island style cabbage. spiced yellow rice curry roasted cauliflower

WED

CHEF'S TABLE: COCHINITA PIBIL

Mexican slow braised cochinita pibil tacos served with black bean and rice topped with pickles onions and queso fresco, lime and japenos. add guacamole and chips 4.00

GLOBAL: ISLAND EATS

spicy jerk chicken, jerk pork, jerk tofu, plantain, island rice and peas, red cabbage mango slaw, island style cabbage. spiced yellow rice curry roasted cauliflower

THURS

CHEF'S TABLE: SALMON CAKES

served with tomato remoulade and fattoush salad and 16oz water

GLOBAL: ISLAND EATS

spicy jerk chicken, jerk pork, jerk tofu, plantain, island rice and peas, red cabbage mango slaw, island style cabbage. spiced yellow rice curry roasted cauliflower

FRI

CHEF'S TABLE: NEW ENGLAND SHRIMP SALAD

new england shrimp salad mounted on a cuban hoagie served with house made potato chips and lemon wedge

FLAME

AVAILABLE ALL WEEK

includes choice of side

ULTIMATE TUNA MELT ON SOURDOUGH

fad-free tuna salad with cheddar cheese and garlic aioli on toasted sourdough bread



FIT CARIBBEAN GRILLED CHICKEN

grilled chicken with a pineapple, tomato, jalapeno, onion, and ginger salsa on brioche



SWAP YOUR SIDE

FIT sriracha dill potato salad (V)

PICCOLA ITALIA

LEVEL UP BRUSCHETTA

11.00

toasted flatbread topped with slow roasted tomatoes, pesto, parmesan and arugula

BUTCHER & BAKER

AVAILABLE ALL WEEK

includes choice of side

HAM AVOCADO HAVARTI SANDWICH

black forest ham, havarti, sliced avocado, roasted garlic aioli, and bbq plum tomatoes on a telera roll



JERK CHICKPEA SALAD WRAP (V)

smashed chickpeas, pineapple, raisins, and shredded carrots in a jerk seasoned mayo with lettuce and tomatoes in a wrap



SWAP YOUR SIDE

FIT cucumber kale parsley grain salad (VG)

SOUP

MONDAY

chicken cappuccino soup or thai red lentil

TUESDAY

chicken cappuccino or potato

WEDNESDAY

chicken cappuccino or tomato soup

THURSDAY

chicken cappuccino or vegetable minestrone

FRIDAY

chicken cappuccino or beans chili

CONNECT
WITH US

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denotes registered dietitian pick