

WILD BERRY OATMEAL MUFFIN 

250 Calories / 4g Protein

Steel Cut Oats / Organic Mixed Berries / Cinnamon Brown Sugar / Served with Organic Low-Fat Vanilla Yogurt/ **\$7.49**

ALBACORE TUNA PLATTER

300 Calories / 15g Protein

Solid White Albacore Tuna / Light Mayo / Organic Celery/ Sliced Organic Plum Tomato and Cucumber / Multigrain Toast / **\$8.49**

HOUSE PROTEIN PANCAKES 

370 Calories / 18g Protein

Vanilla Whey Protein / Organic Low-Fat Vanilla Yogurt / Unsweetened Almond Milk / Cage Free Whole Eggs / Ground Cinnamon / Organic Mixed Berries / Sugar-Free Syrup / **\$11.49**

MULTIGRAIN FRENCH TOAST

780 Calories / 13g Protein

Multigrain Bread / Cinnamon Custard / Sugar-Free Syrup / Powdered Sugar / Organic Mixed Berries or Sliced Banana / **\$10.99**

PROTEIN POWER PLATE

750 Calories / 30g Protein

Choice: Cage Free Whole eggs (3) or Egg Whites (+\$1.00) Your Choice of style / Side of Herb Roasted Potatoes / Your Choice of Toast (w/All-Natural Turkey Sausage Links or All-Natural Applewood Bacon **\$13.49**) (w/ All-Natural Grilled Chicken Breast **\$18.48**)

AVOCADO TOAST 

418 Calories / 14g Protein

Cage Free Whole Eggs / Organic Sweet Plum Tomatoes / Organic Avocado / Fresh Organic Cilantro / Toasted Bread of Your Choice/ **\$9.49**

(w/ All-Natural Turkey Breast **\$14.48**)

MIDTOWN

ATHLETIC CLUB®

BREAKFAST

BELGIAN WAFFLE

630 Calories / 12g Protein

7" Classic Style Belgian Waffle / Organic Mixed Berries / Sugar-Free Syrup / **\$9.49**

BUILD YOUR OWN OMELET 

625 Calories / 20g Protein

Choice: Cage Free Whole Eggs (3) or Egg Whites (+\$1.00) / (5) Ingredients (Mushroom, Onion, Tomato, Baby Spinach & Cheese) - Choice of Toast, Bagel or Croissant / Side of Fresh Organic Fruit of the day or Organic Sliced Plum Tomato and Cucumber / **\$11.99**

EGG AND QUESO BAGEL SANDWICH 

425 Calories / 13g Protein

Folded Cage Free Whole Eggs or Egg Whites (+1.00) / Choice: American, Mozzarella or Swiss Cheese / Organic Avocado Spread / Multigrain Bagel / Organic Baby Spinach / Organic Sliced Plum Tomato / Fresh Organic Fruit of The Day / **\$10.49**

WAKE ME UP WRAP

375 Calories / 19g Protein

Cage Free Whole Eggs / Cheddar Jack Cheese / Whole Wheat Wrap / Fresh Organic Fruit of the Day

(w/ All-Natural Turkey Sausage Links or All-Natural Applewood Bacon **\$10.49**)

(w/ All-Natural Grilled Chicken Breast **\$15.48**)

LEAN EGG WHITE WRAP 

300 Calories/ 20g Protein

Cage Free Egg Whites / Roasted Peppers / Organic Spinach / Feta Cheese / Light Sun-Dried Tomato Pesto / Whole Wheat Wrap / Fresh Organic Fruit of the Day / **\$11.49**

JUST GREAT EGGS

Caged Free Scrambled Egg Whites (8oz) / **\$7**

60 Calories / 11g Protein

Cage-Free Whole Eggs

Your Choice of Style

Two Eggs (2) / \$5

144 Calories / 13g Protein

Three Eggs (3) / \$6

216 Calories / 19g Protein

Bagel, Butter Croissant, or Toast

Choice with Peanut Butter, Creamed Butter, Cream Cheese, or Fruit Jam

Bagel or Toast / \$3.35

Butter Croissant / \$4.00

SIDES

All-Natural Turkey Sausage Links (3) \$4.99

150 Calories / 12g Protein

All-Natural Turkey Breast \$4.99

80 Calories / 12g Protein

All-Natural Applewood Bacon (3) \$3.99

120 Calories / 8g Protein

All-Natural Chicken Breast (6 oz.) \$5.99

190 Calories / 36g Protein

Roasted Herb Potatoes (8 oz.) \$3.99

180 Calories / 6g Protein

Organic Avocado \$3.00 

80 Calories / 2g Protein

Fresh Organic Fruit of the Day (6oz.) \$3.99 



=Contain Organic Ingredient

Food Advisory

"Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness especially if you have medical conditions."

MIDTOWN ATHLETIC CLUB®

SANDWICHES & WRAPS

All Sandwiches, Wrap & Quesadillas include
your choice side of French fries, Fruit, or

Garden Salad

CALI CLUB

600 Calories / 30g Protein

All-Natural Turkey Breast / Mozzarella Cheese /
Apple Wood Bacon / Organic Greens /
Organic Avocado / Organic Sweet Plum
Tomato / Toasted Multigrain Bread / **\$13.99**

SOUTHWEST CHICKEN WRAP

510 Calories / 20g Protein

Marinated Grilled Chicken / Black Beans / Corn
/ Red Onion / Roasted Peppers / Romaine /
Cheddar Cheese / Ancho Chipotle Dressing /
Whole Wheat Tortilla Wrap / **\$12.99**

BUFFALO CHICKEN WRAP

490 Calories / 22g Protein

Grilled Chicken / Organic Romaine /
Gorgonzola Cheese / Buffalo Sauce / Whole
Wheat Tortilla Wrap / **\$12.99**

CHICKEN CAESAR WRAP

525 Calories / 26g Protein

All-Natural Chicken Breast / Organic Romaine
Lettuce / Pecorino Romano Cheese / Table
Side Caesar Dressing / Sweet Plum Tomato /
Whole Wheat Tortilla Wrap / **\$12.99**

LUNCH

SESAME GINGER SALMON WRAP

425 Calories / 20g Protein

Pacific Coast Coho Salmon / Organic Baby
Spinach / Dried Cranberries / Organic Sliced
Apple / Light Sesame Ginger Dressing / Whole
Wheat Tortilla Wrap / **\$14.99**

SIGNATURE BURGER

780 Calories / 48g Protein

Brioche Roll / Organic Greens / Organic Plum
Tomato / Red Onion / Your Choice of Cheese
American / Mozzarella / Gorgonzola / Swiss /
Feta /
Chuck-Brisket-Sirloin Ground Beef / **\$15.99**
Black Bean Burger / **\$12.99**

GRILLED CHICKEN SANDWICH

380 Calories / 36g Protein

All-Natural Chicken Breast / Brioche Roll /
Organic Greens / Organic Plum Tomato / Red
Onion / Your Choice of Cheese
American / Mozzarella / Gorgonzola / Swiss /
Feta / **\$12.99**

STEAK SANDWICH

1082 Calories / 40g Protein

Skirt Steak / Sauteed Onions & Mushrooms /
Mozzarella / Blue Cheese / Toasted Ciabatta /
\$16.99

Gourmet Quesadillas

GARDEN QUESADILLAS

530 Calories / 12g Protein

Organic Baby Spinach / Mozzarella Cheese /
Organic Sweet Plum Tomato / Whole Wheat
Tortilla Wrap
Veggie **\$11.99** / Chicken **\$13.99** / Steak **15.99**

BAJA QUESADILLAS

550 Calories / 13g Protein

Black Beans / Corn / Red Onion / Roasted Red
Peppers / Mixed Cheese / Ancho Chipotle
Dressing / Whole Wheat Tortilla Wrap
Veggie **\$11.99**/Chicken **\$14.99**/Steak **\$17.99**

SIDES

Classic French Fries

Side Garden Salad

Fruit of the day

Sweet Potato Fries (+2.99)

Caesar Salad (+2.99)

Roasted Garlic Tomato Soup (+2.99)



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ENTRÉES

SESAME GINGER PLATE

530 Calories / 20g Protein

Grilled Pineapple / Brown Rice / Sesame
Ginger Sauce

(Grilled All-Natural Chicken Breast **\$12.99**)

(Grilled Pacific Coast Coho Salmon **\$16.99**)

SOUTHWEST PLATE

920 Calories / 25g Protein

Black Beans/ Corn / Red Onion / Roasted Red
Peppers / White Rice / Chipotle Cheese Sauce /
Tri Color Tortilla Chips

Chicken **\$14.99** / Skirt Steak **\$18.99**

MARGHERITA PASTA

882 Calories / 13g Protein

Penne Pasta / Pecorino Romano Cheese / Basil
/ Organic Sweet Tomato / Fresh Garlic /
Organic Baby Spinach / **\$10.00**

(w/ All-Natural Chicken Breast **\$14.99**)

(w/ Grilled Soho Salmon **\$19.99**)

(w/ Shrimp **\$19.99**)

LOMO SALTADO

1150 Calories / 34g Protein

Skirt Steak / Lomo Saltado Sauce / Red Onion /
Tomato / French Fries / White Rice / Fresh
Cilantro / **\$23.99**

THE CHURRASCO

1100 Calories / 30g Protein

Chimichurri / Plantains / White rice

Chicken **\$14.99** / Skirt Steak **\$19.99**

MIDTOWN

ATHLETIC CLUB®

LUNCH

CUSTOM STIR FRY GRAIN BOWL

515 Calories / 10g Protein

\$10.99

TACO BAR

CHICKEN

555 Calories / 25g Protein

Marinated Grilled Chicken / Organic Avocado /
Organic Romaine / Organic Tomato / Poblano-
Avocado Ranch / **\$14.99**

STEAK

630 Calories / 36g Protein

Marinated Skirt Steak / Feta / Tomato / Red
Onion / Poblano Avocado Ranch **\$16.99**

SHRIMP

460 Calories / 22g Protein

Blackened Shrimp / Red Cabbage / Tomato /
Lime Cilantro Garlic Sauce / **\$17.49**

VEGGIE

395 Calories / 10g Protein

Black Beans / Organic Avocado / Red Onion /
Roasted Peppers / Lime Cilantro Garlic Sauce /
\$12.99

THE KID CORNER

\$9.00

Choice Entrée:

Chicken Tenders (3)

Cheese Tequeños (3)

Chicken Caesar Salad

Grilled Cheese Sandwich

Chicken & Cheese Quesadillas

Grilled Chicken & Brown Rice Bowl

Choice Side:

French Fries

Fruit of the Day

Garden Salad

Sweet Potato Fries (+1.50)

Side Caesar Salad (+1.50)

Choice Beverage:

Water / Apple Juice / Chocolate Milk

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GOURMET SALADS

SPINACH CAESAR SALAD

300 Calories / 11g Protein

Organic Romaine Lettuce / Organic Baby Spinach / Organic Sweet Plum Tomato / Pecorino Romano Cheese / Multigrain Garlic Herb Croutons / Table Side Caesar Dressing / **\$11.99**
(w/ All-Natural Chicken Breast **\$16.98**)

SALMON SALAD

418 Calories / 20g Protein

Organic Baby Spinach / Organic Spring Mix / Grilled Coho Salmon / Dried Cranberries / Walnuts / Organic Carrots / Organic Apple / Sesame Ginger Dressing / **\$16.99**

CUSTOM SALAD

Choose your Bed of Organic Greens and Six Ingredients / **\$11.99**

HARVEST SALAD

350 Calories / 15g Protein

Organic Spring Mix / Organic Carrots / Organic Cucumbers / Organic Apples / Sunflower Seeds / Dried Cranberries / Gorgonzola Cheese / Honey Balsamic Dressing / **\$12.99**
(w/ All-Natural Chicken Breast **\$17.98**)

COBB SALAD

580 Calories / 22g Protein

Organic Romaine / Organic Spring Mix / Organic Avocado / Apple wood bacon bits / Corn / Organic Cucumbers / Caged free Hard-boiled Egg / Red Onion / Organic Plum Tomatoes / Gorgonzola Cheese / Poblano-Avocado Ranch Dressing / **\$13.99**
(w/ All-Natural Chicken Breast **\$18.98**)

DRESSINGS

Poblano Avocado Ranch

Buttermilk Ranch

Ancho Chipotle

Table Side Caesar

Honey Balsamic

Sesame Ginger

Balsamic Vinegar and Extra Virgin Olive Oil

ADD ON PROTEINS

Grill Chicken \$5.99

Tuna Salad \$5.99

Turkey Breast \$4.99

Skirt Steak \$9.99

Grilled Salmon \$9.99

Grilled Shrimp \$9.99



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QUICK BITES

Cheese Tequeños \$7.49
320 Calories / 8g Protein
Lime Cilantro Garlic Sauce
Or Avocado Crème

Caesar Salad \$5.99
115 Calories / 8g Protein
Pecorino Romano Cheese/
Organic Tomato / Organic
Romaine / Multigrain Garlic Herb
Croutons / Table Side Caesar
Dressing

Garden Salad \$4.99
100 Calories / 6g Protein
Organic Spring Mix / Organic
Plum Tomato / Red Cabbage /
Organic Cucumbers / Honey
Balsamic Dressing

Chicken Tenders \$10.49
510 Calories / 32g Protein
Sweet BBQ Sauce

Chicken Quesadillas \$8.99
330 Calories / 20g Protein
Red Onion / Tomato / Lime
Cilantro Garlic Sauce
Or Avocado Crème

Classic French Fries \$4.99
340 Calories / 4g Protein
Lightly Dusted with Natural Sea
Salt

House Truffle French Fries \$7.99
440 Calories / 4g Protein
Grated Parmesan Cheese / Truffle
Oil / Natural Sea Salt

The Sampler \$16.49
1120 Calories / 40g Protein
Cheese Tequeños (2) / 6in.
Chicken Quesadillas / Chicken
Tenders (2) / Mini Beef
Empanadas (3)

Sweet Potato Fries \$5.99
340 Calories / 4g Protein
Cajun- Cinnamon Chipotle Rub /
Sweet BBQ Sauce

Mini Beef Empanadas \$9.49
590 Calories / 22g Protein
Lime Cilantro Garlic Sauce
Or Avocado Crème

Roasted Garlic Tomato Soup
\$5.99

Organic Mixed Fruit \$5.99

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ATHLETIC CLUB®

COFFEE / TEA / JUICE

Lavazza Premium Roast Coffee

\$1.70 (SM) / \$2.20 (LG)

Iced Coffee

\$2.70

Americano

\$2.45 (SGL) / \$3.15 (DBL)

Cortadito

\$2.95 (SGL) / \$3.65 (DBL)

Espresso

\$2.45 (SGL) / \$3.15 (DBL)

Latte

\$3.75

(Add flavor: Vanilla / Caramel / Sugar-Free Vanilla
+\$1.00)

Cappuccino

\$3.75

Hot Chocolate

\$3.35

Mighty Leaf Tea

\$2.45

(Organic Earl Grey / Marsala Chai / Ginger Twist /
Chamomile Citrus / Mint)

Orange Juice

\$3.20 (SM) / \$5.20 (L)

LAVAZZA
ITALY'S FAVORITE COFFEE

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