



## SUSTAINABILITY

Salmon available everyday at the grill station.

## LET'S TALK WELLNESS

### NATIONAL NUTRITION MONTH: MAKE EVERY DAY MEDITERRANEAN

Enjoy our new FIT Mediterranean Broth Bowls featuring flavorful house made broths, whole grains, fish, and lots of veggies!

### Functional FOODS: SEEDS

Chocolate Chia Avocado Pudding **FIT**

**M** Chicken Noodle Soup **FIT**  
**BEEF RED CURRY, COCONUT MILK**  
 Steamed Brown Rice **FIT**  
 Cumin Roasted Eggplant, Tomato **FIT**  
**On The Ice** Chop'd or Wrap'd Chicken Caesar  
**Deli** Turkey, Brie, Apricot Preserves **FIT**  
**Of The Season** Mexican Quinoa Salad, Pumpkin Seeds, Cilantro **FIT**  
**Nibbles** Macaroni and Cheese Bar  
**Grill** Gartner Burger

**T** White Bean, Escarole Soup **FIT**  
**CARVED TENDERLOIN OF PORK, BLUE CHEESE HERB CRUST** **FIT**  
 Roasted Potatoes **FIT**  
 Steamed Green Beans **FIT**  
**On The Ice** Harissa Yogurt Sauce, Hummus Station  
**Deli** Ham, Brie, Fig Jam  
**Of The Season** Roasted Vegetable, Brown Rice Salad **FIT**  
**Nibbles** Potato Skin Bar  
**Grill** Monte Cristo, Turkey, Ham, Smoked Gouda

**W** Vegetable Orzo Parmesan Soup **FIT**  
**WELLNESS: MEDITERRANEAN BROTH BOWLS** **FIT**  
 Farro **FIT**  
 Roasted Eggplant **FIT**  
**Deli** Chicken Milanese, Tomato Bruschetta, Provolone  
**Of The Season** Korean Cucumber, Sesame Salad **FIT**  
**Nibbles** Build Your Own Bao Station  
**Grill** Greek House Made "Wellness" Plant Burger

**Th** Vegan Split Pea Soup **FIT**  
**WE'RE TAKING OVER THE GRILL STATION TO CELEBRATE NATIONAL PANCAKE DAY**  
 Sweet and Savory Pancakes  
 Sweet Potato Hash  
**Deli** Shrimp, Vegetable Lettuce Wrap  
**Of The Season** Roasted Beet, Carrot Salad, Lemon Mint Dressing **FIT**  
**Grill** National Pancake Day Celebration

**F** Beer, Cheddar Soup  
**BAJA ROASTED CHICKEN THIGH, PINEAPPLE SALSA**  
 Saffron Rice  
 Roasted Yellow Squash **FIT**  
**Deli** Grilled Chicken, Spinach, Balsamic, Tomato **FIT**  
**Of The Season** Greek Quinoa, Feta Salad **FIT**  
**Nibbles** Grilled To Order Individual Pizzas