



Mon-Fri: 8:00am – 8:00pm
Sat-Sun: 8:30am – 4:00pm

All menu items are available to go.

Private party menu available upon request.
Contact Chad Osmer at chad.osmer@midtown.com

MIDTOWN ATHLETIC CLUB
1760 N. Hicks Road • Palatine • 847.991.4646 • midtown.com

WRAPS and SANDWICHES

Served with Choice of Chips, Salad, Carrots and Celery, French Fries or Sweet Potato Fries, and a Fountain Drink \$9

Bread Choices

Wheat Bread	120 cal/24g carb/4g pro/1.5g fat
Honey Wheat Wrap	330 cal/56g carb/7g pro/8g fat
Flatbread	292 cal/55 carb/8g pro/4g fat
Low Carb Wrap	80 cal/18 carb/8g pro/3g fat
Kaiser Roll	180 cal/33g carb/6g pro/2.5g fat

Turkey Guacamole Roasted Turkey, Guacamole, Romaine Lettuce, Tomato and Mozzarella Cheese
252 cal/10g carb/28g pro/11g fat

Vegetarian Romaine Lettuce, Cucumber, Tomato, Red Peppers and Hummus
35 cal/8g carb/1.5g pro/2g fat

Café Club Turkey, Bacon, Lettuce, Tomato, Dijon Mustard and Mayo
253 cal/9g carb/27g pro/12g fat

Garden Turkey Roasted Turkey Breast, Red Peppers, Tomato, Cucumbers, Romaine Lettuce and Mozzarella Cheese
218 cal/12g carb/28g pro/6g fat

Southwest Chicken Chicken Breast, Sweet Corn, Black Beans, Red Peppers, Tomato, Lettuce and Chipotle Sauce
270 cal/23g carb/25g pro/8g fat

Salmon Grilled Salmon, Spinach, Apples, Dried Cranberries and Thai Sesame Dressing
246 cal/34g carb/22g pro/4.5g fat

Baja Chicken Cajun Chicken Breast, Grilled Peppers and Onions, Mozzarella Cheese and Cucumber Ranch Dressing
346 cal/6g carb/49g pro/13g fat

Del-Sol Choose Chicken, Roasted Turkey or Ham - with Spinach, Mozzarella Cheese and Sun Dried Tomato Spread
280 cal/28g carb/29g pro/38g fat

The Kat's Meow Tuna Tuna, Walnuts, Cranberries, Raisins, Celery and Apples Mixed into Tzatziki Sauce with Lettuce and Tomato
284 cal/16g carb/22g pro/16g fat

Greek Chicken Seasoned Chicken Breast, Lettuce, Tomato and Tzatziki Sauce
300 cal/10g carb/43g pro/6g fat

Chicken Quesadilla Chicken, Mozzarella, Tomato, Spinach and Salsa
187 cal/8g carb/29g pro/13g fat

M-Café Burger Half Pound, Certified Angus Beef Burger; Served with Your Choice of Toppings
280 cal/2g carb/15g pro/24g fat

Spinach Margarita Spinach, Tomato, Peppers, Mozzarella Cheese and Basil Spread
161 cal/7g carb/9g pro/11g fat

Grilled Chicken Chicken Breast, Cheddar Cheese, Bacon, Lettuce, Tomato and Mayo
489 cal/5g carb/56 pro/25g fat

Café Breaded Fish Beer Battered Cod; Served with Homemade Tartar Sauce and American Cheese
261 cal/18g carb/14g pro/14g fat

Buffalo Chicken Buffalo Tossed Chicken with Ranch Dressing, Lettuce and Tomato
139 cal/6g carb/22g pro/3g fat

Café Combo-Choose Two Half-Sandwich & Half-Salad, Half-Sandwich & Cup of Soup, Cup of Soup & Half-Salad (Excludes M Café Burger)

SALADS

Served with a Fountain Drink \$9

Dressing Choices

Balsamic Vinaigrette, Blue Cheese, Caesar, Chipotle Ranch, Cucumber Ranch, Lemon Dijon, Low Fat Ranch, Sesame Ginger

Café Chopped Chicken Breast, Romaine Lettuce, Tomato, Cucumbers, Carrots and Corn; Served with Your Choice of Dressing
181 cal/16g carb/23g pro/3g fat

Chicken Caesar Grilled Chicken Breast, Romaine Lettuce, Croutons, Parmesan Cheese, with a Side of Caesar Dressing
373 cal/21g carb/35g pro/16g fat

Buffalo Chicken Buffalo Chicken, Romaine Lettuce, Celery, Carrots, Blue Cheese and Cucumbers
169 cal/13g carb/23g pro/3g fat

Harvest Spinach, Walnuts, Dried Cranberries, Blue Cheese and Lemon-Dijon Dressing
378 cal/29g carb/11g pro/27g fat

Tuna Romaine Lettuce, Tomato and Cucumber Topped with Our Tuna Salad and Balsamic Vinaigrette Dressing
162 cal/11g carb/11g pro/8g fat

Salmon Sesame Ginger Salmon, Spinach, Apples, Cranberries, Chow Mein Noodles and Lemon-Dijon Dressing
396 cal/50g carb/25g pro/13g fat

Two Tuna Scoops with Toast and Fruit \$8
284 cal/16g carb/22g pro/16 g fat

Tuna Scoop with Carrots and Celery \$4
142 cal/8g carb/11g pro/8g fat

Homemade Soups and Chili \$4 Cup/\$6 Bowl

BREAKFAST

Served with Seasonal Fruit
Mon-Fri: 8:00 – 11:00am
Sat-Sun: 8:30 – 11:00am

Egg Creations \$8

Omelet, Egg White Omelet or Scramble

Choose 3 Ingredients (Additional Ingredients \$.50 Each):

Tomato, Red Pepper, Onion, Black Beans, Spinach, Mushroom, Artichoke, Chicken, Bacon, Sausage, Turkey, Potato, Pepper Jack, Cheddar, Swiss, American, Mozzarella, Blue, Parmesan or Feta

Two Eggs \$4

Served with Whole Wheat Toast
142 cal/.5g carb/12g pro/10g fat

Breakfast Wrap \$8

Eggs, Bacon, Mozzarella Cheese, Tomato, Spinach, Red Peppers and Basil Pesto
368 cal/8g carb/29g pro/25g fat

Breakfast Wrap Lite \$8

Egg Whites, Feta Cheese, Tomato and Spinach
103 cal/1g carb/4g pro/3 fat

Oatmeal \$5

Served with Walnuts, Dried Cranberries and Brown Sugar
150 cal/27g carb/5g pro/3g fat

Bagel \$3

Toast \$2

Side of Bacon \$3

Potatoes \$3

Hard Boiled Egg \$1

BEVERAGES

Smoothies \$4 (Add Protein \$1, Yogurt \$.50)

Strawberry, Banana, Pineapple, Peach Pear Apricot, Lemonade, Café Mocha

Water \$1

Gatorade/Smart Water \$2.10

Coke/Diet Coke \$2.10

Beer \$4

Wine, Cocktails & Frozen Drinks \$5