



FLEETWOOD DINER HEALTHY MENU*

2211 S. Cedar St. • Lansing, MI 48910 • (517) 267-7606

BREAKFAST

Oatmeal **\$5.29**

A cup of our hot and delicious oatmeal served with raisins, brown sugar and milk.

Egg White Omelet **\$8.29**

Made with 4 extra-large eggs (whites only!). Choice of three veggies and cheese. Served with choice of toast. Veggies: mushroom, broccoli, onion, green pepper, spinach, tomato.

SALADS

Tossed Salad **\$4.99**

Tomato, green pepper, onion and pepperoncini on a bed of romaine lettuce. Served with pita bread.

Caesar Salad **Small \$5.49, Large \$8.49**
Add chicken ... \$2.99

Romaine lettuce tossed with homemade low-fat, low-calorie Caesar dressing. Topped with croutons and Parmesan cheese. Served with pita bread.

Grilled Chicken Salad **Small \$7.49, Large \$9.49**

Sliced grilled chicken breast on a bed of romaine lettuce with tomato, green pepper, onion and pepperoncini. Served with pita bread.

*Fleetwood Diner is part of the Choosing Health!® Restaurant Initiative.
These organizations have contributed to the development of this menu:*





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LUNCH/DINNER

Tempeh Burger **\$5.79**

Garden burger made from soybeans. Served with lettuce, tomato, pickle, grilled onions and our homemade dressing on a kaiser bun.

Grilled Veggie Pita..... **\$5.49**

Grilled onion and green pepper served on a grilled pita with lettuce, tomato and pickle. Topped with feta cheese.

Add tempeh ... \$1.99

Grilled Chicken Pita **\$6.49**

Grilled chicken breast on a grilled pita with American cheese, lettuce, tomato and our homemade dressing.

SIDES

Tossed Salad

Caesar Salad

Cottage Cheese

Long Grain Wild Rice

Vegetable of the Day

*Based on the National Restaurant Association nutrition guidelines.

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