



# MENU





Hours of operation: Mon-Sat: 7am-6pm, Sun. 8am-3pm



Eat Fit NOLA menu items meet criteria designated by Ochsner Health System. [www.ochsner.org/eatfit](http://www.ochsner.org/eatfit)



## fresh & crispy salads

Dressings: avocado ranch, balsamic vinaigrette, blue cheese, caesar, honey mustard, italian, poppy seed, ranch, raspberry vinaigrette, thousand island, 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) 8.00
- Caesar Salad** + chopped romaine, croutons, and grated parmesan tossed in a traditional dressing 8.60  
w/grilled Chicken... 10.05, w/grilled Portobello... 9.50, w/grilled Tuna... 10.35
- Chef Salad** + a bed of mixed greens, with sliced tomatoes, shredded carrots, cucumbers, mushrooms, egg, turkey, ham, cheddar and havarti 10.05
-  \* **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) 10.40  
w/ Pontchartrain Chicken Salad... 10.55
-  \* **Chicken Salad or Tuna Salad** + served on a bed of mixed greens (\* chicken with 1 oz. dressing, tuna with 2 oz. dressing) 9.50  
w/ Pontchartrain Chicken Salad... 9.65
- Egg Salad** + served on a bed of mixed greens 8.75
- Bayou Bacon Spinach Salad** + spinach leaves and feta cheese, tossed in a hot bacon dressing w/grilled Chicken... 10.05 9.00
-  \* **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) 10.60
- Greek Salad** + a bed of mixed greens, with purple onions, grilled chicken, feta, kalamata olives, cucumbers and diced tomatoes 10.60
-  \* **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) 10.45
-  \* **Storyland Side Salad** + a petite version of our City Park salad (\* with 1 oz. vinegar & oil dressing) 5.10

## sandwiches » white, wheat, sour dough, 7-grain, rye or croissant » (Croissant \$1.75 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 10.05
- Ham & Cheese or Turkey & Cheese** + dressed with lettuce, tomatoes and our custom spread 8.75
- BLT** + apple smoked bacon, lettuce, tomatoes and our custom spread 9.00
- Reuben** + corned beef, kraut, swiss cheese and 1000-island on rye 9.50
- The Argonne w/Avocado** + roasted turkey, sprouts, havarti, avocado and tomatoes with our custom spread 9.65
- Cucumber** + the classic tea sandwich served on white or wheat with our custom spread 7.70
- Egg Salad** + made fresh daily, dressed with lettuce and tomatoes 7.85
-  \* **Grilled Chicken** + shredded lettuce, tomatoes, grilled chicken, choice of cheese with our custom spread (\* on 100% whole grain bread with 2% reduced fat cheese) 9.50
-  \* **Chicken or Tuna Salad** + made fresh daily, dressed with lettuce and tomatoes 9.20  
(\* on 100% whole grain bread)  
w/ Pontchartrain Chicken Salad... 9.50 w/ Pontchartrain Chicken Salad on fresh croissant... 11.25
- Grilled Roast Beef** + with choice of melted cheese on french bread 9.45

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## 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	9.00
Grilled Chicken + shredded lettuce, tomatoes, grilled chicken and monterey jack cheese, w/ custom spread	9.45
Grilled Chicken Caesar + our signature chicken caesar salad in a wrap	9.40
Chicken Salad + shredded lettuce, diced tomatoes and chicken salad <i>w/ Pontchartrain Chicken Salad... 9.40</i>	9.15
Lakeview's Gyro Wrap + shredded lettuce, grilled chicken, tomatoes, feta and olives	9.50
The Argonne <i>w/Avocado</i> + roasted turkey, sprouts, havarti, avocado and tomatoes	9.60


## soups & small meals

 French Onion Soup Du Jour	4.75/6.50
Cup of soup & 1/2 sandwich, or... cup of soup and Storyland salad	market price 9.05

## lakeview spuds » stuffed, baked potatoes «

Simply baked + our potato with melted butter	4.85
Shredded Cheese + melted butter and shredded cheddar cheese	5.35
The Works + melted butter, shredded cheese, bacon, sour cream and chives	6.85
Additional toppings + veggies... 2.50    grilled chicken... 3.00	

## extras & sides » '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</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	5.00
Turkey or Ham Sammich + served on white or wheat bread	5.00