



Lunch Menu

SOUP AND SALADS

add: tuna or chicken salad scoop 5
chicken 7 | shrimp 9 | salmon 10

- SOUP OF THE DAY**..... 5/7
- GAZPACH**..... 5/7
- FOUNTAINS SALAD**..... 9/13
romaine lettuce, diced tomatoes, hardboiled egg, cucumbers, blue cheese crumbles and diced bacon
- CLASSIC CAESAR SALAD**..... 7/11
chopped romaine, herb croutons and creamy Caesar dressing
- ASIAN SALAD**..... 9/13
chopped napa cabbage, romaine, carrots, cucumber, red onion, Mandarin oranges, crispy wonton strips and sweet sesame dressing
- FALL HARVEST SALAD**..... 9/13
chopped romaine, dried cranberries, candied walnuts, roasted pears, feta cheese, raspberry vinaigrette

SMALL PLATES

- SMOKED NOVA PLATTER**..... 15
whipped cream cheese, capers, onion, tomato, egg, choice of bagel
- PAR 3 PLATTER**..... 15
chicken salad, tuna salad and egg salad salad with bagel/bread, served with cottage cheese, lettuce, tomato and onion
- FOUNTAINS OMELET**..... 14
cooked to order with choice of peppers, onions, tomato, bacon, American, cheddar or swiss cheese, choice of white, wheat or rye toast breakfast potatoes or chopped Fruit
add nova +3
- CHICKEN TENDERS**..... 14
choose: bbq, garlic parm, buffalo, sweet chili, ranch or blue cheese
deep fried chicken tenders, served with celery
- CHICKEN QUESADILLA**..... 14
diced grilled chicken, pico de gallo, shredded lettuce and sour cream
substitute for impossible beef or shrimp
- BONE-IN WINGS**..... 15
choose your sauce: bbq, garlic parm, buffalo, sweet chili, ranch or blue cheese
cheddar jack cheese blend, onions, peppers, pico de gallo and sour cream

HANDHELDS AND FLATBREADS

- CHICKEN LETTUCE WRAPS**..... 14
marinated ground chicken, water chestnuts, green onions, served with bibb lettuce
- GRILLED CHICKEN CAESAR WRAP**..... 13
grilled chicken, romaine, parmesan cheese and Caesar dressing
- CRANBERRY TURKEY WRAP**..... 14
roasted turkey breast, romaine, tomato and cranberry aioli
- GRILLED CHEESE**..... 12
choice of bread and cheese with tomato and pickle
add bacon +2
- PASTRAMI RUEBEN**..... 14
sliced pastrami, sauerkraut, Swiss cheese, pickle and thousand island on rye bread
- LAKE WORTH BURGER**..... 15
8 oz. grass-fed beef patty, lettuce, tomato, onion, choice of cheese and pickle
substitute for impossible or turkey burger
- FRENCH DIP**..... 14
roast beef, provolone cheese, horseradish cream and jus

- MAHI TACOS (2)**..... 15
blackened or grilled, cabbage slaw, pineapple pico and lime crema
- FOUNTAINS CLUB SANDWICH**..... 14
roasted turkey, ham, bacon, green leaf lettuce, tomato, American cheese, mayo and pickle
- B.Y.O. SANDWICH**..... 9/12
Choose: turkey, roast beef, tuna salad or chicken salad
Choose: white, wheat or rye bread
Choose: cheese, lettuce, tomato, onion and pickle

FLATBREADS

- FLATBREAD OF THE DAY**..... 15
- MARGRITA**..... 14
tomato sauce, mozzarella cheese, sliced tomato, basil, drizzled with balsamic vinaigrette

ALL HANDHELDS ARE SERVED WITH A SIDE

fries, sweet potato fries, slaw, fresh fruit or onion rings

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.*