



## LIGHTER BITES

### CHICKEN WINGS

baked | fried

**choice of** buffalo | bbq | teriyaki | lemon pepper  
jamaican jerk | garlic parmesan | sweet & sour

10 PIECES 10  
20 PIECES 19

### HUMMUS & VEGGIES

hummus | mini carrots | celery | broccoli  
cucumber | pita chips

8

### FLATBREADS

**asian** teriyaki sauce | chicken | pineapple  
mozzarella cheese

**greek** pesto | spinach | tomato | onion  
olives | feta cheese

**bbq chicken** bbq sauce | chicken | bacon  
monterey jack cheese

8

### SOUTHWEST EGG ROLLS (3)

**choice of** chicken | vegetarian

served with jalapeño ranch dipping sauce

7

### MOZZARELLA STICKS (6)

beer battered | marinara sauce

6

### THREE CHEESE QUESADILLA

monterey jack | mozzarella | parmesan  
lettuce | tomato | sour cream | salsa

8

### SNACK MIX

1

### SOUP OF THE DAY

served seasonally (october-april)

CUP 4  
BOWL 6

## FRESH SALADS

### CLASSIC CAESAR

romaine | parmesan | croutons | caesar dressing

8

### COBB

romaine | turkey | bacon | avocado | egg  
bleu cheese | tomato | onion | ranch dressing

10

### ASIAN KALE

kale | mandarin oranges | craisins | candied  
pecans | apples | shredded carrots  
sesame ginger dressing

9

### MEXI-KALE

kale | corn | black beans | onion | avocado  
tomato | feta | cilantro-lime vinaigrette

9

### GREEK

romaine | cucumber | tomato | onion | olives  
feta | banana peppers | greek dressing

9

### SIGNATURE

spring mix | tomato | cucumber | onion  
carrots | monterey jack | balsamic dressing

8

### POWER TUNA

spinach | tuna salad | egg | shredded carrots  
balsamic dressing

9

### CREATE YOUR OWN SALAD

**choose five vegetable ingredients**

9

### ADD A PROTEIN:

TUNA SALAD

3

GRILLED/FRIED CHICKEN

4

GRILLED SALMON

4

SHRIMP SKEWERS (2)

5

**dressing options** balsamic | ranch | bleu cheese  
caesar | honey mustard | sesame ginger | greek  
cilantro lime | jalapeño ranch | sweet onion



**SANDWICHES & WRAPS** *choice of* chips | fries | salad | broccoli **10**  
*bread options* brioche | multigrain | wheat wrap | tomato basil wrap | gluten-free wrap (\$2)

**SALMON WRAP**

salmon | spinach | shredded carrot  
green apple | raisins | sesame ginger dressing

**BUFFALO CHICKEN WRAP**

fried chicken | spring mix | tomato  
onion | bleu cheese | ranch dressing

**WINDY HILL ATHLETIC CLUB**

*choice of* turkey | chicken  
spring mix | bacon | avocado | tomato  
american cheese

**SOUTHWEST CHICKEN WRAP**

grilled chicken | romaine | corn | beans  
tomato | onion | monterey jack | ranch dressing

**HUMMUS & VEGGIE WRAP**

hummus | spinach | tomato | onion  
cucumber | feta cheese

**CAPRESE SANDWICH**

pesto | tomato | spring mix | mozzarella cheese

**TUNA MELT SANDWICH**

tuna | spring mix | tomato | cheddar cheese

**PREMIUM SIDE UPGRADES** **2**

SWEET POTATO FRIES, FRESH FRUIT,  
QUINOA BLEND, SUPER FOOD SLAW,  
BAKED SWEET POTATO

**BURGERS & ENTRÉES** *choice of* ground chuck or vegan patty (beyond burger) chips | fries | salad | broccoli **10**

**THE HILL**

cheddar cheese | lettuce | tomato | onion  
pickles

**THE PIT**

american cheese | bacon | lettuce | tomato  
onion | pickles

**THE FIGHT CLUB**

blackened patty | bleu cheese | bacon | lettuce  
tomato | onion | pickles

**THE TURF**

american cheese | spinach | avocado | tomato

**THE DOME**

fried egg | cheddar cheese | lettuce | tomato

**CHICKEN TENDERS (6)**

baked | fried

**QUINOA BLEND & SHRIMP**

korean bbq red & white quinoa | green  
garbanzo beans | red pepper | yellow squash  
garlic | grilled shrimp skewers (2)

**PALEO PLAN PLATE**

grilled chicken breast | baked sweet potato  
steamed broccoli

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SWEET POTATO FRIES, FRESH FRUIT,  
QUINOA BLEND, SUPER FOOD SLAW,  
BAKED SWEET POTATO