



Player Dining Menu

Saturday, September 12

Open from 8:30 a.m. - 7:30 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
Fruit and Yogurt Bar
Hot Oatmeal with Toppings
Gourmet Breakfast Sandwiches: Herb Biscuit, Fried Egg, Pancetta White Cheddar
Croissant, Ham, Gruyere Cheese
Scrambled Egg Whites, Boursin, Spinach, Tomato Wrap

Soup

Lobster, Corn and Bacon Chowder

Chef's Table

Corn Meal Crusted Catfish
Cabbage and Jicama Slaw
Black Bean and Roasted Corn Salad
Roasted Broccoli, Red Peppers

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

Hot Toasted Sandwich

Chicken Milanese

Quinoa Bowl

Tuscan: Broccoli Rabe, Roasted Baby Tomatoes, Balsamic Glazed Cippolini, Roasted Pine Nuts, Kale, Roasted Garlic, Basil, Tomato Broth, Crunchy Basil Panko Gremolata
Aztec: Grilled Corn, Black Beans, Roasted Baby Tomatoes, Chayote, Dried Blueberries, Cilantro Onion Chutney, Chipotle Lime Sauce
Add All Natural Chicken or Skuna Bay Salmon

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

Grilled Eggplant, Shaved Parmesan, Arugula
Tomato, Basil, Fresh Mozzarella
Pepperoni
Grilled Peach, Arugula, Maytag Blue Cheese

Sushi

Made to Order Maki and Hand Rolls
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, Blueberries, 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, Dried Blueberries, Marinated Artichokes, Roasted Peppers, Roasted Potato Salad, Quinoa Salad, Hummus, Wheat Berry Salad, Marinated Mushroom, Fruit Salad, Potato Bar
Chelten 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)
Ham and Cheese on Pretzel Roll
Grilled Chicken Caesar Wrap
Turkey and Swiss on Baguette
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, Chips, Pretzels, Nutrition Bars, Gluten Free Chips, Yogurt Chips, Fresh Fruit

Sweet Treats

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

House Made Beverages

Home Made Lemonade, Blueberry Lemonade,
Iced Unsweetened Peach Tea, Watermelon Water

Specialty Beverage

Honeydew Mint Green Tea

Juice/Smoothie/Coffee Bar

Juice Press

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 Blueberry Banana: Blueberries, 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