



FAIRWINDS

IVEY RANCH

Hours of Service

Breakfast: 7:00 - 9:00

Lunch: 11:00 - 1:00

Dinner: 4:00 - 6:00

BREAKFAST

OMELET YOUR WAY

choose 3: cheddar, ham, spinach, onion
peppers, mushroom, or tomatoes

*SUNSHINE BREAKFAST

2 eggs, toast
choice of bacon or sausage

CROISSANT BREAKFAST

SANDWICH

scrambled eggs, ham, bacon
avocado + cheddar cheese

OATMEAL

brown sugar, raisins + milk

PARFAIT

choice of greek or strawberry yogurt
fresh berries, granola + honey

WHOLE GRAIN & OAT PANCAKES

butter + maple syrup
add banana or blueberries

PrimeFit Wellness Special

TURKEY & BLACK BEAN CHILI

cornbread + whipped honey butter

SIDE SALADS

HOUSE SALAD

romaine or iceberg, cucumbers
carrots, sliced olives + cherry tomatoes

CLASSIC CAESAR

romaine, parmesan, croutons + caesar dressing

ENTRÉE SALADS

GRILLED ASPARAGUS & HERB CHICKEN SALAD

shaved parmesan, hard boiled egg, cherry tomatoes
pumpkin seeds + lemon vinaigrette

CAPRESE SALAD

heirloom tomatoes, mozzarella, basil
baby mixed greens, olive oil + balsamic glaze

SOUPS SOUP OF THE DAY VEGETABLE SOUP

ask your server about today's selection

LOW SODIUM

ENTRÉES

GREEN CHILI BURGER

*BEEF, CHICKEN, TURKEY OR BEYOND PATTY

brioche bun, roasted garlic mayo, avocado
crispy onions + smoked gouda

CASHEW CHICKEN

ginger sesame stir fry vegetables + jasmine rice

*LIGHT ENTRÉE

choice of grilled salmon, garlic shrimp, or
herb marinated-grilled chicken + 2 sides

SPAGHETTI BOLOGNESE

beef, italian sausage, parmesan cheese
basil + garlic bread

GRILLED FLAT IRON STEAK

gorgonzola cream
garlic mashed potatoes + sautéed
asparagus

FISH AND CHIPS

cole slaw

SIDES

SAUTÉED
ASPARAGUS

SEASONAL
VEGETABLE

SESAME SUGAR
SNAP PEAS

JASMINE
RICE

GARLIC
MASHED POTATOES

* The health department advises that consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Menu items may contain nuts and other allergens. Please let us know if you are allergic to any food items