



# 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. **9.79**

Grilled Chicken **11.79** Sautéed Shrimp **14.79**

Grilled Salmon **16.79** Honey Smoked Salmon **16.79**

**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. **9.79**

Grilled Chicken **11.79** Sautéed Shrimp **14.79**

Grilled Salmon **16.79** Honey Smoked Salmon **16.79**

## **Mediterranean Quinoa Bowl**

Choose Chicken 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. **10.79**

Grilled Chicken **12.79** Grilled Salmon **17.79**

Sautéed Shrimp **15.79**

**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 **8.79**

**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. **8.79**

## **Spinach Flatbread**

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

## **Mexican Fitzjita Flatbread**

Choose Chicken or Steak. Grilled sweet green bell peppers and onions topped with Monterey jack cheese, chipotle cream and cilantro **8.49**

## **Honey Smoked Salmon Salad**

Loaded with 5 superfoods: spinach, tomatoes, oranges, almonds and topped with honey smoked salmon. Side of berry ranch. This meal packs a punch of health benefits! **16.95**