

QUICK BITES

BAKED BUFFALO CAULIFLOWER | 10

CARROTS | CELERY | NAAN BREAD | BLUE CHEESE DRESSING

CAESAR SALAD | 5

ROMAINE | CROUTONS | PARMESAN | CAESAR DRESSING

CHEESE TEQUEÑOS | 6

AVOCADO CREME

CHICKEN QUESADILLAS | 6

PICO DE GALLO | AVOCADO CREME

CHICKEN TENDERS | 7

BBQ SAUCE

FRENCH FRIES | 4

FRUIT | 2

MIXED

GARDEN PASTA SALAD | 5

TRI-COLORED PASTA | BELL PEPPERS | PARSLEY | RED ONION
TOMATOES | PECORINO/PARMESAN BLEND | ITALIAN DRESSING

ROASTED GARLIC TOMATO SOUP | 5

SWEET POTATO FRIES | 5

CAJUN-CINNAMON RUB | BBQ SAUCE



SALADS

CAESAR SALAD | 10

KALE | ROMAINE | CROUTONS | TOMATOES PARMESAN
CAESAR DRESSING

COBB SALAD | 13

ROMAINE | SPRING MIX | AVOCADO | BACON BITS | CORN
CUCUMBERS | HARD-BOILED EGGS | RED ONION | TOMATOES
GORGONZOLA | AVOCADO RANCH DRESSING

CUSTOM SALAD | 10

HARVEST SALAD | 12

SPRING MIX | CARROTS | CUCUMBERS | DRIED CRANBERRIES
GARBANZO BEANS | GREEN APPLES | SUNFLOWER SEEDS
GORGONZOLA | HONEY BALSAMIC DRESSING

SALMON SALAD | 13

SPINACH | SPRING MIX | GRILLED SALMON | DRIED CRANBERRIES
GREEN APPLES | WALNUTS | SESAME GINGER DRESSING

DRESSINGS

AVOCADO RANCH

CAESAR

HONEY BALSAMIC

ITALIAN

SESAME GINGER

PROTEINS

CHICKEN TENDERS | 4

GRILLED CHICKEN | 4

GRILLED SALMON | 7

IMPOSSIBLE BURGER | 6

SAUTÉED SHRIMP | 7

TUNA SALAD | 4

TURKEY BREAST | 4

TURKEY BURGER | 5

SANDWICHES & WRAPS

SERVED WITH SIDE: FRENCH FRIES | FRUIT | GARDEN PASTA SALAD
HOUSE SALAD | SEASONAL VEGGIES | CAESAR SALAD +2
ROASTED GARLIC TOMATO SOUP +2 | SWEET POTATO FRIES +2

CALIFORNIA CLUB | 13

APPLEWOOD BACON | TURKEY BREAST | AVOCADO | SPRING MIX | TOMATO
MOZZARELLA | WHOLE GRAIN TOAST

CHICKEN SANDWICH | 12

GRILLED CHICKEN | ICEBERG | TOMATO | MOZZARELLA | BRIOCHE BUN

MAHI-MAHI SANDWICH | 14

BLACKENED OR GRILLED MAHI-MAHI | ICEBERG | TOMATO | TARTAR SAUCE
BRIOCHE BUN

STEAK SANDWICH | 14

SKIRT STEAK | MUSHROOMS | SAUTÉED ONIONS | MOZZARELLA
BLUE CHEESE DRESSING | CIABATTA BREAD

BUFFALO CHICKEN WRAP | 11

BUFFALO CHICKEN | ROMAINE | GORGONZOLA | WHOLE WHEAT WRAP

CAESAR WRAP

ROMAINE | PARMESAN | CAESAR DRESSING | WHOLE WHEAT WRAP

VEGGIE 9 | CHICKEN 12

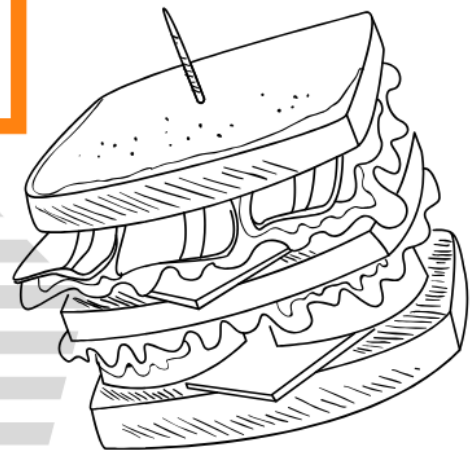
GREEK WRAP

ROMAINE | CUCUMBERS | KALAMATA OLIVES | RED ONION | ROASTED RED PEPPERS
TOMATO | TZATZIKI SAUCE | WHOLE WHEAT WRAP

VEGGIE 10 | CHICKEN 13

SALMON WRAP | 14

GRILLED SALMON | SPINACH | DRIED CRANBERRIES | GREEN APPLES
SESAME GINGER DRESSING | WHOLE WHEAT WRAP



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MIDTOWN
ATHLETIC CLUB®

BURGER BAR

SERVED WITH SIDE: FRENCH FRIES | FRUIT | GARDEN PASTA SALAD
HOUSE SALAD | SEASONAL VEGGIES | CAESAR SALAD +2
ROASTED GARLIC TOMATO SOUP +2 | SWEET POTATO FRIES +2

IMPOSSIBLE BURGER | 14

SIGNATURE BURGER | 14

TURKEY BURGER | 13

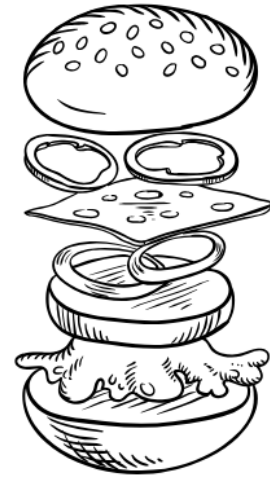
CHEESE:

AMERICAN | CHEDDAR | FETA
GORGONZOLA | MOZZARELLA | SWISS

LETTUCE | RED ONION | TOMATO

ADD-ONS:

APPLEWOOD BACON | 2
GRILLED ONION | 1
EXTRA PATTY | 5
FRIED EGG | 2
PALEO | 2
SAUTÉED MUSHROOM | 1



TACO BAR

3 TACOS | CHIPOTLE CHEESE SAUCE | 1

CHICKEN | 12

GRILLED CHICKEN | AVOCADO | LETTUCE | TOMATO
AVOCADO RANCH

FISH | 13

BLACKENED MAHI-MAHI | RED CABBAGE | GARLIC-CILANTRO SAUCE

STEAK | 14

SKIRT STEAK | FETA | PICO DE GALLO

VEGGIE | 11

BLACK BEANS | GUACAMOLE
ONIONS | ROASTED RED PEPPERS
GARLIC-CILANTRO SAUCE



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MIDTOWN
ATHLETIC CLUB®

ENTREES

BAJA QUESADILLA

BLACK BEANS | CORN | RED ONION | ROASTED RED PEPPERS
CHEDDAR | BBQ-CHIPOTLE SAUCE
PICO DE GALLO & AVOCADO CREME

VEGGIE 10 | CHICKEN 12 | STEAK 14

GARDEN QUESADILLA

SPINACH | TOMATO | MOZZARELLA
PICO DE GALLO & AVOCADO CREME

VEGGIE 9 | CHICKEN 11 | STEAK 13

CHURRASCO

CHIMICHURRI | PLANTAINS | WHITE RICE

CHICKEN 13 | STEAK 15

CUSTOM BOWL | 10

SESAME GINGER PLATE

BROWN RICE | CARAMELIZED PINEAPPLE

CHICKEN 12 | GRILLED SALMON 14

SOUTHWEST PLATE

BLACK BEANS | CORN | RED ONION | ROASTED RED PEPPERS |
WHITE RICE | CHIPOTLE CHEESE SAUCE | TORTILLA CHIPS

CHICKEN 13 | STEAK 15

PASTA A LA VODKA | 10

PARSLEY | SUNDRIED TOMATOES | VODKA SAUCE | PECORINO ROMANO

CHICKEN 13

