

**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 / 11g 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 Ingredient

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®

## SANDWICHES & WRAPS

All Sandwiches, Wrap & Quesadillas include  
your choice side of French fries, Fruit, or

### Garden Salad

### 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**

## LUNCH

### 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**

Brioche Roll / Organic Greens / Organic Plum  
Tomato / Red Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss /  
Feta /  
Chuck-Brisket-Sirloin Ground Beef / **\$15.99**  
Black Bean Burger / **\$12.99**

### 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 / Sautéed Onions & Mushrooms /  
Mozzarella / Blue Cheese / Toasted Ciabatta /  
**\$16.99**

## Gourmet Quesadillas

### 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**

## SIDES

Classic 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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## ENTRÉES

### 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**)

### LOMO SALTADO

*1150 Calories / 34g Protein*

Skirt Steak / Lomo Saltado Sauce / Red Onion /  
Tomato / French Fries / White Rice / Fresh  
Cilantro / **\$23.99**

### THE CHURRASCO

*1100 Calories / 30g Protein*

Chimichurri / Plantains / White rice

Chicken **\$14.99** / Skirt Steak **\$19.99**

# MIDTOWN

## ATHLETIC CLUB®

### LUNCH

### CUSTOM STIR FRY GRAIN BOWL

*515 Calories / 10g Protein*

**\$10.99**

### 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 / Tomato / Red  
Onion / Poblano Avocado Ranch **\$16.99**

#### SHRIMP

*460 Calories / 22g Protein*

Blackened Shrimp / Red Cabbage / Tomato /  
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

**\$9.00**

### 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

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## ATHLETIC CLUB®

### 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**

#### CUSTOM SALAD

Choose your Bed of Organic Greens and Six Ingredients / **\$11.99**

#### 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**)

### DRESSINGS

Poblano Avocado Ranch

Buttermilk Ranch

Ancho Chipotle

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



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## 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 \$10.49**  
**510 Calories / 32g Protein**  
Sweet BBQ Sauce

**Chicken Quesadillas \$8.99**  
**330 Calories / 20g Protein**  
Red Onion / Tomato / 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 \$16.49**  
**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

**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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## 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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