



## Lunch · Dinner

Monday-Friday: 8:00am-5:00pm  
Saturday and Sunday: 8:00am-2:00pm  
(847) 496-2604

### salads

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*dressing choices:* balsamic vinaigrette, bleu cheese, chipotle ranch, cucumber ranch, low fat ranch, sesame ginger or vinegar & oil  
*add bacon or avocado:* \$1

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<b>wedge</b>	9	<b>summer salad</b>	9
wedge of iceberg lettuce, diced tomato, bacon, bleu cheese crumbles and a side of bleu cheese dressing		strawberries, avocado, sliced almond, bleu cheese crumbles, spinach and red onion drizzled with balsamic glaze	
<b>chopped</b>	9	<b>scoop</b>	5
chicken breast, romaine lettuce, tomato, cucumbers, carrots and corn		choice of tuna, chicken or egg salad, served with carrots & celery	
<b>buffalo chicken</b>	9	<b>scoop duo</b>	9
buffalo chicken, romaine lettuce, celery, carrots, bleu cheese crumbles and cucumbers		choice of 2 scoops of tuna, chicken or egg salad, served toast and fruit	
<b>cobb</b>	9	<b>small side salad</b>	3
chicken breast, romaine lettuce, tomato, hardboiled egg, bacon, avocado and shredded cheddar		lettuce, tomato and cucumber	

### wraps and sandwiches

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*choice of side:* chips, salad, carrots & celery, fries, sweet potato fries, or fresh fruit (substitute cup of soup \$2) *bread choices:* wheat bread, white bread, flatbread, sourdough, honey wheat wrap *cheese choices:* american, cheddar, mozzarella or bleu.  
*add bacon or avocado:* \$1

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<b>turkey guacamole</b>	9	<b>chicken salad</b>	9
roasted turkey, guacamole, romaine lettuce, tomato and mozzarella		chicken breast, dried cranberries, celery, green onion, and mayonnaise	
<b>vegetarian</b>	9	<b>egg salad</b>	9
lettuce, cucumber, tomato, red peppers and hummus		hardboiled eggs, celery, green onion, and mayonnaise	
<b>the club</b>	9	<b>buffalo chicken</b>	9
choice of turkey or chicken, bacon, avocado. lettuce, tomato, cheddar cheese and mayonnaise		buffalo tossed chicken, romaine lettuce, tomato, and ranch dressing	
<b>southwest chicken</b>	9	<b>quesadilla</b>	9
chicken breast, sweet corn, black beans, red peppers, tomato, romaine lettuce, and chipotle ranch		choice of chicken or avocado, tomato, spinach, and chihuahua cheese in a honey wheat wrap	
<b>no mayo tuna</b>	9	<b>m café burger</b>	9
tuna, celery, red pepper, green onion, carrot, parsley, lemon, olive oil, dijon mustard		half pound, certified angus burger; served with your choice of toppings on a brioche bun	



## sharables

small fries	1.35
large fries	2.65
cheese curds (15)	4.50
mozzarella sticks (4)	3.95
3 piece tenders	3.95
6 piece tenders	6.95
mini corn dog nuggets (5)	3.95
chips & salsa	4.00
chips, salsa & guacamole	6.00
veggie plate	9.00
carrots, celery, cucumber, flatbread, ranch and hummus	

## snacks

chips	1.25
premium chips	2.00
<i>(FSTG sweet potato tortilla chips, FSTG tortilla chips, 2oz bags of lays, bbq lays, doritos, cool ranch doritos)</i>	
apple/banana	1.00
hard-boiled egg	1.00
fruit cup <i>(seasonal fruit)</i>	4.00
parfait <i>(yogurt, strawberries, blueberries &amp; granola)</i>	4.00
carrots & celery	3.00
ny pretzel	2.65
string cheese	.75
muffin	2.50
<i>(blueberry, banana, cheese strudel, chocolate)</i>	
uncrustable pb&j	2.00
candy <i>(snickers, m&amp;m, kit kat, twix)</i>	1.60
grandma's chocolate chip cookies	1.25
gummy bears	2.50
mixed nuts	3.50
rice crispy treat	1.50

## a la carte

hot dog	3.00
bratwurst	4.00

## soups

soup of the day	
cup	4.00
bowl	6.00

## frozen treats

squeeze pop	1.00
italian ice	2.00
ice cream sandwich	1.00
nutt'n better	3.00
chips galore	3.00

## kids meal

choose one main, one side and one drink **6.95**

### main

- Chicken Tenders
- Individual Cheese Pizza
- Turkey & Cheese Sandwich
- Mac & Cheese
- Corn Dog Nuggets
- Mozzarella Sticks
- Hamburger
- Cheeseburger
- Cheese Quesadilla
- Grilled Cheese
- Grilled Chicken
- French Toast Sticks

### side

- French Fries
- Sweet Potato Fries
- Mac & Cheese
- Apple Wedges
- Carrot Sticks
- Celery Sticks
- Fruit Cup
- Banana
- Salad
- Goldfish
- Animal Crackers
- Doritos
- Choc Chip Cookie

### drink

- Milk
  - Chocolate Milk
  - Apple Juice
  - Water Bottle
  - Lemonade
  - Cranberry Juice
  - Coke
  - Diet Coke
  - Sprite
  - Substitute a 100% Fruit Smoothie for an additional \$3
- Choose from: Strawberry Shortcake, Junior Chocolate Frosty or Razzleberry



## smoothies

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### refuel & recover (20oz)

unique blends for recovery **5.75**

#### strawberry slam

strawberries, strawberries, strawberries & banana with 20g vanilla whey protein

#### berry trim

raspberries, strawberries, blueberries, blackberries, banana & 'get lean' with 15g vanilla whey protein

#### hawaiian harvest

pineapple, coconut & banana with 20g vanilla whey protein

#### java jolt

choice of milk, colombian coffee, dark & milk chocolate with 20g vanilla whey protein

#### mango crusher

mangoes, strawberries, pineapple & banana with 20g vanilla whey protein

#### body builder

choice of milk, banana & 5g creatine with 40g vanilla or chocolate whey protein

#### peaches 'n cream

peaches, apricots, pears, strawberries & banana with 20g vanilla whey protein

### veggie fusion (20oz)

refuel & detox **6.75**

#### squashed & happy

butternut squash, mangoes, banana, lemon, spinach, kale & flax seed oil with 20g vanilla protein

#### veggie patch

pineapple, spinach, kale, avocado, coconut, lemon & banana with 20g vanilla whey protein

### meal replacement (20oz)

a low-glycemic meal-in-a-cup **6.25**

#### almond butter cup

choice of milk, chocolate & almond butter with 40g chocolate whey protein

#### banana almond blast

choice of milk, almond butter & banana with 40g vanilla whey protein

### crushed fruit shakes (20oz)

simply crushed fruit **4.75**

#### strawberry classic

strawberries, strawberries & strawberries with banana

#### berries a'more

strawberries, blueberries, blackberries & raspberries with banana

#### piña colada

pineapple & coconut with banana

#### mango tango

mangoes, strawberries & pineapple with banana

#### peach paradise

peaches, apricots, pears & strawberries with banana

### kid shakes (12oz)

balanced nutrition **4.25**

**razzleberry** raspberries, strawberries, blueberries, blackberries & banana with 10g vanilla whey protein

#### strawberry shortcake

strawberries & banana with 10g vanilla whey protein

#### junior chocolate frosty

choice of milk & chocolate with 10g chocolate whey protein

**add-ins achieve your goals** **1.25**

#### protein - whey or vegan

20g vanilla or chocolate

#### creatine

increase stamina, strength or size

**customize your goals** **.75**

get energized, get essentials, get lean, get recovered, or get regular

**root your goals** **1.00**

spinach, kale, 1/2 banana, yogurt, or almond butter

## coffee

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espresso		1.75
latte	sm. 3.50	lg. 4.50
americano	sm. 3.00	lg. 4.00
cappuccino	sm. 3.25	lg. 4.50
café mocha	sm. 3.50	lg. 4.50
coffee/tea	sm. 2.00	lg. 2.50

## wine

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fire road sauvignon blanc	6.00
raymond chardonnay	6.00
riff pinot grigio	6.00
avalon cabernet	6.00
avalon pinot noir	6.00
mann merlot	6.00
kim crawford sauvignon blanc	8.00
kim Crawford pinot gries	8.00
joel gott chardonnay	8.00
imagery cabernet	8.00
mark west pinot noir	8.00
mionetto prosecco	8.00

## beer & cocktails

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miller lite, coors light, heineken, sam adams	4.00
blue moon	5.00
anti-hero	6.00
seasonal craft beer	8.00
white claw	5.00
truly	4.00
vodka, rum, tequila or bourbon cocktail	6.00