

CLASSIC SANDWICHES

SANDWICHES BELOW SERVED ON WHITE OR LIGHT WHEAT BREAD.
UPGRADE TO A SPECIALTY BREAD FOR \$1.00.

Grilled Chicken Sandwich	\$4.00
Tuna, or Chicken Salad Sandwich	\$3.50
Egg Salad Sandwich	\$3.00
Garden Delight Veggie Sandwich	\$2.75
PB & J	\$1.75
Grilled Cheese	\$2.50

Dogs & Burgers

All Beef Hot Dog	\$1.75
All Beef 90/10 1/4 Lb. Hamburger	\$2.50
With cheese add	\$.60

Sides

Lays Chips, Baked Lays, Chex Mix, Stacy's Pita Chips, Martins BBQ	\$1.79
Pickle	\$.15
Cookies	\$.59
Soups/Winter	

Panini Grill

The Roma - Roma Tomatoes, mozzarella cheese, lettuce and Caesar dressing.	\$5.00
Campagnolo - Grilled Chicken breast, provolone cheese, lettuce, pesto mayo, roasted red peppers.	\$6.00

Beverages

V8/Splash/Fusion	\$1.69	Soft Drink - bottle	\$1.45
Minute Maid Juices	\$1.65	Soft Drink - Can	\$. 89
Vitamin Water/Sobe	\$1.79	Yoohoo	\$1.55
Starbucks Frappachino	\$2.55	Milk-skim, whole, choc	\$. 69
Soy Milk	\$1.69		
Gold Peak Teas	\$1.79	Coffee/Teas	12 oz. \$1.45
			16oz. \$1.80
Fuze	\$1.75		20oz. \$2.00
Gatorade/Powerade	\$1.69		Refills \$1.30
		Travel Mug Refills	\$1.45



AugustaTM
HEALTH
 Lifetime Fitness



MENU

Lifetime Café Hours
 Mon - Thurs: 8:00 - 7:30pm
 Friday: 8:30 - 2:00pm
 & 3:00pm - 6:00pm
 Phone: (540) 332 - 8644

Lifetime Courtyard Café

BREAKFAST ITEMS SERVED ALL DAY!

Bagel or Biscuit	\$1.25	Yogurt	\$.95
Bacon, Egg, Cheese Biscuit	\$3.75	Bananas	\$.69
Sausage, Egg, Cheese Biscuit	\$3.75	Kashi Granola Bars	\$1.09
Muffins	\$2.25	General Mills Cereals	\$1.59
BLT	\$3.50		

SPREADS:

Strawberry, Regular and Fat Free Cream Cheese, Smuckers Peanut Butter, Assorted Smuckers Jellies,

LIFETIME SIGNATURE SALADS

OUR SALADS ARE MADE TO ORDER

Muscle Up Salad \$6.75

Smoked Turkey, Honey Ham, Roast Beef, Mozzarella Cheese, Cucumbers, Tomatoes, Bell peppers, Red Onions

Grilled Chix Salad \$6.50

Grilled Breast of Chicken, Veggies of Choice, Choice of Mozzarella or Cheddar Cheese

Get Your Rear In Gear Plate \$5.25

Chicken Salad, Provolone, Grapes, Cucumbers, Tomatoes served on a fresh bed of Lettuce

Loaded Skinny Pizza Salad \$4.50

Pepperoni, Mozzarella Cheese, Bell Peppers, Banana Peppers, Fresh mushrooms, Oregano, Red Onions, Tomatoes

Warm-Up Salad \$4.50

Mozzarella or Cheddar, Roasted Red Peppers, Cucumbers, Bell Peppers, Broccoli

Chickenn or Tuna Salad Plate \$3.50

Egg Salad Plate \$3.00

MAKE YOUR OWN SALAD

Fresh Lettuce Greens \$3.25

Choice of Deli Meat 3oz. \$1.50

Choice of Cheese 2oz. \$.60

Add veggies and dressing of your choice!

SIGNATURE SANDWICHES

WILD OATS CLUB \$5.50

Smoked Turkey Breast
Honey Ham
Bacon
Swiss Cheese
Lettuce
Tomato
Light Mayo
Grilled Wheat Berry Bread

BEEF IT UP \$5.50

Roast Beef
American Cheese
Swiss Cheese
Bell Peppers
Red Onions
Creamy Horseradish Sauce
Grilled Ciabatta Bread

RACQUET REUBEN \$5.25

Corned Beef
Swiss Cheese
Sauerkraut
Light Thousand Island Dressing
Grilled Rye Bread

WHAT'S UP SLIM? \$4.50

Honey Ham
Provolone Cheese
Lettuce
Tomato
Light mayo
Warm Pita Bread

CREATE YOUR OWN DELICACY!

CHOOSE FROM OUR ASSORTMENT OF FRESH SPECIALTY BREADS, WRAPS, CHEESES AND DELI MEATS!

Specialty Breads

Wheat-berry
White sub roll
Wheat sub roll
Rye bread
Sourdough
Ciabatta

Deli Meat

Honey Ham
Smoked Turkey Breast
Roast Beef
Corned Beef

Cheese

Provolone
Swiss
American

Condiments

Lettuce
Tomato
Cucumber
Bell Pepper
Banana Pepper
Roasted Red Pepper
Hot Pepper
Italian Dressing
Light Pesto Mayo
Red Onions
Pickles
Mushrooms
Oregano
Light Mayo
Deli Mustard
Oil & Vinegar
Honey Mustard

WHITE AND LIGHT WHEAT BREAD AVAILABLE UPON REQUEST.
DEDUCT \$1.00 FROM THE COST OF SANDWICH.

All breads can be grilled, warmed, and toasted.

ONE DELI MEAT 3oz. \$4.50

TWO DELI MEATS 6oz. \$5.00

THREE DELI MEATS 9oz. \$5.50