

	Monday April 30	Tuesday May 1	Wednesday May 2 Strawberry Festival	Thursday May 3	Friday May 4 Cinco de Mayo
Soup 8oz \$2.00 12oz \$2.65 16oz \$3.25	House Bean Soup of the day	Potato Bacon Chowder Soup of the day	Chicken Noodle Soup of the day	Split Pea, Roasted Vegetable	Chicken Tortilla* Soup of the day
Chili 8oz \$2.55 12oz \$3.10 16oz \$3.60	Chicken, Chipotle, White Bean	Chicken, Chipotle, White Bean	Chicken, Chipotle, White Bean	Chicken, Chipotle, White Bean	Chicken, Chipotle, White Bean
Regional Italian Main Course \$6.25 \$6.95 Sides: \$1.25	Red Pepper Pesto Roasted Chicken, Fresh Mozzarella Linguine & Meatballs, Marinara Sauce Saffron Risotto* Asparagus, Lemon Butter* Antipasti Salad; Salami, Provolone, Pepperoncini, Romaine, Oregano Vinaigrette Balsamic Herb Roasted Mushrooms* Cheese Tortellini Salad*	Red Pepper Pesto Roasted Chicken, Fresh Mozzarella Linguine & Meatballs, Marinara Sauce Saffron Risotto* Asparagus, Lemon Butter* Antipasti Salad; Salami, Provolone, Pepperoncini, Romaine, Oregano Vinaigrette Balsamic Herb Roasted Button Mushrooms* Cheese Tortellini Salad*	Rosemary-Garlic Roasted Pork Loin, Chianti Sauce Vegetable Lasagna* Gnocchi, Gorgonzola Cream Sauce* Broccoli, Lemon Butter* Antipasti Salad; Salami, Provolone, Pepperoncini, Romaine, Oregano Vinaigrette Balsamic Herb Roasted Button Mushrooms* Cheese Tortellini Salad*	Rosemary-Garlic Roasted Pork Loin, Chianti Sauce Vegetable Lasagna* Gnocchi, Gorgonzola Cream Sauce* Broccoli, Lemon Butter* Antipasti Salad; Salami, Provolone, Pepperoncini, Romaine, Oregano Vinaigrette Balsamic Herb Roasted Button Mushrooms* Cheese Tortellini Salad*	D.C. Half Smoke Grilled w/ Chili, Cheese & Onions Milwaukee Brat Stadium Sauce, Sauerkraut Spicy Brown Mustard New York Deli Dog Nathans, Sauerkraut, Onions, Brown Mustard Fenway Frank Boiled & Grilled, New England Bun Pickle Relish, Yellow Mustard Chicago Dog Sport Peppers, Green Relish, Tomato, Celery Salt, Poppy Seed Bun
Pizza \$3.50	Tomato, Fresh Mozzarella & Basil*	Gyro Meat, Feta, Onions & Tomato	Roasted Chicken, Asparagus & Cheddar	Bacon, Blue Cheese & Tomato	Taco
Grill Special \$5.25	Steak & Cheese	Mushroom & Swiss Burger	Grilled Smoked Turkey, Bacon, Swiss	Bacon & Pepper Jack Turkey Burger	Crispy Chicken Breast Sandwich
"Fit" Specialty Salads \$5.50	Lemon Poached Chicken, Asparagus, Watercress	Mango, Scallops, Jicama Salad	Lemon Poached Chicken, Asparagus, Watercress	Peppered Beef, Arugula, Asparagus, Red Onion, Parsley	Waldorf Salad
"Fit" Specialty Sandwich \$5.25	Roast Turkey, Alpine Lace, Rhubarb Chutney, Whole Wheat Roll	Poached Wild Salmon, Cucumber, Tomato, Dill Yogurt, Black Bread	Vegetarian "PLT"*	Grilled Chicken, Roast Pear, Cranberry Mustard, Semolina	Pain Bagnat, Tuna, Red Onion, Capers, Haricots Verts, Whole Wheat
Tossed Salad \$5.00 toppings and dressings \$6.25 Tofu \$6.50 Chicken, Ham or Turkey \$6.95 Beef or Seafood	Roasted Turkey Breast, Strawberries, Grilled Red Onions, Goat Cheese, Sunflower Seeds, Spinach, Poppy Seed Dressing	Taco Salad: Ground Beef, Shredded Iceberg, Tomatoes, Onions, Jalapenos, Sour Cream, Spicy Salsa, Crispy Tortilla Shell	Chicken Schwarma or Gyro Meat, Romaine, Tomatoes, Olives, Cucumber, Red Onion, Feta, Pita Chips	Buffalo Chicken Salad, Crispy Chicken Tenders, Celery, Carrots, Tomatoes, Blue Cheese, Buffalo Ranch Dressing	Southwest Grilled Chicken or Steak, Romaine, Corn, Tomatoes, Black Beans, Scallions, Cheddar, Tortilla Strips, Cilantro-Lime Vinaigrette
Global \$0.55 per ounce	Puerto Rico	China	Middle East	Caribbean	Cinco De Mayo
BBQ Station \$6.50 \$6.95	-Carolina Style Pulled Pork -Smoked Beef Brisket -Roasted & Spiced Chicken Wings -Mac & Cheese* -Braised Collard Greens -Baked Beans -Steamed Broccoli Corn on the Cobb*	-Smoked Beef Brisket -BBQ Chicken -Dry Rubbed Pork Ribs -Mac & Cheese* -Braised Collard Greens -Baked Beans -Spaghetti Squash, Fresh Herbs*	-Carolina Style Pulled Pork -Smoked Beef Brisket -Roasted Turkey Breast Mashed Potatoes, Gravy -Stuffing -Mac & Cheese* -Braised Greens -Baked Beans Lemon Peppered Broccoli*	-Carolina Style Pulled Pork -Smoked Beef Brisket -Grilled Garlic-Pepper Strip Steak -Mac & Cheese* -Braised Collard Greens -Baked Beans Sautéed Green Beans, Red Peppers*	-BBQ Chicken -Smoked Beef Brisket -Chicken Parmesan -Baked Pacific Cod, Lemon Caper Sauce -Mac & Cheese* -Braised Collard Greens -Baked Beans -Steamed Broccoli*

All prices are noted on the left unless noted in the individual box. Prices are subject to change with availability of product.

*Denotes Meatless Dish