

# MIDTOWN ATHLETIC CLUB®

## BREAKFAST

### 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 Sliced Sweet Plum Tomato and Cucumber/ **\$11**

### 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 / Bagel of the day / Organic Baby Spinach / Organic Sliced Plum Tomatoes / Fresh Organic Fruit of The Day/ **\$10**

### WAKE ME UP WRAP

**375 Calories / 19g Protein**

Cage Free Whole Eggs / Cheddar Jack Cheese / Whole Wheat Wrap  
Choice: All-natural Turkey sausage links or All-Natural Applewood Bacon / Fresh Organic Fruit of the Day/ **\$10**  
(Grilled Chicken Breast +\$4.00)

### 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**

### 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**

### 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/ **\$11**

### POWER PROTEIN PLATE

**750 Calories / 30g Protein**

Choice: Cage Free Whole eggs (3) or Egg Whites (+\$1.00) Your Choice of style /  
Choice: All-Natural Turkey Sausage Links, All-Natural Applewood Bacon, or Grill Chicken Breast Side of Herb Roasted Potatoes / Your Choice of Toast/ **\$12**

### 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**

### BELGIAN WAFFLE

**630 Calories / 12g Protein**

7" Classic Style Belgian Waffle / Organic Mixed Berries / Sugar-Free Syrup/ **\$9**

### JUST GREAT EGGS

Caged Free Scrambled Egg Whites (8oz) / **\$6**  
**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**

**Butter Croissant / \$4**

### SIDES

**All-Natural Turkey Sausage Links (3) \$4**

**150 Calories / 12g Protein**

**All-Natural Applewood Bacon (3) \$3**

**120 Calories / 8g Protein**

**All-Natural Chicken Breast (6 oz.) \$5**

**190 Calories / 36g Protein**

**Roasted Herb Potatoes (8 oz.) \$3**

**180 Calories / 6g Protein**

**Organic Avocado \$3**

**80 Calories / 2g Protein**

**Fresh Organic Fruit of the Day (6oz.) \$5**



=Contain Organic Ingredients

#### Food Advisory

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness."

## SANDWICHES & WRAPS

### SIGNATURE BURGER

**780 Calories / 48g Protein**

Chuck-Brisket-Sirloin Ground Beef / Brioche Roll / Fresh Lettuce / Organic Plum tomato / Red Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss / Feta / **\$15**

### GRILLED CHICKEN SANDWICH

**380 Calories / 36g Protein**

All-Natural Chicken Breast / Brioche Roll / Fresh Lettuce / Organic Plum Tomato / Red Onion / Your Choice of Cheese  
American / Mozzarella / Gorgonzola / Swiss / Feta / **\$12**

### 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**

### CHICKEN CAESAR WRAP

**525 Calories / 36g Protein**

All-Natural Chicken Breast / Organic Romaine Lettuce / Pecorino Romano Cheese / Table Side Caesar Dressing / Whole Wheat Tortilla Wrap

### GARDEN QUESADILLAS

**450 Calories / 12g Protein**

Organic Baby Spinach / Mozzarella Cheese / Sweet Tomato / Whole Wheat Tortilla Wrap / **\$9**  
(All-Natural Chicken Breast +\$4.00)

# MIDTOWN

## ATHLETIC CLUB®

## LUNCH

### CALI CLUB

**600 Calories / 30g Protein**

All-Natural Turkey Breast / Mozzarella Cheese / Apple Wood Bacon / Organic Greens / Organic Avocado / Organic Sweet Tomato / Multigrain Bread / **\$13**

### SIDES

French Fries / Side Garden Salad / Fruit of the day  
Sweet Potato Fries (+2.00) / Caesar Salad (+2.00)

## ENTRÉES

### TERIYAKI STIR FRY GRAIN BOWL

**515 Calories / 10g Protein**

Brown Rice / Sweet Onion / Edamame / Organic Carrots / Reb Cabbage / Organic Baby Spinach / Organic Mushroom / Sweet Peppers / Teriyaki Sauce / **\$10**  
(Grilled Teriyaki Chicken Breast +4.00) (36g Protein)  
(Grilled Teriyaki Salmon +7.00) (25g Protein) (Quinoa +1.00)

### SESAME GINGER PLATE

**530 Calories / 20g Protein**

Grilled Pineapple / Brown Rice / Sesame Ginger Sauce  
(Grilled Pacific Coast Coho Salmon **\$14**)  
(Grilled All-Natural Chicken Breast **\$12**)

### MARGHERITA PASTA

**475 Calories / 13g Protein**

Penne Pasta / Pecorino Romano Cheese / Basil / Organic Sweet Tomato / Fresh Garlic / Organic Baby Spinach / **\$10**  
(All-Natural Chicken Breast +\$4.00)  
(Grilled Soho Salmon +\$7.00)

## Gourmet Salads

### SPINACH CAESAR SALAD

**200 Calories / 11g Protein**

Organic Romaine Lettuce / Organic Baby Spinach / Sweet Plum Tomato / Pecorino Romano Cheese / Multigrain Garlic Herb Croutons / Table Side Caesar Dressing / **\$11**  
(All-Natural Chicken Breast +\$4.00)

### 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 / **\$15**

## THE KID CORNER

**\$8**

### Choice Entrée:

Chicken Tenders (3)  
Cheese Tequeños (3)  
Grilled Cheese Sandwich  
Chicken & Cheese Quesadillas  
Chicken Caesar Salad  
Grilled Chicken & Brown Rice Bowl

### Choice Side:

French Fries  
Fruit of the Day  
Sweet Potato Fries (+1.00)  
Side Garden Salad (+1.00)

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# MIDTOWN

ATHLETIC CLUB®

## APPETIZERS

**Cheese Tequeños \$7**  
**300 Calories / 8g Protein**  
Avocado Crème

**Side Caesar Salad \$6**  
**115 Calories / 8g Protein**  
Pecorino Romano Cheese/  
Organic Tomato / Organic  
Romaine / Multigrain Garlic  
Herb Croutons / Table Side  
Caesar Dressing

**10 in. Chicken Quesadillas \$7**  
**330 Calories / 20g Protein**  
Lime Cilantro Garlic Sauce /  
Pico De Gallo

**Classic French Fries \$4**  
**240 Calories / 4g Protein**  
Light Dusted with Sea Salt

**Chicken Tenders \$8**  
**510 Calories / 32g Protein**  
Sweet BBQ Sauce

**Crab Spring Rolls \$8**  
**340 Calories / 21g Protein**  
Sweet Chili Sauce

**Sweet Potato Fries \$5**  
**240 Calories / 4g Protein**  
Cajun- Cinnamon Chipotle  
Rub / Sweet BBQ Sauce

**Tri Color Tortilla Chips \$5**  
**340 Calories / 3g Protein**  
Lime Cilantro Garlic Sauce /  
Pico De Gallo

**Chicken Gyoza \$8**  
**350 Calories / 11g Protein**  
Sesame Ginger Sauce

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