



Lunch · Dinner

Monday-Friday: 8:00am-5:00pm
Saturday and Sunday: 8:00am-3:00pm
(847) 496-2604

salads

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

chopped chicken breast, romaine lettuce, tomato, cucumbers, carrots, and corn	9	tuna or chicken salad two scoops of tuna or chicken salad on romaine lettuce with cucumber and tomato	9
buffalo chicken buffalo chicken, romaine lettuce, celery, carrots, bleu cheese crumbles and cucumbers	9	scoop choice of tuna, chicken, or egg salad, served with carrots & celery	5
cobb chicken breast, romaine lettuce, tomato, hardboiled egg, bacon, avocado and shredded cheddar	9	scoop duo choice of 2 scoops of tuna, chicken, or egg salad, served toast and fruit	9
fall salad pears, cashews, feta, dried cranberries, grape tomato, spring mix lettuce.	9	small side salad lettuce, tomato, and cucumber	3

wraps and sandwiches

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

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



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 & granola)</i>	4.00
carrots & celery	3.00
ny pretzel	2.65
muffin	2.50
<i>(blueberry, banana, cheese strudel, chocolate)</i>	
uncrustable pb&j	2.00
candy <i>(snickers, m&m, kit kat, twix)</i>	1.60
gummy bears	2.50
rice crispy treat	1.50
cheesecake	3.50

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

kid's 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

drink

- Milk
 - Chocolate Milk
 - Apple Juice
 - Water Bottle
 - Lemonade
 - Cranberry Juice
 - Coke
 - Diet Coke
 - Sprite
 - Substitute a 100% Fruit Smoothie for an additional \$3.50
- Choose from: Strawberry Shortcake, Junior Chocolate Frosty or Razzleberry



smoothies

refuel & recover (20oz)

unique blends for recovery **6.25**

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 **7.25**

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 **6.75**

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 **5.00**

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 **4.50**

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 **1.75**

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

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

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

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