

Lunch Fitness Menu



CHICKEN SPINACH SALAD

strawberries, almonds, shaved radishes
tossed in an apple kiwi rosemary vinaigrette

16



GRILLED ATLANTIC SALMON

carrots, turnips, asparagus, spiced walnuts,
roasted carrot jus

18



TUSCAN SHRIMP RAGOUT

sautéed turnips, white beans, spinach, and tomato
in a rosemary lobster stock

15



Dinner Fitness Menu



CHICKEN SPINACH SALAD

strawberries, almonds, shaved radishes
tossed in an apple kiwi rosemary vinaigrette

17



GRILLED ATLANTIC SALMON

carrots, turnips, asparagus, spiced walnuts
with a roasted carrot jus

27



TUSCAN SHRIMP RAGOUT

sautéed turnips, white beans, spinach, and tomato
in a rosemary lobster stock

22

