



Salads \$6.99

Large Caesar

Large Garden (with Mediterranean Dressing)

Specialty Salads \$7.99

Greek

Chicken Caesar

Chef

Wraps \$7.50

Turkey Club

Chicken Caesar

Buffalo Chicken on a Tomato Tortilla

Veggie and Hummus on a Spinach Tortilla

Italian

Artisan \$7.50

Grilled Chicken

Chicken Breast, Lettuce, Tomato, Red Onion, and Red Pepper Sauce on an Onion Roll

Turkey Club

Turkey, Swiss, Lettuce, Tomato, Bacon, on white

Caprese

Pesto, Tomato, and Fresh Mozzarella on a Telera Roll

Smoked Turkey and Brie

Sliced Smoked Turkey, Brie Cheese, Orange Marmalade on Cranberry Bread

Subs 8" \$8.50

Italian

Deli Meats with Fresh Peppers

Roast Beef Roast Beef, Lettuce, and Tomato

Turkey

Turkey, lettuce, and Tomato

Ham and Cheese

Ham, Cheese, Lettuce Tomato

Chicken Salad

Chicken Salad, Lettuce, and Tomato

Pasta \$5.99

Pasta Primavera

Macaroni and Cheese

Macaroni Pasta Salad

Greek Pasta Salad

Kosher and Vegan \$7.99

Gluten Free Brown Rice Risotto

Kale Pesto Pasta

Dessert \$4.50

Chocolate Pudding

Whip Cream and Cookie Crumbles

Vanilla Pudding

Whip Cream and Cookie Crumbles

All Orders are due by Tuesday March 15th. Please contact Fitness Refreshments at (857) 202-0661 or Fitnessrefreshmentsinc@gmail.com to place your order.

Fresh Fruit Smoothies, Beverages, Snacks, and limited menu items will be available at the Fitness Refreshments Café Located at the entrance across from the Front Desk.