



Fitz Fresh

Simple • Natural • Delicious

Black & Blue Salad

A mix of fresh greens, blackberries, sliced pears, candied walnuts and crumbled bleu cheese. Served with a side of house-made balsamic dressing and warm Naan bread. **10.95**

Grilled Chicken **12.95** Sautéed Shrimp **15.95**
Grilled Salmon **17.95** 7 oz. NY Strip **17.95**

Mediterranean Quinoa Bowl

Choice of chicken, shrimp or falafel. Lemon Quinoa, tabbouli, feta cheese and hummus. Served with toasted pita points and Greek dressing on the side. **12.29**

Seasonal Skillet

Lemon quinoa with roasted sweet potatoes, garlic, green onions, asparagus, Parmesan cheese and basil pesto. **10.95**

Grilled Chicken **12.95** Sautéed Shrimp **15.95**
Grilled Salmon **17.95** 7 oz. NY Strip **17.95**

Spinach Flatbread

Goat cheese, mozzarella and basil pesto **8.49**

Cranberry Walnut Salad

A mix of fresh greens, clementines, dried cranberries, candied walnuts and feta cheese. Served with a side of house-made balsamic dressing and warm Naan bread. **10.95**

Grilled Chicken **12.95** Sautéed Shrimp **15.95**
Grilled Salmon **17.95** 7 oz. NY Strip **17.95**

Pasta Primavera

Fettuccine and fresh vegetables together with Parmesan, olive oil and garlic. **12.95**

Grilled Chicken **14.95** Sautéed Shrimp **17.95**

Hummus Panini

Sautéed peppers, broccoli and snow peas with goat cheese and spinach, between two slices of multi-grain panini bread. Served with a side of chopped sweet potatoes. **9.95**

Turkey Pesto Panini

Roasted turkey, red peppers, basil pesto and mozzarella cheese between two slices of multi-grain panini bread. Served with a side of chopped sweet potatoes. **10.95**