

Young at Heart

Served with choice of French fries, sweet potato fries, potato salad, pasta salad, green beans, apple sauce, or chips (Substitute fruit cup \$1.95)

Grilled or Fried Chicken Tenders	5.95/6.95
Choice of honey mustard, barbeque or ranch dipping sauce	
Jr. Burger	5.95
4oz. beef patty	
Classic Grilled Cheese	4.25
Mini Corn Dogs	4.95
Mini Pizza (cheese or pepperoni)	4.95
Mac & Cheese	4.25
Kid's Cheese Quesadilla (tortilla, mixed cheeses)	4.95
Kid's Chicken Quesadilla	7.95
Kid's Turkey Sandwich	4.95

Turkey and cheese on wheatberry bread



Beverages

	Small/Kids	Regular
Fountain Soda	1.75	2.25
Coke, Diet Coke, Coke Zero, Barq's, Diet Dr. Pepper, Sprite, Lemonade		
Iced Tea	1.75	2.25
(soft drink & tea refills available during table service)		
Milk (regular or chocolate)	2.00	2.50
Bottled Water/Smart Water	2.00	2.25
Bottled Powerade, Coke products		2.50
Ice Water - Complimentary; To Go \$.30		



Creekside Café



**Contact us for our catering menu
or for conference room rental
985.801.7138**

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish & shellfish.

There may be a risk associated with consuming raw or undercooked protein products. If you suffer from chronic illness of the liver, stomach or blood or have other immune disorders, you should eat these products fully cooked.



Rise & Shine

Available til 11am Mon-Sat & til 12pm on Sunday

Simply Eggs 6.75

2 eggs, 2 slices of toast and your choice of protein

Breakfast Sandwich or Wrap 5.25

eggs, cheese & choice of meat

Egg & Cheese Omelet 7.25

Customize it with your choice of (0.65 each) : Bacon, Turkey, Onion, Bell Pepper, Mushroom, Tomato, Spinach, Salsa (served with toast)

*Substitute Egg Whites 0.95

*Add an egg to any dish 0.95

A la Carte & Continental Breakfast

Smoked bacon 2.95 **Add an egg** 0.95

Turkey bacon 2.25 (to any meal above)

Turkey sausage 2.25 **Two eggs (any style)** 2.25

Pork Sausage 3.25 **Hard boiled egg** 0.95

Toast 1.75 **Fruit Cup** 3.50

(white or wheatberry) **Yogurt Parfait** 3.95

English muffin 1.25 **Hash Brown Cake** 1.50

Wheat bagel 2.95

(cream cheese or peanut butter)

Croissant 2.95

Muffin 3.50

Scone 2.95



Lunch & Dinner

Starters

Hummus 9.25

served with grilled pita & cucumber

Shrimp Caprese 11.25

fresh mozzarella, tomato, basil, pesto drizzle

Southwest Chicken Quesadilla 8.95

grilled chicken, black beans, chipotle ranch, green chiles, pepper jack and cheddar

Sesame Tuna 11.25

6oz. seared and sliced yellowfin tuna, ponzu dipping sauce

Fresh Fruit Plate 8.95

with vanilla yogurt dip

Soups & Salads

Soup du Jour mkt. price

Soup & Salad Combo mkt. price

Cup of soup your choice of any 1/2 salad

Chicken-Avocado 7.95/11.95

poached chicken, avocado, apples, & roasted pecans on mixed greens

Classic Cobb 8.95/13.95

grilled chicken, bacon, avocado, egg, tomato, bleu cheese, & red onion on romaine

Spinach 6.95/10.95

strawberries, apple, roasted pecans & bleu cheese crumble

Greek 6.95/10.95

romaine lettuce, red onion, cucumber, kalamata olives, tomato, & feta cheese

Caesar 4.95/8.95

romaine lettuce, Parmesan cheese & croutons

House 4.95/8.95

mixed greens, tomato, cucumber, cheddar cheese, carrots & red onion

Add to any salad:

Grilled Gulf Shrimp (6) 7.25

Tuna, Salmon 8.75

Cold Chopped Chicken or Fried Tenders (3oz) 3.75

Grilled Chicken Breast (6oz) 4.95

Salad Dressings: Balsamic, Raspberry Vinaigrette, Pesto Vinaigrette, Lemon Vinaigrette, Ranch, Bleu Cheese Also Available: Caesar, Pepper Jelly, Italian, Remoulade & Honey Mustard

Burgers and Sandwiches

Grilled Chicken 10.95

breast of chicken on a toasted bun

Angus Burger 10.95

8 oz. grilled beef sirloin on a toasted bun

Turkey Burger 10.95

Grilled turkey burger on a toasted bun

Black Bean and Quinoa Burger 10.95

Cooked Black Beans, Quinoa, Oatmeal, Seasonings.

Served on a toasted bun 8.95

Traditional BLT

Lettuce, sliced tomato, applewood smoked bacon and mayonnaise served on white or wheatberry toast

Turkey Club 11.25

Oven-roasted turkey breast, bacon, Swiss and cheddar, lettuce, tomato and mayo served on two pieces of white or wheatberry toast

Tuna Salad 8.95

Albacore tuna, boiled egg, onion, pickle relish & mayo on toasted wheat berry bread

Rosemary Chicken Salad 9.95

Served on a croissant, dressed with lettuce & tomato



The Perfect Plate

Create a healthy & satisfying meal with your choice of protein and 2 sides

Tuna, salmon, grilled shrimp (6) (all approved) \$15.95

Grilled chicken (approved), **turkey burger, angus burger or black bean patty** \$13.95

Perfect Plate sides: broccoli, asparagus, green beans, black beans, brown rice, quinoa, side salad, fruit cup (all approved)

Panini & Wraps

All Panini and Wraps served with one side.

Turkey and Swiss Panini or Wrap 9.95

Oven-roasted turkey breast, baby spinach, Swiss cheese, tomato and honey mustard dressing

Vegetarian Panini or Wrap 9.95

Havarti or Swiss cheese, spinach, tomato, mushroom, onion, roasted red peppers, pesto

Chicken Caesar Wrap 9.95

Grilled chicken tenderloin, romaine lettuce, Parmesan cheese and Caesar dressing

Muffaletta Panini 11.95

Deli ham, Genoa salami, Swiss cheese & Italian olive salad pressed on pita

Ham & Cheese Panini 8.95

Ham, Cheddar, mayo, tomato

Sides

French Fries, Sweet Potato Fries, Potato Salad, Pasta Salad, Quinoa, Green Beans, Black Beans
Incl. with sandwiches, paninis & wraps (\$2.75 a la carte)

Broccoli, Fresh Fruit, Asparagus + \$1.50 with sandwiches, paninis & wraps (\$3.50 a la carte)

Soup of the day (+ \$3.50 w/ sandwiches, paninis & wraps)

Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + download the Eat Fit app for nutrition facts.

All sandwiches served dressed with lettuce, tomato, red onion & mayo unless otherwise specified. Choice of one side.

Choice of Bread – white, wheatberry, whole wheat bun, pita, croissant