



QUICK BITES

BRIE & BAGUETTE \$8.95

French Baby Brie topped by a Warm Cranberry-Pecan Compote

JAPANESE POTSTICKERS-GYOZA (5) \$5.95

Served with homemade Dipping Sauce

SESAME CRUSTED AHI TUNA \$10.95

Served with Wakame Seaweed-Edemame Salad

CHEESE TEQUENOS (5) \$5.95

ORGANIC CHICKEN TENDERS (5) \$6.25

SIGNATURE SWEET POTATO FRIES \$4.95

BEER BATTERED ONION RINGS \$4.95

CHICKEN & CHEESE QUESADILLAS \$5.95

Served with Salsa and Avocado Crème

SALADS

DRESSING CHOICES:

Honey Balsamic ▪ Blue Cheese ▪ Caesar ▪ Ranch ▪ Sesame Ginger

PROTEIN EXTRAS

Organic Chicken Breast \$2.95

Roasted Turkey Breast \$2.00

Poached Alaskan Salmon \$3.95

Veggie Burger \$3.95

Albacore Tuna-Yogurt Salad \$2.95

Egg White-Egg Salad \$2.95

CUSTOM SALAD CREATIONS

Design your own salad with a variety of fresh ingredients

RITZ CARLTON WEDGE SALAD \$9.95

Chilled Iceberg Lettuce, Apple Wood Smoked Bacon & Vine Ripened Tomato topped with homemade Chunky Blue Cheese Dressing

STEAK SALAD \$14.95

Grilled Skirt Steak, Three Lettuce Blend, Blue Cheese, Cucumber, Vine Ripe Tomato, & Crispy Onion Rings

AHI TUNA SALAD \$14.95

Seared Sashimi Grade Tuna, Toasted Almonds, Vine Ripe Tomato, Mandarin Oranges & Edemame

SALMON SALAD \$12.95

Poached Alaskan Salmon, Mixed Greens, Spinach, Green Apple & Sundried Cranberries tossed with Light Sesame Ginger Dressing

SKINNY SCOOPS SALAD \$11.95

Albacore Tuna-Yogurt Salad Scoop, Egg White-Egg Salad Scoop
Fresh Greens with Carrot, Tomato & Cucumber

CAPRESE CHOP SALAD \$10.95

Chopped & Tossed-Organic Tomatoes, Buffalo Mozzarella Cheese, Fresh Basil, Garlic Infused Olive Oil served on a bed of Arugula

HARVEST SALAD \$9.95

Gorgonzola Cheese, Sunflower Seeds, Garbanzo Beans, Sundried Cranberries, Carrots, Spanish Cucumber & Green Apple

CAESAR SALAD \$8.95

Crisp Romaine, Parmesan Cheese, Herb Croutons & Caesar Dressing

SANDWICHES & WRAPS

Served with choice of Side Salad, French Fries, Chips, Fresh Fruit
Sweet Potato Fries (add \$1.50) ▪ Side Caesar Salad (add \$1.50)
Bowl of Soup (add \$2.00)

FRENCH DIP \$10.95

Grain Fed-Aged Roast Beef, Swiss Cheese, Roasted Red Peppers, Sautéed Onion, Horseradish Crème, Homemade Au-Jus on Artisan Sourdough Ciabatta

CALIFORNIA CLUB \$10.95

All Natural Turkey Breast, Apple Wood Bacon, Avocado, Fresh Greens, Tomato, Avocado Crème on Artisan Sourdough Ciabatta

MAHI SANDWICH \$11.95

Grilled Mahi, Asian Slaw, Tomato on Artisan Sourdough Ciabatta

SALMON WRAP \$9.95

Poached Alaskan Salmon, Organic Spinach, Green Apple, Sundried Cranberries & Light Sesame Ginger Dressing wrapped in a Black Bean-Whole Grain Wrap

TURKEY DEL SOL PANINI \$9.95

All Natural Turkey Breast, Light Mozzarella Cheese, Spinach & Sundried Tomato Spread on Protein Rich Whole Grain Bread

CAPRESE PANINI \$9.95

Organic Vine Ripe Tomato, Low-Fat Buffalo Mozzarella, Spinach, Basil Pesto on Artisan Sourdough Ciabatta

CAESAR SALAD WRAP \$8.95

Crisp Romaine, Tomato, Parmesan Cheese, Light Caesar Dressing wrapped in a Black Bean-Whole Grain Wrap

VEGGIE WRAP \$8.95

Organic Hummus, Crisp Romaine, Tomato, Cucumber, Roasted Red Peppers wrapped in a Black Bean-Whole Grain Wrap

DELI SANDWICHES \$8.95

Turkey ▪ BLT ▪ Albacore Tuna Salad ▪ Egg White-Egg Salad

Served with Tomato, Fresh Greens & Cheese

Choose Whole Grain Bread or Black Bean Whole Grain Wrap



FAVORITE CREATIONS

CEDAR PLANK SALMON **\$14.95**

Wild Sushi Grade Salmon grilled in a Pink Sea Salt Rub... served with Organic Garden Vegetables & Choice of Japanese Brown Rice or Organic Quinoa

HAWAIIAN MAHI MAHI **\$14.95**

Sesame-Ginger marinated and grilled fillet... served with Organic Garden Vegetables & Choice of Japanese Brown Rice or Organic Quinoa

MAHI MAHI FISH TACOS (3) **\$12.95**

Hawaiian Mahi-Beer Battered, served on Corn Tortillas with Choice of Side

ASIAN SHORT RIBS **\$14.95**

Marinated & Grilled Beef Short Ribs served with Coconut Rice & Grilled Pineapple

QUINOA and SHRIMP **\$12.95**

Organic Aztec & Ivory Quinoa tossed with Organic Seasonal Vegetables & Grilled Shrimp

CHURASCO STEAK **\$14.95**

8oz Grass Fed Prime Skirt Steak served with the Ritz Carlton Wedge Salad & Chimichurri Sauce

PASTA AL POMODORO **\$9.95**

Multigrain Penne, Vine Ripe Tomato, Buffalo Mozzarella & Fresh Basil

GREEN GODDESS PASTA **\$9.95**

Multigrain Penne, Basil Pesto & Freshly Grated Parmesan Cheese

TRAINERS PLATE **6oz \$10.95 / 12oz \$13.95**

Organic Chicken Breast, Organic Grilled Vegetables & Protein Enriched Japanese Brown Rice

TEX MEX CHICKEN PLATE **\$12.95**

Organic Chicken Breast, with Protein Enriched Japanese Brown Rice sautéed with Black Beans, Spanish Onion & Roasted Red Peppers, topped by Cheddar Cheese & Crispy Tortillas

GARDEN QUESADILLAS **\$9.95**

Organic Tomato, Organic Spinach & Light Mozzarella Cheese

BURGER BAR

Made with our 8oz Black Angus-Brisket Burger

Served with choice of Side Salad, French Fries, Chips, Fresh Fruit
Sweet Potato Fries (add \$1.50)
Side Caesar Salad (add \$1.50)
Bowl of Soup (add \$2.00)

M-CAFÉ SIGNATURE BURGER **\$11.95**

Lettuce, Tomato, Onion, Pickle

THE PARISIAN BURGER **\$14.95**

French Baby Brie, Apple Wood Bacon Jam, Truffle Aioli

BLACK-N-BLUE **\$12.95**

Italian Gorgonzola Cheese, Caramelized Onion, Sautéed Mushroom

SPICY CRUNCHY BURGER **\$11.95**

Cheddar Jack Cheese, Chipotle Aioli, Crispy Onion Rings

RISE & SHINE BURGER **\$12.95**

Fried Egg, Swiss Cheese, Apple Wood Smoked Bacon

THE ITALIAN BURGER **\$13.95**

Buffalo Mozzarella, Vine Ripe Tomato, Basil Pesto, Balsamic

CALIFORNIA BURGER **\$12.95**

Avocado, Avocado Crème, Lettuce, Tomato, Bacon, Swiss Cheese

VEGGIE BURGER **\$9.95**

Veggie Burger with Spinach, Tomato, Light Feta Cheese, Greek Tzatziki

KIDS MENU

\$6.55

MAIN ITEMS (choose one)

Organic Chicken Tenders (3)
Hamburger / Cheeseburger
Mac-n-Cheese
Multigrain Penne Pasta with Grilled Chicken Breast and Marinara
Cheese Tequenos (3)
Grilled Cheese Sandwich
Grilled Chicken Breast Sandwich
Turkey Sandwich
Chicken Caesar Salad
Bagel with Cream Cheese or Butter

SIDES (choose one)

Fresh Fruit
Organic Vanilla Yogurt
Carrots & Celery
French Fries
Baked Kettle Chips
Pretzels
Chocolate Chip Cookie

DRINKS (choose one)

Apple Juice
Lemonade
Chocolate Milk
Midtown Water Bottle

MIDTOWN ATHLETIC CLUB

2300 Royal Palm Blvd • Weston • 954.384.2582

M-Café Direct Line 954.635.4232



BREAKFAST

Served until 11:30am Daily

CUSTOM OMELET CREATIONS

Design your own omelet with a variety of organic ingredients

GLUTEN FREE POWER PANCAKES

\$8.95

Made with Greek Yogurt, Low Carb-Vanilla Whey Protein, Oatmeal, Almond Milk & Egg Whites

WILDBERRY BAKED OATMEAL

\$5.45

Made with Steel Cut Oats, Florida Citrus & Tahitian Vanilla
Served with Organic Vanilla Yogurt

MULTIGRAIN BELGIAN WAFFLES

\$7.95

BREAKFAST EXPRESS

\$8.45

Three Scrambled Eggs, Hash Browns, Whole Wheat Toast with choice of Turkey Sausage or Apple Wood Smoked Bacon

BREAKFAST WRAP #1

\$8.45

Organic Egg Whites, Spinach, Roasted Red Peppers, Light Feta Cheese & Sundried Tomato Pesto

BREAKFAST WRAP #2

\$8.45

Organic Whole Eggs, Cheddar Jack Cheese made with choice of Turkey Sausage, Bacon or Roasted Turkey Breast

CROISSANT SANDWICH

\$8.45

Organic Scrambled Eggs, Aged Cheddar & Apple Wood Smoked Bacon served on a French Butter Croissant

BAGEL/TOAST

\$2.45

FRENCH BUTTER CROISSANT

\$3.25

APPLE WOOD SMOKED BACON

\$3.95

TURKEY SAUSAGE

\$2.95

HASHBROWNS

\$2.95