

# LECOM Medical Fitness & Wellness Center

Breakfast will be served from 7:00 AM till 11:00 AM Mon-Fri. and 9:00 AM til 11:00 AM on Sat.

## Breakfast Menu

- **LECOM Oatmeal Bar** - Build your own bowl of oatmeal: Fresh whole oats, cinnamon, raisins, cranberries, ..... \$3.75  
banana, apples, blueberries, Splenda- brown sugar mix, and sugar in the raw.

## Breakfast Sandwiches

- **Fresh Biscuit Sandwich** - Your choice of turkey bacon, or turkey sausage, on top of a fresh baked light ..... \$3.25  
biscuit, with egg beaters, and low fat cheddar cheese.
- **English Muffin Sandwich** - Fresh toasted whole wheat English muffin with egg beaters, your choice of ..... \$3.25  
turkey sausage, or turkey bacon, topped with low fat cheddar cheese.
- **Fresh Bagel Sandwich** - Fresh Toasted 8 grain bagel topped with your choice of turkey bacon or turkey ..... \$3.25  
sausage, egg beaters and low fat cheddar cheese.

## Breakfast Wraps

- **Western Wrap** - Fresh Egg Beaters with low fat cheddar cheese, red peppers, onions, and diced all natural .... \$3.75  
ham. Served on a whole wheat wrap.
- **Turkey Cheese Tomato Wrap** - Fresh Egg beaters, with fat free turkey, low fat cheddar, and Roma ..... \$3.75  
tomatoes. Served on a tomato basil wrap.

## Breakfast Pizza

- **Granola Pizza** - Fresh whole wheat crust drizzled with promise, a sprinkle of splenda and topped with granola .. \$3.95  
and dried cranberries

## Grab-and-Go

- **Fresh Fruit Cup** ..... \$2.00
- **Hard Boiled Eggs (2)** ..... \$1.10
- **Yogurt Parfait** - Low fat vanilla yogurt with fresh fruit and granola to stir in. .... \$3.45
- **Fresh Baked Muffins** - Fresh variety daily, check with Chef Gary. .... \$1.00
- **Home Made Granola Bars** - A naturally sweetened granola with dried cranberry, raisins, and chocolate ..... \$1.00  
chips.
- **Biscotti Mini** - World famous Biscotti Brothers biscotti, in mini form. Chocolate Walnut and Vanilla Almond ..... \$1.35
- **Biscotti Large** - World famous Biscotti Brothers in a traditional size. Traditional almond, and blueberry ..... \$1.50  
cranberry. A perfect Accompaniment to our Coffee Cultures Coffee's

## Coffee

The LECOM Fitness and Wellness Center proudly pours Coffee Culture's brand coffee.

**House Blend** - Smooth and Rich

**Fair Trade Organic** - An all organic international roast

**Dark Roast** - For those who like a bold cup of coffee

**Coffee Cultures Decaf** - All the Flavor of the house blend without the caffeine.

- **Large** ..... \$2.25
- **Medium** ..... \$1.75
- **Small** ..... \$1.35



- **Consumer warning, consuming raw or undercooked eggs, egg products, meat, poultry or seafood may result in food borne illness.**