



JAY J GARCIA MD
WEIGHT MANAGEMENT & WELLNESS CENTERS
• **LUNCH & DINNER MENU** •

The Lodge is happy to be partnering with Dr. Jay J Garcia's Weight Loss & Wellness Centers to offer you Dr. Garcia's healthy selections from our menu.

Dr. Jay Garcia has offices in Brandon, North Tampa, Sarasota, Wesley Chapel, and South Tampa. The Dr. Garcia program focuses on reduction of weight and lower chances of chronic disease. Dr. Garcia insures this method by using the glycemic index to evaluate the food. For more information on his weight management and wellness program please call his office at (813) 871-6465 or visit him on the web at GarciaWeightLoss.com. We at The Lodge hope you enjoy your way to a healthier lifestyle.

LODGE APPS

Grilled Citrus Chicken Skewers.....	\$6.00
WITH SPICY PICKLED ONION DIPPING SAUCE	
Seared Rare Tuna Slices.....	\$8.00
ON A SWEET AND SPICY CUCUMBER SALAD WITH SRIRACHA AIOLI	
Edamame.....	\$5.00

LODGE ALMOST FAMOUS BUNLESS SLIDERS

Asian pulled pork.....	\$3.50
SERVED WITH AVOCADO	
Grilled Split Dog.....	\$3.50
WITH SPICY PICKLED ONIONS	
Grilled Tuna.....	\$4.00
WITH PICKLED CUCUMBERS AND GRILLED ONIONS	
Citrus Lime Chicken.....	\$3.50
WITH TOMATO	
Grilled NY Strip.....	\$4.50
WITH CARAMELIZED ONIONS	
Philly Cheesesteak.....	\$4.00
WITH GRILLED ONIONS, AND PEPPERS	

LODGE CRISP SALADS

All Chopped Up.....	\$5.50
MIXED GREENS, ROMAINE, TOMATOES, CHEDDAR CHEESE, BASIL, RED ONIONS, DICED CUCUMBER, AND DICED JICAMA, TOSSED IN A CITRUS VINAIGRETTE	
Super Chop.....	\$6.25
ROMAINE, TOMATOES, SALAMI, RED ONIONS, PROVOLONE CHEESE, AND WHITE BALSAMIC-MUSTARD VINAIGRETTE	
Strawberry Salad.....	\$5.50
CRISPY ROMAINE, STRAWBERRIES, RED ONIONS, AND CUCUMBERS, TOSSED WITH A STRAWBERRY VINAIGRETTE TOPPED WITH CRUMBLLED BLUE CHEESE	
House Salad.....	\$5.50
MIXED GREENS AND TOMATOES. SERVED WITH YOUR CHOICE OF CITRUS VINAIGRETTE, WHITE BALSAMIC MUSTARD VINAIGRETTE, AVOCADO RANCH, HERB GREEK VINAIGRETTE, OR BLUE CHEESE	
<ul style="list-style-type: none"> • Add Grilled Chicken, pulled pork, or a Turkey or Sirloin Burger for \$4.00 • Add Steak or Grilled Tuna for \$6.00 	

LODGE FLAME GRILLED BUNLESS BURGERS

Single Stacked Sirloin or Turkey Burger.....	\$8.00
JUICY BURGER, CARAMELIZED ONIONS, AND PROVOLONE CHEESE (NO BUN)	
Lodge's Single Stacked Philly Melt.....	\$8.50
CAN'T BE DESCRIBED... JUST ORDER IT! (NO BUN)	

LODGE EGGS ANY TIME

SERVED WITH FRIES OR TATTERS

Make Your Own Open Faced Omelet - Three Items.....	\$8.00
• SPINACH • RICOTTA • SWISS • HAM • CHEDDAR • TOMATO • BACON • MOZZARELLA • AMERICAN • CHICKEN	
• Add more items for \$.75 each • Add Steak for \$2.00	
Three Eggs Any Style.....	\$7.00
WITH YOUR CHOICE OF HAM OR BACON	
Steak and Three Eggs Any Style.....	\$12.00
Lodge Parmesan Baked Eggs.....	\$8.00
3 EGGS, TOMATO, AND PARMESAN CHEESE	
Lodge Baked Eggs N Spinach.....	\$8.00
3 EGGS, SPINACH, TOMATO, AND BACON BITS	
• Add Bacon or Ham to any Eggs for \$1.00 • Make it only Egg Whites for \$2.00	

LODGE STYLE TV DINNER

SERVED WITH THE VEGGIE OF THE NIGHT AND FRESH FRUIT

CHOOSE ONE ENTRÉE:

Any 2 Sliders.....	\$15.00
Grilled NY Strip.....	\$15.00
Pop's Citrus Grilled Chicken Breast.....	\$11.00
Grilled Yellowfin Tuna Steak with Wasabi Aioli.....	\$14.00
Any Make Your Own Omelette.....	\$11.00

CHOOSE THREE SIDES OR TREATS:

Veggie of the Night

Small Side Salad with Citrus Vinaigrette

Sweet N Spicy Cucumber Salad

Fresh Fruit