

What's for Lunch?

Wraps-Pita's-Sandwiches-Combos-Pannini

All Served with Two Sides-7.95

Turkey and Bacon Wrap

Coyote Chicken Wrap

Pulled BBQ Chicken Sliders

Chicken Salad Stuff Pita

Roast Beef and Turkey Wrap

The BLT Panini

Soup and Ultimate Grilled Cheese-Chips

The Diner Double Cheeseburger

Sandwich Feature of the Month-Ask your Server!

Sides-Fries, Macaroni Salad, Pasta Salad, Veggie Sticks, Fruit Cup

From the Brick Oven

All Served with a Garden Salad-8.95

South Beach Quesadilla-Lower Carbs

Lasagna-Classic or Veggie

Baked Ziti

Baked Cheese Ravoli or Baked Spaghetti

Pizza by the Slice-Pizza (2slices) of the Day

Daily, While it Lasts!

Pasta Sautes

Served with a Garden Salad-9.95

Shrimp Alfredo

Parpadelle Pasta with Tuna and Pancetta

Rigatoni with Portobello Mushrooms and a Rustic Pomodora Sauce

Tortellini Marinara

Spaghetti with Sausage and Meatballs

In-Tone Fitness "The Turbo Diet Selections"

Recommended by Michael Vann-Lower Carb & Lower Fat

Tuna Salad Stuffed Pita

Made with light mayo and Whole Wheat Pita-Veggie Sticks and Fruit Cup 7.95

Chicken Caesar Salad Platter

With sliced grilled Chicken. 8.95

Asian Beef and Veggie Stir Fry

Wok your way to Weight Loss. Served with Garden Salad 8.95

Italian Turkey Meatloaf

Homemade! Served with Pan Seared Green Beans. and a Fruit cup. 8.95

Receive Complimentary Services from In-Tone Fitness. Ask your Server for Details