



Fit Bite Menu

Eating frequently staves off hunger and boosts metabolic function. Enjoy up to 100 calories from our ever-changing selection of nutritious between-meal snacks.

Seasonal Fruits and Vegetables

(Local and organic when available)

Apples, oranges, grapefruit, tangerines, watermelon, cherries, grapes, peaches, plums, apricots, nectarines, kiwi, bananas, pears
Baby carrots, celery sticks, blanched broccoli, cauliflower, Edamame (fresh soy beans), sugar snap peas, cherry tomatoes

Other Options

Applesauce, cottage cheese, organic fruited yogurt, low sodium V-8 juice, dried fruits, apple-cinnamon rice cake, organic raisins

Beverage Station

Decaf Columbian and hazelnut coffees, assorted hot teas, iced decaf black tea, stevia sweetened iced raspberry herbal tea, house made lemonade, filtered water

* True food is local, flavorful and wholesome. True to nature. True to you.