



Player Dining Menu

Monday, September 8

Open from 8:30 a.m. - 6:30 p.m.

Breakfast (served from 8:30 - 10:30 a.m.)

Assorted Breads: Muffins, Danish, Croissants, Bagels and Toast
Chef Prepared Omelets
Hot Breakfast Bar: Eggs, Egg Whites, Sausages, Home Fries and Breakfast Sandwich
Granola and Cereal Bar
Hot Oatmeal
Gourmet Breakfast Sandwiches: Herb Biscuit, Fried Egg, Pancetta White Cheddar
Croissant, Ham, Gruyere Cheese
Scrambled Egg Whites, Boursin, Spinach, Tomato Wrap

Soup

Chicken Noodle

Chef's Table

Bell and Evan's Breast Herb Lemon Chicken
Watermelon, Feta and Avocado Salad
Roast Zucchini, Almond Orzo Pilaf

Sides

Brown Rice, White Rice, Steamed Broccoli, Steamed Local Vegetable of the Day,
Baked Potato, Sweet Potato, Potato Toppings

Carving Station

Lemon Thyme Rubbed Roast Turkey
Pepper Crusted Roast Beef

Made to Order Sandwiches

Roast Turkey, Ham, Roast Beef, Salami, Tuna Salad, Chicken Salad
Cheddar, American, Swiss, Provolone Cheeses
Grilled Vegetables, Roasted Peppers
Lettuce, Tomatoes, Red Onions, Assorted Spreads
Sliced Bread, Rolls, Wraps, Arnold Whole Wheat Sandwich Thins

FIT Signature Sandwiches: Vegetarian PLT (Portobello, Lettuce and Tomato) Wrap,
Tuscan Turkey Sandwich, Fire Roasted Vegetable Sandwich

Hot Toasted Sandwich

Roast Beef, Caramelized Onions, Goat Cheese, Watercress

Pasta

Barilla Plus Penne Pasta with Broccoli and Lemon

Made to Order Pasta

Whole Wheat Penne, Farfalle, Gluten-Free Pasta
Broccoli, Roasted Onion, Tomatoes, Olives, Red Peppers, Mushrooms
Tomato Basil Sauce, Alfredo Sauce
Shrimp, Chicken, Sausage
Parmesan, Pesto, Garlic, Crushed Red Pepper
FIT Signature Combination
Made Without Gluten Pasta Combination

Flat Breads

Spinach, Sundried Tomato
Tomato, Basil, Fresh Mozzarella
Pepperoni
Grilled Peach, Arugula, Maytag Blue Cheese

Sushi

Made to Order Maki and Hand Rolls, Nigiri, Sashimi
Assorted Sushi and Sashimi
Brown Rice, Made Without Gluten Product Rolls, Gluten-Free Soy Sauce

Salad Bar

Mesclun Greens, Chopped Romaine, Baby Spinach, Tomato, Mushrooms, Carrots,
Green Beans, Broccoli, Cucumbers, Edamame, Red Peppers, Chick Peas,
Asparagus, Peas, Roasted Beets, Roasted Corn, Blue Cheese, Cheddar Cheese,
Feta, Hard Boiled Eggs, Tuna, Ham, Turkey, Chicken, Black Beans,
Tofu, Sunflower Seeds, Peanuts, Bacon, Parmesan, Raisins, Wheat Germ, Croutons
Whole Wheat Pita Chips, Marinated Artichokes, Roasted Peppers,
Roasted Potato Salad, Quinoa Salad, Hummus, Wheat Berry Salad,
Marinated Mushroom, Fruit Salad, Potato Bar
Cheltenham House Organic and Gluten-Free Dressings: Classic Caesar, Low Fat Classic Caesar,
Balsamic Vinaigrette, Ranch, Raspberry Vinaigrette, French,
Red Pepper Vinaigrette, Honey Mustard
Assorted Specialty Oils and Vinegars

Grab and Go Sandwiches

Vegetarian PLT Wrap (Portobello, Lettuce and Tomato)
Grilled Chicken Caesar Wrap
Tuscan Turkey Sandwich
Turkey and Swiss on Baguette
Tomato Mozzarella Basil on Ciabatta Hoagie
Italian Hero
Peanut Butter and Strawberry Jelly on Whole Wheat Bread

Grab and Go Salads

Greek Salad, Chicken Caesar Salad

Quick Picks

Mixed Fresh Fruit
Sabra Hummus Cups
Pineapple Parfait, Mixed Berry, Yogurt and Granola Parfait
Chobani Greek Yogurt Cups, Stonyfield Organic Yogurt Cups
Hard Cooked Eggs

Grab and Go Snacks

Whole Fruit, Candy, Rice Krispie Treats, Jumbo Cookies,
Brownies, Cracker Jacks, Chips, Pretzels, Nutrition Bars, Gluten Free Chips,
Yogurt Chips, Fresh Fruit, Cottage Cheese

Sweet Treats

Chocolate and Vanilla Bean Cupcakes, Chocolate Cake, Lemon Raspberry Cake,
Red Velvet Cake, Cheesecake

Frozen Yogurt

Wicked Spoon Vanilla and Chocolate
Assorted Toppings, Including Made Without Gluten Options

House Made Beverages

House Made Lemonade, Iced Unsweetened Peach Tea, Watermelon Water

Specialty Beverages

Ginger Green Tea with Orange

Juice/Smoothie/Coffee Bar

Protein Burst: Creamy Peanut Butter, Banana and Soy Milk
Recovery: Chocolate Soy, Banana and Peanut Butter
FIT Beet Berry
FIT Very Green: Fresh Berries, Kale and Apple
FIT Strawberry Banana: Strawberries, Bananas, Low Fat Yogurt and Fresh Orange Juice

FIT Carrot Apple

Mango Colada: Mango, Pineapple, Low Fat Yogurt, Honey and Orange Juice

Chocolate Milk, Chocolate Soy Milk, Chocolate Almond Milk

Mixed Berry, Yogurt and Granola Parfaits

Chobani Greek Yogurt

Peanut Butter and Jelly on Whole Wheat

Mixed Fresh Fruit Cup

Coffee, Espresso, Cappuccino