



CROSSFIT FLORIAN

the O.C.C. at 171 Nahatan  
Olde Colonial Cafe

## CrossFit Florian/OCC Grab n' Go Menu

### Number 1:

House Salad \$6

with Grilled Chicken \$8

with Steak Tips \$8

Grilled Chicken/Steak Tip Combo \$10

### Number 2:

House Salad with Roasted Veggies \$7

with Grilled Chicken \$9

with Steak Tips \$9

Grilled Chicken/Steak Tip Combo \$11

### Number 3:

Hamburger Chili Bowl w/ Roasted Veggies (spicy optional) \$8

### Number 4:

Sausage and Chicken or Steak Tips w/ Peppers and Onions \$10

Please text 781-799-8442 between 3:30 and 9:30pm the night before

Include order, name, and class time

All orders will be placed in fridge for pickup after your class