



MENU

Hours of operation: Mon-Sat: 7am-8pm, Sun: 8am-5pm



Eat Fit NOLA items meet the nutrition criteria designated by Ochsner Health System. For more information visit EatFitNOLA.com

our healthiest options: living in NOLA can be tasty and healthy...

- Organic Argonne** ✦ sprouted grain bread, nitrate free turkey, organic havarti, organic avocado, broccoli sprouts and tomatoes, served with an organic pickle **12.00**
- Brown Rice Bowl** ✦ made with organic low sodium chicken broth, amino soy ingredients, grilled chicken, sautéed spinach, onions and edamame over brown rice **11.50**
- NOLA Beans Greens** ✦ fresh, organic, and made to order juices (16 oz. size served over ice)
Pick one of our recipes... **7.00** Create your own... **8.00**

Our recipes sometimes change due to fresh ingredients available.

Check out the Eat Fit NOLA items in each menu category and look for our healthy, gluten free snacks.

Special Diet Restrictions or Special Requests? Just ask, we try to accommodate all requests!

fresh & crispy salads

Dressings: avocado ranch, balsamic vinaigrette, blue cheese, caesar, honey mustard, italian, poppy seed, ranch, raspberry vinaigrette, thousand island, eat fit , oil & vinegar

- City Park Garden Salad** ✦ a bed of mixed greens, with sliced tomatoes shredded carrots, cucumbers and mushrooms (with 1 oz. vinegar & oil dressing) **8.50**
- Caesar Salad** ✦ chopped romaine, croutons, and grated parmesan tossed in a traditional dressing w/grilled Chicken... **10.25**, w/grilled Portobello... **10.00**, w/grilled Tuna... **11.00**
- Chef Salad** ✦ a bed of mixed greens, with sliced tomatoes, shredded carrots, cucumbers, mushrooms, egg, turkey, ham, cheddar and havarti **10.25**
- Stuffed Avocado** ✦ a half avocado, with a scoop of chicken, tuna or egg salad served over a bed of mixed greens with tomato wedges (chicken or tuna with 1 oz. vinegar & oil dressing) w/ Pontchartrain Chicken Salad... **10.75**
- Chicken Salad or Tuna Salad** ✦ served on a bed of mixed greens (chicken with 1 oz. dressing, tuna with 2 oz. dressing) w/ Pontchartrain Chicken Salad... **10.00**
- Egg Salad** ✦ served on a bed of mixed greens **9.00**
- Bayou Bacon Spinach Salad** ✦ spinach leaves and feta cheese, tossed in a hot bacon dressing w/grilled Chicken... **10.50**
- Spanish Fort Salad** ✦ a bed of romaine lettuce, topped with avocado, grilled chicken, a mixture of pico de gallo, corn and black beans served with our avocado ranch dressing (with 2 oz. original dressing) **10.75**
- Greek Salad** ✦ a bed of mixed greens, with purple onions, grilled chicken, feta, kalamata olives, cucumbers and diced tomatoes **10.75**
- Marconi Salad** ✦ a bed of romain lettuce, grilled chicken, mandarin oranges, sliced strawberries, and toasted almonds with poppy seed dressing (with 1 oz. vinegar & oil dressing) **10.65**
- Storyland Side Salad** ✦ a petite version of our City Park salad (with 1 oz. vinegar & oil dressing) **5.50**

wraps » white, wheat or spinach tortilla «

All served with chips or substitute fresh fruit for \$2.00

- Grilled Veggie Provolone** ✦ shredded lettuce, diced tomatoes, grilled portabella mushrooms, grilled zucchini and provolone cheese served with our custom spread **9.25**
- Grilled Chicken** ✦ shredded lettuce, tomatoes, grilled chicken and monterey jack cheese, w/ custom spread **9.65**
- Grilled Chicken Caesar** ✦ our signature chicken caesar salad in a wrap **9.60**
- Chicken Salad** ✦ shredded lettuce, diced tomatoes and chicken salad w/ Pontchartrain Chicken Salad... **9.50**
- Lakeview's Gyro Wrap** ✦ shredded lettuce, grilled chicken, tomatoes, feta and olives **9.75**
- The Argonne w/Avocado** ✦ roasted turkey, sprouts, Havarti, avocado, tomatoes, w/ custom spread **9.75**

sandwiches » white, wheat, sour dough, 7-grain, rye, croissant, ezekeil or gluten free » *(Croissant, Ezekeil and Gluten Free \$2.00 extra)*

All served with chips or substitute fresh fruit for \$2.00

Magic Club Sandwich + a triple decker of ham, turkey, bacon, swiss cheese, lettuce and tomatoes, served with our custom spread	10.50
Ham & Cheese or Turkey & Cheese + dressed with lettuce, tomatoes and our custom spread	9.00
BLT + apple smoked bacon, lettuce, tomatoes and our custom spread	9.25
Reuben + corned beef, kraut, swiss cheese and 1000-island on rye	9.75
The Argonne w/Avocado + roasted turkey, sprouts, havarti, avocado and tomatoes with our custom spread	9.75
Cucumber + the classic tea sandwich served on white or wheat with our custom spread	7.80
Egg Salad + made fresh daily, dressed with lettuce and tomatoes	8.00
Grilled Chicken + shredded lettuce, tomatoes, grilled chicken, choice of cheese with our custom spread  <i>(on 100% whole grain bread with 2% reduced fat cheese)</i>	9.75
Chicken or Tuna Salad + made fresh daily, dressed with lettuce and tomatoes  <i>(on 100% whole grain bread)</i>	9.35
<i>w/ Pontchartrain Chicken Salad... 9.50 w/ Pontchartrain Chicken Salad on fresh croissant... 11.25</i>	
Grilled Roast Beef + with choice of melted cheese on french bread	9.75

soups & combinations

French Onion  <i>(soup with no croutons or cheese)</i>	5.00/7.00
Soup Du Jour	market price
Cup of soup & 1/2 sandwich, or... cup of soup and Storyland salad	9.75

lakeview spuds » stuffed, baked potatoes «

Simply baked + our potato with melted butter	5.50
Shredded Cheese + melted butter and shredded cheddar cheese	5.75
The Works + melted butter, shredded cheese, bacon, sour cream and chives	7.00
Additional toppings + veggies... 2.50 grilled chicken... 3.00 <i>(Whole piece)</i>	

extras » 'lil items to make your meal just right! «

Extra Scoop of Chicken Salad + go ahead, pile it on – we know you want to <i>Pontchartrain Chicken Salad... 3.45</i>	3.00
Extra Piece of Chicken <i>1/2 Piece... 1.50 Whole... 3.00</i>	3.00
American, Cheddar, Havarti, Swiss or Provolone Cheese + sometimes an extra slice is very nice	.90
Shredded Cheddar Cheese + u shredda da chedda, and it always tastes betta	.90
Fresh Avocado + a modest little fruit, with a cool and creamy goodness	1.75
Chips + Zapp's® brand potato chips – local favorite	1.50
 Fresh Fruit + a healthy portion of fresh, seasonal goodness	3.00

kids menu » lite bites for your little ones «

Served with your choice of chips or a small piece of fruit

Grilled Cheese + choice of american,cheddar,provolone, havarti or swiss on white or wheat bread	5.50
Turkey or Ham Sammich + served on white or wheat bread	5.50