



RUI FIT MENU IDEAS



Individual Hummus and Veggie Tray: V, GF

Includes our house made hummus with cucumbers, carrots, radishes, and celery

Caprese Skewers VG, GF

Includes fresh mozzarella cheese, basil, and tomato drizzled with a balsamic glaze.

Smoked Salmon Cucumber Bites GF

Cucumber with dill sour cream and smoked salmon

Individual Fruit & Cheese Platter VG

Grapes, berries, pineapple, honeydew served with pepper jack, gouda, and cheddar cubes.

Super greens and fruit salad V

Tossed Baby spinach and arugula with grapes, blueberries, roasted walnuts, and your choice of protein. (Chicken, Shrimp or Grilled Vegetables)

Quinoa Salad V

Quinoa, fresh cherry tomatoes, red onion, fresh spinach, avocado, cilantro, and dressing. (Protein of your choice and feta cheese added upon request)

Deluxe Burger

Grass fed and finished beef burger with lettuce, tomato, onion, pickle on a whole grain bun.

Wild Caught Salmon Burger

Salmon, creamy lemon dill sauce, and arugula on a whole grain bun

Gluten Free Avocado Toast V

Seasoned Avocado, tomato, basil, and balsamic vinaigrette on gluten free bread or your choice of bread

Taco Lettuce wrap GF

Organic grass fed and finished ground beef loaded with tomato, cilantro, shredded cheese served over a Romaine lettuce boat.

Chicken Salad Lettuce Wrap GF

House made chicken salad with organic reduced fat mayonnaise served over a Romaine lettuce boat.

Tuna Lettuce Wrap GF

House made tuna salad with organic reduced fat mayonnaise served over a Romaine lettuce boat.

BLT Lettuce wrap GF

A bacon, tomato, avocado blend served over a Romaine lettuce boat.

Vegetable Panini on sourdough VG

Yellow squash, zucchini, roasted cauliflower, red pepper, sliced mushrooms, and sharp cheddar cheese.

Roasted Cauliflower Crust Pizza V

Roasted Cauliflower, kalamata olives, lettuce, tomato, and hummus

Beyond Sausage & Peppers VG GF

Vegetarian sausage with onions & peppers. Can be served by itself or in a wrap.

Dessert Ideas

Fruit Crumble VG

Oatmeal and fruit of the week crumble, sweetened with all-natural honey.

Sugar Free Cake VG

House baked Sugar free cake of the week.

No Sugar added ice Cream VG

House baked Sugar free cake of the week.

BISTRO BEVERAGES

Signature Cocktails - 6

RAY TATE'S MANHATTAN

Maker's Mark,
sweet vermouth,
aromatic bitters

BIG LICK BLOODY MARY

Tito's Vodka,
signature tomato juice
Old Bay rim

MILL MOUNTAIN MOSCOW MULE

Tito's Vodka,
ginger beer,
lime juice

MARKET SQUARE MARTINI

Tanqueray Gin,
or Tito's Vodka,
Dry Vermouth,
spanish olive brine

CLASSIC MARGARITA

tequila, triple sec,
Grand Marnier,
served on the rocks

ODGEN ROAD OLD FASHIONED

Makers Mark,
simple syrup,
orange bitters

Wine by the Glass - 5

PINOT GRIGIO Estrella Vineyards

MERLOT Oak Vineyards

CHARDONAY Oak Vineyards

CABERNET SAUVIGNON Oak Vineyards

SAUVIGNON BLANC La Playa Vineyards

PINOT NOIR Oak Vineyards

Beer Selection - 4

GOLD LAGER Beale's Brewery

CORONA MILLER LITE NEGRA MODELO

MIRROR POND IPA Deschutes Brewers



SMOOTHIE MENU

All Smoothies - \$5

RUI FIT Signature Smoothie

Acai Blend, Spinach, Banana,
Blueberries and Almond Milk

RUI Tropical Bliss

Strawberry, Banana, Pineapple
& Coconut Water

Mango-Lucious

Mango, Strawberry, Orange Juice,
Coconut Water and Agave

Green Smoothie

Spinach, Kale, Pineapple
Mint, Coconut Water

Piña Colada

Pineapple, Banana, Coconut Milk,
Almond Milk and Coconut Water



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