



# FAIRWINDS REDMOND

## Hours of Service

Breakfast: 7:30 - 9:00

Lunch: 11:00 - 1:00

Dinner: 4:00 - 6:30

### BREAKFAST

only served during breakfast hours

#### **COMPLETE BREAKFAST - \$7**

2 eggs, hashbrowns, toast  
choice of bacon or sausage

#### **OATMEAL - \$3**

brown sugar, raisins  
walnuts + milk

#### **OMELET YOUR WAY - \$7**

choose 3: cheddar, spinach, ham, onion  
peppers, bacon, mushroom, or sausage

#### **AVOCADO TOAST - \$6**

sourdough, tomato  
parmesan + sunny-side egg

#### **BERRY PARFAIT - \$6**

honey greek yogurt, granola  
strawberries or blueberries

#### **LEMON BLUEBERRY BUTTERMILK PANCAKES - \$7**

choice of bacon or sausage

### PrimeFit Wellness Special

#### **SEARED TUNA POKE BOWL - \$14**

brown rice, avocado, carrot, edamame, cucumber + sweet sesame mayo

### SIDE SALADS

#### **STRAWBERRY CUCUMBER SALAD - \$2**

mixed greens, sunflower seeds  
queso fresco + balsamic vinaigrette

#### **CAESAR SALAD - \$2**

romaine, shaved parmesan, croutons  
lemon + roasted citrus caesar

### ENTRÉE SALADS

#### **SHRIMP CLUB SALAD - \$11**

romaine, carrot, cheddar, bacon, avocado  
grape tomato, cucumber + dill blue cheese

#### **PEACH PROSCIUTTO SALAD - \$11**

mixed greens, candied walnuts, mint  
mozzarella + champagne vinaigrette

### SOUPS

#### **VEGETABLE BARLEY SOUP - \$2**

#### **SOUP OF THE DAY - \$2**

ask your server about today's selection

### ENTRÉES

#### **RED SKY BURGER**

#### **\*BEEF, CHICKEN, OR VEGGIE PATTY - \$12**

brioche bun, bacon, tomato, caramelized onion  
cheddar, lettuce, sweet pickle + dijon aioli

#### **TENDERLOIN OF BEEF - \$16**

rosemary garlic butter  
baked potato + cauliflower

#### **LEMON DILL SALMON - \$14**

tartar, baked potato + cauliflower

#### **CHICKEN BACON RANCH WRAP - \$12**

leaf lettuce, tomato, cheddar + fries

#### **SPAGHETTI POMODORO - \$10**

shaved parmesan + sautéed spinach

### DESSERT OF THE DAY - \$2

ask your server about today's selection

### SIDES - \$2

CAULIFLOWER

SAUTÉED  
SPINACH

FRIES

BAKED  
POTATO

BROWN RICE

\* The health department advises that consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Menu items may contain nuts and other allergens. Please let us know if you are allergic to any food items