



Starters

fit. **Blue Fire Shrimp** – jumbo shrimp cocktail

Low Fat **\$10**

Jumbo Lump Crab Cake – served with a red pepper aioli

\$12

fit. **Thai Style Chicken Sate** – served with a spicy peanut sauce **\$9**

Carb Conscious/High Protein

Dip Sum – egg rolls, crab Rangoon, pot stickers served with dipping sauces

\$12

Soups and Salads

French Onion – beef stock, red onions, herbed crouton and Swiss cheese

\$5

Soup of the Day – Chef's selection of house made soup **\$5**

fit. **House Salad** - baby field greens with rice noodles and strawberry vinaigrette

Low Cholesterol

\$4

Caesar Salad – romaine, croutons, parmesan, anchovies & Caesar dressing

\$5

Waterford Wedge – Roma tomatoes, red onion, cucumber, crumbled bleu cheese

\$5

Main Course Salads

fit. **Waterford Cashew Chicken Salad** – romaine lettuce, tomatoes, onions

High Protein

\$12

Blue Fire Roasted Steak and Portobello Salad served on a mixture of spinach, bleu cheese crumbles, and field greens

\$15

Caesar Salad – romaine, croutons, shredded parmesan, anchovies & Caesar dressing

\$10

Add Chicken

\$12

Add Grilled Tuna

\$15

Chef Salad – ham, bacon, turkey, tomatoes, black olives, eggs, bleu cheese crumbles, green onions and your choice of dressing

\$11

Beefsteak Tomatoes & Fresh Mozzarella – with field greens and a balsamic reduction

\$10

Sandwiches and Burgers

*Accompanied by field greens, house made fries
or chips*

**Waterford Cashew Chicken Salad on
Croissant**

\$9

Grilled Reuben – corned beef, sauerkraut,
Swiss cheese, Russian dressing on marbled
rye

\$10

Dill Havarti Grilled Cheese with Lobster
– served with tomato soup for dipping*

\$12

The Cowboy Club – turkey, applewood
smoked bacon, lettuce, tomato and mayo, on
wheat toast

\$9

Chipotle Chicken Sandwich – pepper jack
cheese, applewood smoked bacon and
grilled onions on a Focaccia

\$8

Angus Burger – ½ lb, lettuce, tomato,
onion, pickles, choice of American, Swiss or
Cheddar

\$9

Beverages

French Press Coffee, French Press Tea

\$5.50

Coffee or Decaffeinated Coffee

\$2.95

Pepsi, Diet Pepsi, Dr. Pepper, Mug Root

Beer, Sierra Mist


\$2.50

Iced Tea

\$2.50

Milk – Whole, 2% or Skim

\$2.25

 Diet Red Bull

\$3.00

Low Carb

Entrée's

Classic Fish and Chips – served with malt
vinegar


\$12

Tilapia – brushed with a red pepper aioli
then broiled, rice pilaf, vegetable of the day

\$16

Pan Seared Shrimp and Scallops – in
parmesan Tulipe and crab risotto

\$22

 **Pasta Fresco*** – fresh vegetables in a
white wine and garlic sauce

\$13

Low Fat/Low Cholesterol

**Sub Whole Wheat Pasta and take out the
carbs*

Desserts

Marbled Chocolate Cheesecake

\$7

Crème Brulee

\$6

Berry Mousse

\$5

Ice Cream

\$4


Chocolate Cake

\$6

New York Style Cheesecake

\$6

^Consuming raw or undercooked meats, poultry,
seafood, shellfish, or eggs may increase the risk of
foodborne illness.

 "Fit For You" items have been selected to meet
the diverse dietary needs of our guests.