



William G. Rohrer Center for Health Fitness
2309 Evesham Road, Voorhees, NJ 08043
Phone: 856.325.5335 | Fax: 856.325.5363
www.fitness.virtua.org

SANDWICHES

Sandwiches served on a choice of multi-grain, white, or marble rye bread.

Oven roasted Turkey Breast \$5⁹⁵ Ham \$4⁹⁵ BLT \$4⁹⁵
White Tuna Fish Salad (low-fat) \$5⁹⁵
Oven roasted Chicken Breast \$4⁹⁵

Half Sandwich Specials

Half Sandwich \$3⁵⁰ w/Garden Salad \$4⁷⁵ w/Soup \$5⁷⁵

BURGERS

Buffalo Burger \$6⁹⁵

Ground lean bison burger served on a wheat roll with lettuce, & tomato and choice of cheese.

Crispy Chicken Burger \$5⁹⁵

Chicken breast breaded in Japanese style breadcrumbs, served on a wheat roll with honey mustard, lettuce, & tomato.

Chicken Quesadilla \$5⁹⁵

Chicken breast, diced peppers & onions, cheddar & Monterey Jack cheese, grilled in a wheat tortilla. Accompanied by tomato salsa & low fat sour cream.

WRAPS

Chicken Caesar 566 cal/19.4g fat/3.2g fiber \$5⁹⁵

Chicken breast, romaine, Parmesan cheese, & fat-free Caesar dressing in a whole-wheat wrap.

Chicken Florentine 590 cal/12.9g fat/11.3g fiber \$5⁹⁵

Chicken breast, baby spinach, roasted peppers, Parmesan cheese, & honey mustard dressing in a whole-wheat wrap.

Buffalo Chicken 607cal/12.9g fat/5.7g fiber \$5⁹⁵

Chicken breast simmered in hot sauce, low fat Blue cheese dressing, lettuce & tomato in a whole-wheat wrap.

Vegetarian Hummus 423cal/10g fat/12g fiber \$5⁹⁵

House prepared hummus served in a wheat wrap with roasted peppers, carrots, cucumbers, tomatoes & spinach, and Balsamic vinaigrette in a whole-wheat wrap.

SALADS

Garden 143 cal/7.7g fat/3.6g fiber \$4⁷⁵

Mixed greens, grape tomatoes, cucumbers, red onion, hard-boiled egg, and cheese. Served with your choice of dressing.

Chicken Caesar 200 cal/4.6g fat/3.2g fiber \$5²⁵

Chicken, chopped romaine, Parmesan cheese, & croutons and a fat-free Caesar dressing.

Chicken & Walnut 308 cal/8.5g fat/4.5g fiber \$6⁷⁵

Mixed greens topped with chicken breast, grapes, walnuts, blue cheese crumbles, and sliced apples dressed with Apple-Thyme vinaigrette.

Crispy Chicken Salad \$6²⁵

Crispy chicken breast served on a bed of romaine with grape tomatoes, crumbled bacon, red onion, cucumbers, croutons, and Honey mustard dressing.

Buffalo Chicken 324 cal/9.3g fat/3.9g fat \$6⁷⁵

Chicken breast simmered in hot sauce and served on a bed of romaine lettuce with grape tomatoes, carrots, and red onion with a low fat Blue cheese dressing.