**QUICK BITES**

- **BAKED BUFFALO CAULIFLOWER | 10**
  - Carrots | Celery | Naan Bread | Blue Cheese Dressing

- **CAESAR SALAD | 5**
  - Romaine | Croutons | Parmesan | Caesar Dressing

- **CHEESE TEQUENOS | 6**
  - Avocado Creme

- **CHICKEN QUESADILLAS | 6**
  - Pico de Gallo | Avocado Creme

- **CHICKEN TENDERS | 7**
  - BBQ Sauce

- **FRENCH FRIES | 4**
  - Mixed

- **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

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**SANDWICHES & WRAPS**

- **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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**DRESSESNGS**

- **AVOCADO RANCH**
- **CAESAR**
- **HONEY BALSAMIC**
- **ITALIAN**
- **SESAME GINGER**

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**PROTEINS**

- **CHICKEN TENDERS | 4**
- **GRILLED CHICKEN | 4**
- **GRILLED SALMON | 7**
- **IMPOSSIBLE BURGER | 6**
- **SAUTEED SHRIMP | 7**
- **TUNA SALAD | 4**
- **TURKEY BREAST | 4**
- **TURKEY BURGER | 5**

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**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**
  - Spring Mix | Carrots | Cucumbers | Dried Cranberries | Garbanzo Beans | Green Apples | Sunflower Seeds Gorgonzola | Honey Balsamic Dressing

- **HARVEST SALAD | 12**
  - Spinach | Spring Mix | Grilled Salmon | Dried Cranberries | Green Apples | Walnuts | Sesame Ginger Dressing

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**SERVED WITH SIDE:** French Fries | Fruit | Garden Pasta Salad | House Salad | Seasonal Veggies | Caesar Salad | Roasted Garlic Tomato Soup | Sweet Potato Fries

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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
SAUTEED 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
ROASTED RED PEPPERS | GARLIC-CILANTRO SAUCE

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 | SUNDRIDED TOMATOES | VODKA SAUCE | PECORINO ROMANO
CHICKEN 13