

WILD BERRY OATMEAL MUFFIN 

**250 Calories / 4g Protein**

Steel Cut Oats / Organic Mixed Berries / Cinnamon Brown Sugar / Served with Organic Low-Fat Vanilla Yogurt/ **\$7.49**

ALBACORE TUNA PLATTER

**300 Calories / 15g Protein**

Solid White Albacore Tuna / Light Mayo / Organic Celery/ Sliced Organic Plum Tomato and Cucumber / Multigrain Toast / **\$8.49**

HOUSE PROTEIN PANCAKES 

**370 Calories / 18g Protein**

Vanilla Whey Protein / Organic Low-Fat Vanilla Yogurt / Unsweetened Almond Milk / Cage Free Whole Eggs / Ground Cinnamon / Organic Mixed Berries / Sugar-Free Syrup / **\$11.49**

MULTIGRAIN FRENCH TOAST

**780 Calories / 13g Protein**

Multigrain Bread / Cinnamon Custard / Sugar-Free Syrup / Powdered Sugar / Organic Mixed Berries or Sliced Banana / **\$10.99**

PROTEIN POWER PLATE

**750 Calories / 30g Protein**

Choice: Cage Free Whole eggs (3) or Egg Whites (+\$1.00) Your Choice of style / Side of Herb Roasted Potatoes / Your Choice of Toast **(w/All-Natural Turkey Sausage Links or All-Natural Applewood Bacon \$13.49)**  
**(w/ All-Natural Grilled Chicken Breast \$18.48)**

AVOCADO TOAST 

**418 Calories / 14g Protein**

Cage Free Whole Eggs / Organic Sweet Plum Tomatoes / Organic Avocado / Fresh Organic Cilantro / Toasted Bread of Your Choice/ **\$9.49**

**(w/ All-Natural Turkey Breast \$14.48)**

# MIDTOWN ATHLETIC CLUB®

## BREAKFAST

BELGIAN WAFFLE

**630 Calories / 12g Protein**

7" Classic Style Belgian Waffle / Organic Mixed Berries / Sugar-Free Syrup / **\$9.49**

BUILD YOUR OWN OMELET 

**625 Calories / 20g Protein**

Choice: Cage Free Whole Eggs (3) or Egg Whites (+\$1.00) / (5) Ingredients (Mushroom, Onion, Tomato, Baby Spinach & Cheese) - Choice of Toast, Bagel or Croissant / Side of Fresh Organic Fruit of the day or Organic Sliced Plum Tomato and Cucumber / **\$11.99**

EGG AND QUESO BAGEL SANDWICH 

**425 Calories / 13g Protein**

Folded Cage Free Whole Eggs or Egg Whites (+1.00) / Choice: American, Mozzarella or Swiss Cheese / Organic Avocado Spread / Multigrain Bagel / Organic Baby Spinach / Organic Sliced Plum Tomato / Fresh Organic Fruit of The Day / **\$10.49**

WAKE ME UP WRAP

**375 Calories / 19g Protein**

Cage Free Whole Eggs / Cheddar Jack Cheese / Whole Wheat Wrap / Fresh Organic Fruit of the Day  
**(w/ All-Natural Turkey Sausage Links or All-Natural Applewood Bacon \$10.49)**  
**(w/ All-Natural Grilled Chicken Breast \$15.48)**

LEAN EGG WHITE WRAP 

**300 Calories/ 20g Protein**

Cage Free Egg Whites / Roasted Peppers / Organic Spinach / Feta Cheese / Light Sun-Dried Tomato Pesto / Whole Wheat Wrap / Fresh Organic Fruit of the Day / **\$11.49**

JUST GREAT EGGS

Caged Free Scrambled Egg Whites (8oz) / **\$7**  
**60 Calories / 11 g Protein**

Cage-Free Whole Eggs

Your Choice of Style

Two Eggs (2) / **\$5**

**144 Calories / 13g Protein**

Three Eggs (3) / **\$6**

**216 Calories / 19g Protein**

Bagel, Butter Croissant or Toast

Choice with Peanut Butter, Creamed Butter, Cream Cheese, or Fruit Jam  
Bagel or Toast / **\$3.35**  
Butter Croissant / **\$4.00**

SIDES


All-Natural Turkey Sausage Links (3) **\$4.99**  
**150 Calories / 12g Protein**


All-Natural Turkey Breast **\$4.99**  
**80 Calories / 12g Protein**

All-Natural Applewood Bacon (3) **\$3.99**  
**120 Calories / 8g Protein**

All-Natural Chicken Breast (6 oz.) **\$5.99**  
**190 Calories / 36g Protein**

Roasted Herb Potatoes (8 oz.) **\$3.99**  
**180 Calories / 6g Protein**

Organic Avocado **\$3.00**   
**80 Calories / 2g Protein**

Fresh Organic Fruit of the Day (6oz.) **\$3.99** 



=Contain Organic Ingredients

Food Advisory

"Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness especially if you have medical conditions."

# MIDTOWN ATHLETIC CLUB® LUNCH

## SANDWICHES & WRAPS

### CALI CLUB

600 Calories / 30g Protein

All-Natural Turkey Breast / Mozzarella Cheese /  
Apple Wood Bacon / Organic Greens /  
Organic Avocado / Organic Sweet Plum  
Tomato / Toasted Multigrain Bread / \$13.99

### SOUTHWEST CHICKEN WRAP

510 Calories / 20g Protein

Marinated Grilled Chicken / Black Beans / Corn  
/ Red Onion / Roasted Peppers / Romaine /  
Cheddar Cheese / Ancho Chipotle Dressing /  
Whole Wheat Tortilla Wrap / \$12.99

### BUFFALO CHICKEN WRAP

490 Calories / 22g Protein

Grilled Chicken / Organic Romaine /  
Gorgonzola Cheese / Buffalo Sauce / Whole  
Wheat Tortilla Wrap / \$12.99

### CHICKEN CAESAR WRAP

525 Calories / 26g Protein

All-Natural Chicken Breast / Organic Romaine  
Lettuce / Pecorino Romano Cheese / Table  
Side Caesar Dressing / Sweet Plum Tomato /  
Whole Wheat Tortilla Wrap / \$12.99

### SESAME GINGER SALMON WRAP

425 Calories / 20g Protein

Pacific Coast Coho Salmon / Organic Baby  
Spinach / Dried Cranberries / Organic Sliced  
Apple / Light Sesame Ginger Dressing / Whole  
Wheat Tortilla Wrap / \$14.99

### SIGNATURE BURGER

780 Calories / 48g Protein

Chuck-Brisket-Sirloin Ground Beef / Brioche  
Roll / Organic Greens / Organic Plum Tomato /  
Red Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss /  
Feta / \$15.99

### GRILLED CHICKEN SANDWICH

380 Calories / 36g Protein

All-Natural Chicken Breast / Brioche Roll /  
Organic Greens / Organic Plum Tomato / Red  
Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss /  
Feta / \$12.99

### STEAK SANDWICH

1082 Calories / 40g Protein

Skirt Steak / Sautee Onions & Mushrooms /  
Mozzarella / Blue cheese / Toasted Ciabatta /  
\$16.99

### DRESSINGS

Poblano Avocado Ranch / Table Side Caesar /  
Honey Balsamic / Sesame Ginger / Balsamic  
Vinegar and Extra Virgin Olive Oil

### ADD ON PROTEINS

Grill Chicken \$5.99 / Tuna Salad \$5.99 / Turkey  
Breast \$4.99 / Skirt Steak \$9.99 / Grilled Salmon  
\$9.99 / Grilled Shrimp \$9.99

## GOURMET SALADS

### SPINACH CAESAR SALAD

300 Calories / 11g Protein

Organic Romaine Lettuce / Organic Baby  
Spinach / Organic Sweet Plum Tomato /  
Pecorino Romano Cheese / Multigrain Garlic  
Herb Croutons / Table Side Caesar Dressing /  
\$11.99

(w/ All-Natural Chicken Breast \$16.98)

### SALMON SALAD

418 Calories / 20g Protein

Organic Baby Spinach / Organic Spring Mix /  
Grilled Coho Salmon / Dried Cranberries /  
Walnuts / Organic Carrots / Organic Apple /  
Sesame Ginger Dressing / \$16.99

### HARVEST SALAD

350 Calories / 15g Protein

Organic Spring Mix / Organic Carrots / Organic  
Cucumbers / Organic Apples / Sunflower  
Seeds / Dried Cranberries / Gorgonzola  
Cheese / Honey Balsamic Dressing / \$12.99  
(w/ All-Natural Chicken Breast \$17.98)

### COBB SALAD

580 Calories / 22g Protein

Organic Romaine / Organic Spring Mix /  
Organic Avocado / Apple wood bacon bits /  
Corn / Organic Cucumbers / Caged free Hard-  
boiled Egg / Red Onion / Organic Plum  
Tomatoes / Gorgonzola Cheese / Poblano-  
Avocado Ranch Dressing / \$13.99  
(w/ All-Natural Chicken Breast \$18.98)



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## ENTRÉES

### GARDEN QUESADILLAS

530 Calories / 12g Protein

Organic Baby Spinach / Mozzarella Cheese /  
Organic Sweet Plum Tomato / Whole Wheat  
Tortilla Wrap

Veggie \$11.99 / Chicken \$13.99 / Steak 15.99

### BAJA QUESADILLAS

550 Calories / 13g Protein

Black Beans / Corn / Red Onion / Roasted Red  
Peppers / Mixed Cheese / Ancho Chipotle  
Dressing / Whole Wheat Tortilla Wrap

Veggie \$11.99 / Chicken \$14.99 / Steak 17.99

### CUSTOM STIR FRY GRAIN BOWL

515 Calories / 10g Protein

\$11.99

### SESAME GINGER PLATE

530 Calories / 20g Protein

Grilled Pineapple / Brown Rice / Sesame  
Ginger Sauce

(Grilled All-Natural Chicken Breast \$12.99)

(Grilled Pacific Coast Coho Salmon \$16.99)

### SOUTHWEST PLATE

920 Calories / 25g Protein

Black Beans/ Corn / Red Onion / Roasted Red  
Peppers / White Rice / Chipotle Cheese Sauce /  
Tri Color Tortilla Chips

Chicken \$14.99 / Skirt Steak \$18.99

### MARGHERITA PASTA

882 Calories / 13g Protein

Penne Pasta / Pecorino Romano Cheese / Basil  
/ Organic Sweet Tomato / Fresh Garlic /  
Organic Baby Spinach / \$10.00

(w/ All-Natural Chicken Breast **\$14.99**)

(w/ Grilled Soho Salmon **\$19.99**)

(w/ Shrimp **\$19.99**)

# MIDTOWN ATHLETIC CLUB®

## LUNCH

### THE CHURRASCO

1100 Calories / 30g Protein

Chimichurri / Plantains / White rice

Chicken \$14.99 / Skirt Steak \$19.99

### LOMO SALTADO

1150 Calories / 34g Protein

Skirt Steak / Lomo Saltado Sauce / Red Onion /  
Tomato / French Fries / White Rice / Fresh

Cilantro / \$23.99

### TACO BAR

#### CHICKEN

555 Calories / 25g Protein

Marinated Grilled Chicken / Organic Avocado /  
Organic Romaine / Organic Tomato / Poblano-  
Avocado Ranch / \$14.99

#### STEAK

630 Calories / 36g Protein

Marinated Skirt Steak / Feta / Pico De Gallo /  
\$16.99

#### SHRIMP

460 Calories / 22g Protein

Blackened Shrimp / Red Cabbage / Lime  
Cilantro Garlic Sauce / \$17.49

#### VEGGIE

395 Calories / 10g Protein

Black Beans / Organic Avocado / Red Onion /  
Roasted Peppers / Lime Cilantro Garlic Sauce /  
\$12.99

## THE KID CORNER

\$9

### Choice Entrée:

Chicken Tenders (3)

Cheese Tequeños (3)

Chicken Caesar Salad

Grilled Cheese Sandwich

Chicken & Cheese Quesadillas

Grilled Chicken & Brown Rice Bowl

### Choice Side:

French Fries

Fruit of the Day

Garden Salad

Sweet Potato Fries (+1.50)

Side Caesar Salad (+1.50)

### Choice Beverage:

Water / Apple Juice / Chocolate Milk

### SIDES

French Fries

Side Garden Salad

Fruit of the day

Sweet Potato Fries (+2.99)

Caesar Salad (+2.99)

Roasted Garlic Tomato Soup (+2.99)

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# MIDTOWN

## ATHLETIC CLUB®

### QUICK BITES

Cheese Tequeños \$7.49

*320 Calories / 8g Protein*

Lime Cilantro Garlic Sauce  
Or Avocado Crème

Caesar Salad \$5.99

*115 Calories / 8g Protein*

Pecorino Romano Cheese/  
Organic Tomato / Organic  
Romaine / Multigrain Garlic Herb  
Croutons / Table Side Caesar  
Dressing

Garden Salad \$4.99

*100 Calories / 6g Protein*

Organic Spring Mix / Organic  
Plum Tomato / Red Cabbage /  
Organic Cucumbers / Honey  
Balsamic Dressing

Chicken Tenders \$8.99

*510 Calories / 32g Protein*

Sweet BBQ Sauce

Chicken Quesadillas \$8.99

*330 Calories / 20g Protein*

Lime Cilantro Garlic Sauce  
Or Avocado Crème

Classic French Fries \$4.99

*340 Calories / 4g Protein*

Lightly Dusted with Natural Sea  
Salt

House Truffle French Fries \$7.99

*440 Calories / 4g Protein*

Grated Parmesan Cheese / Truffle  
Oil / Natural Sea salt

The Sampler \$15.49

*1120 Calories / 40g Protein*

Cheese Tequeños (2) / 6in.  
Chicken Quesadillas / Chicken  
Tenders (2) / Mini Beef  
Empanadas (3)

Sweet Potato Fries \$5.99

*340 Calories / 4g Protein*

Cajun- Cinnamon Chipotle Rub /  
Sweet BBQ Sauce

Fresh Ceviche \$15.99

*280 Calories / 38g Protein*

Fresh Tri Color Tortilla Chips  
(Add Shrimp +4.99)

Mini Beef Empanadas \$9.49

*590 Calories / 22g Protein*

Lime Cilantro Garlic Sauce  
Or Avocado Crème

Roasted Garlic Tomato Soup \$5.99

Organic Mixed Fruit \$5.99

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# MIDTOWN

ATHLETIC CLUB®

## COFFEE / TEA / JUICE

Lavazza Premium Roast Coffee  
\$1.70 (SM) / \$2.20 (LG)

Iced Coffee  
\$2.70

Americano  
\$2.45 (SGL) / \$3.15 (DBL)

Cortadito  
\$2.95 (SGL) / \$3.65 (DBL)

Espresso  
\$2.45 (SGL) / \$3.15 (DBL)

**LAVAZZA**  
ITALY'S FAVORITE COFFEE

Latte  
\$3.75

(Add flavor: Vanilla / Caramel / Sugar-Free  
Vanilla +\$1.00)

Cappuccino  
\$3.75

Hot Chocolate  
\$3.35

Mighty Leaf Tea  
\$2.45  
(Organic Earl Grey / Marsala Chai / Ginger  
Twist / Chamomile Citrus / Mint)

Orange Juice  
\$3.20 (SM) / \$5.20 (L)

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# MIDTOWN ATHLETIC CLUB®

## Limited Menu

12-23-2021 / 12-24-2021

### Appetizers

#### GARDEN SALAD \$4.99

100 Calories / 6g Protein

Organic Spring Mix / Organic Plum Tomato /  
Red Cabbage / Organic Cucumbers / Honey  
Balsamic Dressing

#### CHICKEN TENDERS \$8.99

510 Calories / 32g Protein

Sweet BBQ Sauce

#### CHEESE TEQUEÑOS \$7.49

320 Calories / 8g Protein

Lime Cilantro Garlic Sauce  
Or Avocado Crème

#### CAESAR SALAD \$5.99

115 Calories / 8g Protein

Pecorino Romano Cheese / Organic Tomato /  
Organic Romaine / Multigrain Garlic Herb  
Croutons / Table Side Caesar Dressing

#### CLASSIC FRENCH FRIES \$4.99

340 Calories / 4g Protein

Lightly Dusted with Natural Sea Salt

#### CHICKEN QUESADILLAS \$8.99

330 Calories / 20g Protein

Lime Cilantro Garlic Sauce  
Or Avocado Crème

### Sandwiches & Wraps

#### CHICKEN CAESAR WRAP

525 Calories / 26g Protein

All-Natural Chicken Breast / Organic Romaine  
Lettuce / Pecorino Romano Cheese / Table  
Side Caesar Dressing / Sweet Plum Tomato /  
Whole Wheat Tortilla Wrap / **\$12.99**

#### CALI CLUB

600 Calories / 30g Protein

All-Natural Turkey Breast / Mozzarella Cheese /  
Apple Wood Bacon / Organic Greens /  
Organic Avocado / Organic Sweet Plum  
Tomato / Toasted Multigrain Bread / **\$13.99**

#### SESAME GINGER SALMON WRAP

425 Calories / 20g Protein

Pacific Coast Coho Salmon / Organic Baby  
Spinach / Dried Cranberries / Organic Sliced  
Apple / Light Sesame Ginger Dressing / Whole  
Wheat Tortilla Wrap / **\$14.99**

#### SIGNATURE BURGER

780 Calories / 48g Protein

Chuck-Brisket-Sirloin Ground Beef / Brioche  
Roll / Organic Greens / Organic Plum Tomato /  
Red Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss /  
Feta / **\$15.99**

### GRILLED CHICKEN SANDWICH

380 Calories / 36g Protein

All-Natural Chicken Breast / Brioche Roll /  
Organic Greens / Organic Plum Tomato / Red  
Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss /  
Feta / **\$12.99**

#### GARDEN QUESADILLAS

530 Calories / 12g Protein

Organic Baby Spinach / Mozzarella Cheese /  
Organic Sweet Plum Tomato / Whole Wheat  
Tortilla Wrap  
Veggie **\$11.99** / Chicken **\$13.99**

### Gourmet Salads

#### SPINACH CAESAR SALAD

300 Calories / 11g Protein

Organic Romaine Lettuce / Organic Baby  
Spinach / Organic Sweet Plum Tomato /  
Pecorino Romano Cheese / Multigrain Garlic  
Herb Croutons / Table Side Caesar Dressing /  
**\$11.99**

(w/ All-Natural Chicken Breast **\$16.98**)

#### SALMON SALAD

418 Calories / 20g Protein

Organic Baby Spinach / Organic Spring Mix /  
Grilled Coho Salmon / Dried Cranberries /  
Walnuts / Organic Carrots / Organic Apple /  
Sesame Ginger Dressing / **\$16.99**



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