

CUT FITNESS MENU

SMALL PLATES

OYSTERS ON THE HALF SHELL {14}

Red wine mignonette and fresh lemon

GOOD FOR: AN APHRODISIAC

AHI POKE LETTUCE WRAPS {14}

Romaine lettuce "taco" leaves, Haas avocado, English cucumber, fresh cilantro, ginger, Bragg's aminos and sesame oil

GOOD FOR: BUILDING & REPAIRING MUSCLE

SALADS

TUSCAN KALE SALAD {9}

Lacinato kale, matchstick Fuji apple, toasted pinenuts and fresh lemon vinaigrette

GOOD FOR: LOW-CARB DIETS. A "SUPERFOOD"

BABY SPINACH & QUINOA SALAD {11}

Fresh naval orange sections, toasted almonds, local goat cheese and house made vinaigrette

GOOD FOR: ENDURANCE ATHLETES

ADD PROTEIN TO YOUR SALAD:

PRIME TOP SIRLOIN STEAK {6} KING SALMON {6} FREE RANGE CHICKEN {3}

ENTRÉES

GRILLED PRIME TOP SIRLOIN {24}

Heirloom carrots and local swiss chard, with pickled red onion and red wine demi glace

GOOD FOR: HIGH PROTEIN & LOW-CARB DIETS

HERB FREE RANGE CHICKEN BREAST {15}

Local spaghetti squash, sautéed brussel sprouts and thyme chicken jus

GOOD FOR: A WELL-BALANCED DIET. PROTEINS, CARBS & HEALTHY FATS

GRILLED KING SALMON {24}

Quinoa, roasted asparagus and fresh citrus oil

GOOD FOR: STRENGTH & MUSCLE BUILDING. HIGH IN PROTEIN

ROASTED VEGETABLE SANDWICH {11}

Baby arugula, red bell pepper, squash, red onion, melted jack cheese and house vinaigrette on sourdough bread

GOOD FOR: A VEGETARIAN-BASED DIET