

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
Choice of honey mustard, barbeque or ranch dipping sauce	
Jr. Burger	5.95
	4.25
Classic Grilled Cheese	4.95
Mini Corn Dogs	4.95
Mini Pizza (cheese or pepperoni)	4.25
Mac & Cheese	4.95
Kid's Cheese Quesadilla	
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) :

MEAT - Bacon, Turkey Bacon, Deli Turkey or Ham, Pork or Turkey Sausage
CHEESE - American, Cheddar, Swiss, Pepper Jack, Mozzarella, Feta or Blue Cheese Crumbles

VEGETABLES - Onion, Bell Pepper, Mushroom, Tomato, Spinach, Jalapeno

Substitute Egg Whites (0.95)

A la Carte & Continental Breakfast

Smoked bacon 2.95

Turkey bacon 2.25

Turkey sausage 2.25

Pork Sausage 3.25

Toast 1.75

(white or wheatberry)

English muffin 1.25

Wheat bagel 2.95

(cream cheese or peanut butter)

Croissant 2.95

Add an egg 0.95

(to any meal above)

Two eggs (any style) 2.25

Hard boiled egg 0.95/ea

Fruit Cup 3.25

Yogurt Parfait 3.95



Lunch & Dinner

Starters

Hummus 9.25

served with grilled pita & cucumber

Southwest Chicken Quesadilla 8.95

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

Seared Tuna 8.95

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

Soups & Salads

Soup du Jour Seasonal 7.95/11.95

Chicken-Avocado poached chicken, avocado, apples, & roasted pecans on mixed greens 8.95/13.95

Classic Cobb grilled chicken, bacon, avocado, egg, tomato, bleu cheese, & red onion on romaine 6.95/10.95

Spinach strawberries, apple, roasted pecans & bleu cheese crumble 6.95/10.95

Greek romaine lettuce, red onion, cucumber, kalamata olives, tomato, & feta cheese 4.95/8.95

Caesar romaine lettuce, Parmesan cheese & croutons 4.95/8.95

House mixed greens, tomato, cucumber, cheddar cheese, carrots & red onion 7.25/3

Add to any salad: Grilled Gulf Shrimp (6) / Substitute any Seafood 8.75

Tuna, Salmon 3.75/4.95

Cold Chopped Chicken or Fried Tenders (3oz) Grilled 4.95

Chicken Breast (6oz)

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

Traditional BLT 8.95
Lettuce, sliced tomato, applewood smoked bacon and mayonnaise served on white or wheatberry toast

Classic Club 11.25
Oven-roasted turkey breast, ham, 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



The Perfect Plate

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

Tuna, salmon, grilled shrimp (7) (all approved) \$15.95

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

Perfect Plate sides: broccoli, 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, spinach, Swiss cheese, tomato and honey mustard dressing

Vegetarian Panini or Wrap 9.95

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

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

Broccoli (\$1), Fresh Fruit (\$1.95), Quinoa (\$1) upcharge with sandwiches, paninis & wraps

Soup of the day (seasonal)

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, wheat, whole wheat bun, pita, croissant