



TRY SOME OF OUR SUGAR FREE, LOW CALORIE & LOW CARBOHYDRATE ITEMS

FOLLOW OUR PROGRAM UPDATES
AND DAILY SPECIALS ON
WWW.FACEBOOK.COM/GIZZIS

Breakfast Menu

Breakfast Sandwiches

Choice of bagel, white or whole wheat bread.

Cheese Toast

Egg & Cheese

B.L.T.

Turkey, Egg & Cheese

Bacon, Egg & Cheese

Ham, Egg & Cheese

Sausage, Egg & Cheese

Grilled Cheese

Peanut Butter & Jelly

Assorted Breakfast Pastries/Desserts

Croissants, Muffins, Danish, Biscotties

Organic Crunch Bar, Vegan Cookie,

Carrot Cake, Cheese Cake (variety)

Organic Muffin, Scone, Chocolate Cigars

omelet Station is
coming soon!

Lunch Menu

Salads

Dressings: Balsamic Vinaigrette, Honey Mustard, Creamy Italian, Caesar

Harvest

Iceberg Lettuce, Spinach, Cucumber, Tomatoes Celery, Olives, Apple slices, Onion, Dried Cranberries, Walnuts
\$ 5.99

Garden

Iceberg Lettuce, Tomatoes, Cucumber, Red & Green Peppers, Radishes, Onion, American Cheese
\$ 4.99

Caesar

Romaine Lettuce, Parmesan Cheese, Croutons
\$ 3.99

Add Grilled Chicken or Tuna

Panini

Served on Italian Ciabatta Bread, with choice of Lettuce, Tomato, Mustard & Mayo

Ham & Cheese

Turkey & Swiss Cheese

Roast Beef & Swiss Cheese

Grilled Cheese

TO VIEW OUR COMPLETE MENU AND
GET PRINTABLE COUPONS PLEASE VISIT
OUR WEBSITE WWW.GIZZISDELRAY.COM

SPECIAL OFFER FOR

LEVEL
FITNESS & CONDITIONING

GYM MEMBERS ONLY

Buy any item from our menu and receive
a second item of equal or lesser value
for FREE.

This offer includes our low carb, sugar free
and low calorie drinks.

Vegan items are not included. Gym ID is required.

Purchase any coffee drink before
8AM and receive a free refill
between 3PM and 6PM on that same day.

This offer is valid every day. No coupon necessary.

Purchase a salad and get
free cup of coffee

Limited time offer.