

DRINKS

COLD DRINKS

FOUNTAIN SODAS 1.25	RIPPED FORCE/TURBO TEA 3.00
POWERADE 1.50	MUSCLE MILK 3.50
GATORADE 2.00	VITAMIN WATER 2.25
NAKED JUICE 3.20	SMOOTHIES 4.50
FUZE 3.25	Strawberry-Banana, Berry Blast, and Mango Tango

HOT DRINKS

COFFEE 1.50	WHEY PROTEIN 1.00
CAPPUCINO 3.75	SOY PROTEIN .50
ESPRESSO 2.75	CHROMIUM .50
HOT TEA 2.75	PICOLINATE (FAT BURNER) .50
LATTE 3.75	IMMUNE BLEND .50
	WHEAT GRASS POWDER .50

BOOSTS

BEER & WINE

DRAUGHT	BOTTLE
DOMESTIC 2.50 Miller Lite	DOMESTIC 2.50 Bud Lt., Michelob Ultra, Miller Lite
PREMIUM 3.50 Sweetwater 420	PREMIUM 3.50 Pacifico, Heineken, Corona Lt.

WINE BY THE GLASS 4.50

WHITE

Kendall Jackson Chardonnay
Campinelle Pinot Grigio
Calliterra Sauvignon Blanc

RED

Arboleda Cabernet Sauvignon
Matua Valley Pinot Noir
Errazuiz Merlot



MIDTOWN

ATHLETIC CLUB
AT WINDY HILL®

135 Interstate North Parkway NW
Atlanta, GA 30339
770.953.1100
midtown.com/windyhill

SANDWICHES

All sandwiches served with choice of french fries, sweet potato fries, house or Caesar salad.

	FULL BITE
M CAFÉ CLUB Oven Roasted turkey piled high on multi-grain bread with crisp bacon, vine ripe tomatoes, sliced cheddar, lettuce, avocado mash, and mayo.	8.95 6.25
CHICKEN SALAD BAGUETTE Our homemade chicken salad piled high on fresh baguette with alfalfa sprouts and crispy shoe string potatoes.	8.95 6.50
BUFFALO CHICKEN WRAP Crispy chicken tenders tossed in our zesty Buffalo sauce topped with pico de gallo, lettuce and bleu cheese dressing in a whole wheat wrap.	7.95 5.95
GAUCHO CHICKEN WRAP Grilled garlic-oregano marinated chicken served on a whole wheat wrap with mixed greens, ripe tomatoes, avocado mash, mayo and crumbled cotija.	8.95 6.25
DELI ROAST BEEF Tender roast beef served on multi-grain bread with lettuce, vine ripe tomatoes, red onions, spicy brown mustard, mayo and sliced cheddar cheese.	8.95 6.95
FRENCH DIP Classic roast beef sandwich served on a hoagie with caramelized onions and melted swiss cheese and a cup of au jus for dipping.	8.95 6.95
FRENCH PRESS Smoked ham and swiss cheese with vine ripe tomatoes, dijon mustard and mayo grilled on a hoagie roll.	7.45 5.25
ULTIMATE VEGGIE WRAP Avocado mash, cream chese and a ton of fresh veggies.	6.50
CHICKEN CAESAR WRAP Our version of the classic salad neatly packaged in a whole wheat wrap.	9.50 7.25

SALADS

	FULL BITE
M CAFÉ GARDEN SALAD Fresh mixed greens with grape tomatoes, red onions, julienne carrots, sliced cucumber, alfalfa sprouts toasted walnuts and crumbled cotija. Served with our house vinaigrette. AVAILABLE WITH GRILLED CHICKEN OR SLICED TURKEY	5.95 7.95
CLASSIC CAESAR SALAD A blend of crisp romaine and radicchio tossed in creamy Caesar dressing with multi-grain croutons, red onions, grape tomatoes and shredded asiago. AVAILABLE WITH GRILLED CHICKEN	7.50 5.25 9.50 7.25
BRAZILLIAN CHICKEN SALAD Hand-shredded chicken accompanied by julienne carrots, red onions, peas, green beans and fresh cilantro in a tangy lime dressing on a bed of mixed greens.	8.95 5.95
ASIAN GRILLED CHICKEN SALAD Teriyaki glazed grilled chicken served over mixed greens with red and green onion, julienne carrots, mandarin oranges, thinly sliced bell pepper, crispy won-tons and a sesame-ginger vinaigrette. AVAILABLE WITH GRILLED CHICKEN	7.50 4.25 9.50 6.25

BREAKFAST

BAGELS Plain, Cinnamon-Raisin, Everything (onion, poppy seeds, sesame seed, garlic) WITH CREAM CHEESE OR BUTTER	1.25 1.95
MUFFINS Blueberry, Banana Nut	1.75
SCONES Freshly Baked Cinnamon or Orange-Cranberry	1.60
BREAKFAST SANDWICH Scrambled eggs and cheese with your choice of ham or bacon on whole wheat.	4.95
FRUIT, ORGANIC YOGURT & GRANOLA PARFAIT	3.95
ORGANIC OATMEAL Maple & Brown Sugar	3.25
DANNON ASSORTED YOGURT Fruit on the bottom	1.75
FRESH WHOLE FRUIT	.50

BAR MENU

CHEESE QUESADILLAS Served with salsa and sour cream ADD GRILLED CHICKEN	5.95 7.95
BUFFALO WINGS Hot, Mild or Teriyaki, served with carrot and celery sticks and blue cheese dressing	5.95
CHIPS AND SALSA	3.50
BBQ CHICKEN NACHOS	6.50

KIDS MENU

All include choice of side and beverage

CHEESE PIZZA	4.50
GRILLED CHEESE	4.50
VIENNA ALL BEEF HOT DOG	4.50
TURKEY SANDWICH	4.50
CHICKEN FINGERS	4.50
MACARONI & CHEESE	4.50
SIDES Applesauce, Pudding: Vanilla or Chocolate, Chips, or French Fries	
BEVERAGES Soda, Apple Juice, Orange Juice, or Milk	

Bite = A smaller-sized portion, more than half the normal serving.

MIDTOWN

M Café uses a Premium Zero Trans Fat Vegetable Oil.