



STARTERS

NEW ENGLAND CLAM CHOWDER
BEEF CHILI WITH JACK CHEESE & RED ONION
5 CUP/ 7 BOWL

WINGS 10
CHOICE OF BREADED OR UNBREADED
BUFFALO, THAI CHILI, CAROLINA GOLD BBQ, MEMPHIS BBQ, GARLIC BUTTER, HOUSE SAUCE, JERK

CRISPY MOZZARELLA STICKS 8
BASIL PESTO & MARINARA

TEXAS NACHOS 10
CHOICE OF SMOKED PORK, SMOKED CHICKEN OR CHILI
TWO CHEESES, JALAPEÑOS, AVOCADO, TOMATOES, SCALLIONS, SALSA & SOUR CREAM

CRISPY SHRIMP 10
WASABI SOY & SWEET THAI DIPPING SAUCES

WARM SPICY SRIRACHA CHICKEN & CHEESE DIP 10
WITH GRILLED PITA CHIPS

TronFIT ROASTED GARLIC HUMMUS 8 445 CAL.
WITH GRILLED PITA CHIPS

TronFIT STEAMED EDAMAME SOY BEANS 8 285 CAL.
SEASONED WITH SEA SALT

SALADS

GRILLED STEAK*, CRISPY CHICKEN OR GRILLED CHICKEN COBB SALAD 13
BABY LETTUCE, CHOPPED BACON, BLEU CHEESE, GRAPE TOMATOES,
HARD BOILED EGGS, AVOCADO, BALSAMIC VINAIGRETTE

CLASSIC CAESAR 9/5
CRISP ROMAINE LETTUCE, HOUSE MADE DRESSING,
AGED PARMESAN, ROASTED GARLIC CROUTONS
ADD GRILLED CHICKEN 3

TronFIT PURE POWER SALMON SALAD 14 460 CAL.
ANCIENT GRAINS, BABY GREENS, ROASTED BEETS, TOMATOES, CARROTS
CITRUS VINAIGRETTE

TronFIT ARTISANAL GREENS 9/5 220 CAL.
TOMATOES, RED ONIONS, CARROTS, ROASTED GARLIC CROUTONS,
BALSAMIC DRESSING
ADD GRILLED CHICKEN 3

TronFIT **Symbol for indicating healthier option**

* These menu items cooked to order. Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

SANDWICHES

PULLED PORK PRETZEL SANDWICH 10

SMOKED PORK, MEMPHIS BBQ OR CAROLINA GOLD MUSTARD BASED BBQ SAUCE, COLE SLAW ON A PRETZEL BUN WITH FRIES

LOBSTER GRILLED CHEESE 16

THICK SLICED BRIOCHE, MAINE LOBSTER MEAT, CHEDDAR & GARLIC MASCARPONE CHEESES WITH FRIES

SHAVED PRIME RIB PHILLY 13

ON CRUSTY BREAD, SAUTEED ONIONS, PEPPERS AND AMERICAN CHEESE WITH FRIES
OR FRENCH DIP WITH ROSEMARY AU JUS

B.L.T. 8

CHOICE OF WHITE, WHEAT, RYE OR A WRAP
SMOKED BACON, ROMAINE, TOMATOES, HERBED MAYONNAISE WITH POTATO CHIPS

PROPER REUBEN 10

RYE BREAD, CORNED BEEF BRISKET, SAUERKRAUT, SWISS CHEESE, RUSSIAN DRESSING WITH POTATO CHIPS

SOUTHWEST SMOKED CHICKEN & ROASTED CORN WRAP 10

MONTEREY JACK CHEESE, SPICY SAUCE, LETTUCE & TOMATO WITH POTATO CHIPS

BEER BATTERED FISH & CHIPS 12

SERVED with COLE SLAW & TARTAR SAUCE

MEMBER'S CLUB 11

CHOICE OF WHITE, WHEAT, RYE OR A WRAP
SHAVED TURKEY BREAST, SWISS CHEESE, BACON, ROMAINE, TOMATO AND HERBED MAYONNAISE WITH FRIES

TronFIT

CLASSIC TUNA MELT ON WHEAT 9 575 CAL.
WITH VEGETABLE CHIPS

CHICKEN PARMESAN SANDWICH 10

PROVOLONE, MARINARA ON A TOASTED SOFT ROLL WITH FRIES

SUBSTITUTIONS 2

TronFIT

FRENCH FRIES OR SWEET POTATO FRIES
GREEN SALAD, FRESH FRUIT, VEGETABLE CHIPS

ANGUS HALF POUND BURGER 12*

SERVED ON A TOASTED KNOT ROLL WITH FRIES

Choose your own toppers

INCLUDES TWO : EXTRAS .50 EACH - BACON 1.00

AMERICAN CHEESE
CHEDDAR
SWISS
PROVOLONE
GORGONZOLA

LETTUCE & TOMATO
RED ONION
SAUTÉED MUSHROOMS
AVOCADO
SAUTÉED ONIONS & PEPPERS

MAYONNAISE
HERB MAYONNAISE
JERK MAYONNAISE
MEMPHIS BBQ
BASIL PESTO

TronFIT

Make it a Grilled Chicken Breast on a Roll 10 290 CAL.

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