

FOOD *First*

LAKESIDE CAFE

Monday – Friday | breakfast: 7:30 am – 9:00 am

lunch : 11:00 am– 1:30 pm

WEEK OF AUGUST 31

GRILL FEATURES

AVAILABLE ALL WEEK

includes choice of side

FIT Grilled Tilapia Tacos 9.45

Grilled tilapia with shredded cabbage, pico de gallo and lime crema in warm corn tortillas

Bbq Cheddar Burger 8.40

Grilled beef burger with cheddar, bbq sauce, crispy onions, lettuce and tomato on a toasted brioche bun



SWAP YOUR SIDE

FIT minted fruit salad (V)

DELI FEATURES

AVAILABLE ALL WEEK

includes choice of side

Turkey Goat Cheese Sandwich 8.00

Sliced turkey with goat cheese, baby greens, tomato and herb aioli on ciabatta

Southwestern Chicken Caesar Wrap 8.00

Grilled chicken with romaine, cotija, roasted corn and chipotle caesar dressing in a flour tortilla



SWAP YOUR SIDE

Smashed cucumber and sesame salad (V)

SUMMER GRILL OUT

AVAILABLE MON-THURS

includes two sides and beverage

Smoked BBQ Brisket 14.00

BBQ Pulled Chicken 10.00

BBQ Pulled Pork 10.00

SOUP OF THE DAY

Monday	Thai Wicket Chicken
Tuesday	Roasted Red Pepper Gouda
Wednesday	Chicken Tortilla
Thursday	Beef Barley
Friday	Chicken Noodles



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RISE & SHINE



Meatlovers Breakfast Wrap

Scrambled eggs, bacon, sausage, ham and cheddar in a warm flour tortilla
6.50

\$7 Meal Deal

FIT mushroom florentine omelet with tater tots and bottled juice

MONDAY

Chef's Table: Lasagna al Forno

10.00

Pasta layered with ground beef, tomato sauce, mozzarella and parmesan cheeses or house made lasagna layered with plant-based meat, tomato sauce, provolone, mozzarella and parmesan cheeses served with a caesar salad, garlic bread, and 20oz water or soda

Global: Rhythm & Roux

9.00

Chicken & andouille gumbo, shrimp etouffee, or vegetable gumbo with steamed rice, dirty rice or corn muffing. Add beignets +2.00

TUESDAY

Foodworks: Kabobske

Wrap, rice bowl or salad with gyro, chicken shawarma or falafel, fresh vegetables, mozzarella or feta, hummus, tzatziki or baba

Global: Rhythm & Roux

9.00

Chicken & andouille gumbo, shrimp etouffee, or vegetable gumbo with steamed rice, dirty rice or corn muffing. Add beignets +2.00

WEDNESDAY

Tailgate Takeover: Pork Wings Two Ways

14.00

Choice of pok pok pork wings with peanuts or hot gold pork wings with ho-lotta waffle fries, jicama and mango salad, pickled carrot, celery and radish, garlic yogurt dip, and 20oz water or soda

Global: Rhythm & Roux

9.00

Chicken & andouille gumbo, shrimp etouffee, or vegetable gumbo with steamed rice, dirty rice or corn muffing. Add beignets +2.00

THURSDAY

Mad Spice: Manchurian Bowl

11.00

Choice of spicy vegetable manchurian, paneer manchurian, or chicken manchurian with scheszwan fried rice, garlic cashew green beans, and 20oz water or soda. Add vegetable pakora +2.95

Global: Rhythm & Roux

9.00

Chicken & andouille gumbo, shrimp etouffee, or vegetable gumbo with steamed rice, dirty rice or corn muffing. Add beignets +2.00

FRIDAY

Flame: Simple Grilled Seared Salmon

12.00

Simple seared herb salmon served with wild rice and roasted brussels sprouts

CONNECT WITH *Us*



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