

MISSISSIPPI'S

Fitness Menu

STARTERS

GUACAMOLE, BASIL & TOMATO BRUSCHETTA

Fresh Red Tomatoes, Freshly Chopped Basil, Banana Shallots & Parsley. On Bread Croutons & Homemade Guacamole Mix. Topped with Balsamic Glaze.

BERRY KALE SALAD

Picked Curly Kale Leaves, Blueberries, Blackberries, Raspberries, Strawberry, Cranberries, Mango, Peach, Toasted Almonds & Candied Walnut

QUINOA & AVOCADO SALAD

Trio Colored Quinoa with Mixed Sweet Peppers, Avocado, Feta Cheese, Black Beans, Jalapeño, Cherry Tomatoes, Corn & Orange Segments

BEETROOT & WALNUT SALAD

Baked Beetroot tossed with Roasted Walnut, Feta Cheese, Pomegranate & Baby Spinach

SOUP OF THE DAY

MAINS

CHOICE OF ONE

SEARED SALMON ON LENTIL SALAD

TURKEY PESTO IN PANINI SANDWICH

AVOCADO CLUB SANDWICH

PASTA OF THE DAY

Ask Server for Today's Special

FISH OF THE DAY

Ask Server for Today's Special

MISSISSIPPI'S FRESH POKE BOWLS

CHOICE OF

Tuna (79) / Salmon (69)

CHOICE OF

Wakame / Edamame Beans / Carrots / Avocado / Mango / Spring Onion / Red Radish / Cucumber / Tobiko

DESSERT

FRESH FRUIT PLATTER