

Island Oasis Smoothies

Strawberry
Mango
Pina Colada
Wild Berry
Peach
Cappuccino

Fit & Fun Smoothies

Strawberry
Tropical Green Detox
Super Kale Fruit
Super Spinach
Mango, Spinach, Yogurt
Chocolate Strawberry

Breakfast

Banana Bread
Cereal
Muffins
Bagels
Hard Boiled Eggs
Oatmeal

Breakfast Specials

Tuesday-Friday
Breakfast Wraps with Bacon,
Sausage, or Roasted Veggies,
w/ Cheddar Cheese.

Wraps

Turkey
Tuna Salad
Chicken Salad
Grilled Chicken
Spicy Breaded Chicken
Ham

Fresh Grilled Panini's

Ham
Turkey
Tuna Melt
Cheese
Grilled Chicken
Spicy Breaded Chicken
Panini of the Week

Snacks

Protein bars
Cookies
Chips
Yogurt Parfaits
Tasty Grain Bars

Beverages

Coke Products
Pepsi Products
Water
Iced Tea
Gatorade
Monster Energy
Bang Pre Workout
Vitamin Water

Power Bowls

Roasted Veggie
Grilled Chicken
Turkey Taco
Salmon
Blackened Shrimp

Salads

Change Your Weight Salad
Southwest Salad
Grilled Salmon Salad
Mediterranean Pasta Salad
Garbage Salad
Season Salads

Side Salads

Chicken Salad
Tuna Salad
Pasta Salad
Season Salads

Heat & Eat Meals

Mac & Cheese with Chicken
Lasagna
Vegetable Manicotti
Nashville Hot Chicken
Meatloaf
Seasonal Options

Hot Lunch

Call LCF to see what our
Menu is today!

Hot Soup

Call LCF to see what Soups
We have today

NEW

We are always trying to
come up with new ideas
and new menu items,
stop in to see our new
selections

Weekly Dinner

We Offer Weekly Take home
dinners that you can warm &
eat at home, call LCF to see
what we are offering this
week