

# WINDY HILL

## ATHLETIC CLUB®

### *breakfast*

<b>midtown breakfast*</b> two eggs your way, choice of bacon or chicken sausage, breakfast potatoes, wheatberry toast	\$14	<b>bagel &amp; lox</b> whipped cream cheese, smoked salmon, capers, pickled red onion, everything bagel	\$14
<b>avocado crunch</b> everything bagel, mashed avocado, heirloom tomato, pickled red onion, sunflower seeds add egg* - \$2	\$11	<b>breakfast sandwich*</b> folded egg, choice of bacon or chicken sausage, cheddar, everything bagel	\$11
<b>chicken biscuit</b> battered chicken breast, buttermilk biscuit, bourbon peach jam	\$11	<b>yogurt parfait</b> low fat vanilla yogurt, fresh berries, granola	\$9

### *weekend brunch*

available saturday & sunday

<b>biscuits &amp; gravy</b> two buttermilk biscuits, house-made chicken sausage gravy	\$13
<b>stuffed french toast</b> cinnamon sugar ceam cheese filling, warm peaches, maple syrup	\$15
<b>chorizo sunrise flatbread*</b> stone baked flatbread, fried egg chorizo, goat cheese, tomato, onion, pickled jalapeno, cilantro, sour cream	\$15
<b>breakfast tacos*</b> choice of three: classic - egg, bacon, cheddar garden - egg, spinach, tomato, onion chorizo - egg, onion, cilantro	\$12

### *a la carte*

<b>applewood smoked bacon</b>	\$5
<b>chicken sausage</b>	\$4
<b>two eggs*</b>	\$5
<b>breakfast potatoes</b>	\$5
<b>buttermilk biscuit</b>	\$3
<b>bagel with cream cheese</b>	\$3
<b>avocado</b>	\$2
<b>wheatberry toast</b>	\$2
<b>fresh fruit</b>	\$5

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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### starters

<b>traditional wings</b> buffalo, BBQ, lime pepper, Windy Hill house rub, ranch or bleu cheese	\$15	<b>fiesta fries*</b> bulgogi steak, french fries, melty cheese, lettuce, tomato, red onion, jalapeños, cilantro crema	\$14
<b>giant bavarian pretzel</b> sweetwater 420 beer cheese	\$10	<b>poké wontons*</b> crispy wonton, ahi tuna, mango, sriracha aioli, wasabi crema, edamame, pickled red onion, cilantro	\$14
<b>falafel platter</b> housemade falafel, tzatziki, crudité, crispy naan	\$14	<b>fried green tomatoes</b> ranch dressing	\$12
<b>hummus plate</b> housemade hummus, crudité, crispy naan	\$12		

### salads

<b>vegetarian caesar</b> romaine, parmesan, croutons, housemade vegetarian caesar dressing	\$13	<b>mediterranean breeze</b> romaine, feta, cucumber, heirloom tomato, red onion, banana peppers, kalamata olive, crispy chickpeas, lemon vinaigrette	\$13
<b>cobb</b> romaine, oven roasted turkey breast, bacon, boiled egg, heirloom tomato, goat cheese, green onion, balsamic vinaigrette	\$14	<b>citrus quinoa</b> kale, quinoa, mandarin orange, edamame, carrot, pickled red onion, sesame ginger dressing	\$13
<b>kale bliss</b> goat cheese, heirloom tomato, red onion, carrot, walnuts, sesame ginger dressing	\$12		

**all salads available as wrap w/ side**

**add protein:** grilled chicken - \$5 / grilled salmon\* - \$7 / seared ahi tuna\* - \$7 / bulgogi steak\* - \$7 / falafel - \$5

**sides:** french fries, house chips, sweet potato waffle fries, fresh fruit (+ \$2), rice, quinoa, garden salad, seasonal veggies

### bowls & plates

<b>bibimbap*</b> bulgogi steak, cahokia high protein brown rice, spinach, carrots, green onion, cucumber, cilantro add egg* - \$2	\$16	<b>ahi tuna*</b> seared ahi tuna, quinoa, cucumber, mango, edamame, pickled red onion, wasabi crema	\$16
<b>harvest bowl</b> cahokia high protein brown rice, sweet potato, edamame, pickled red onion, white wine balsamic vinaigrette	\$14	<b>chicken shawarma</b> cahokia high protein brown rice, hummus, feta, cherry tomato, cucumber, red onion, kalamata olive, cilantro	\$15

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### *flatbreads*

<b>cheese</b> stone baked flatbread, marinara, mozzarella, parmesan	\$13	<b>margherita</b> stone baked flatbread, basil pesto, mozzarella, tomato, balsamic glaze	\$14
<b>bbq chicken</b> stone baked flatbread, BBQ sauce, grilled chicken, mozzarella, red onion, scallion	\$15	<b>south of the border*</b> stone baked flatbread, monterrey jack, chorizo, red onion, cilantro, sriracha aioli	\$15
<b>mediterranean delight</b> stone baked flatbread, basil pesto, feta, onion, tomato, kalamata olive, balsamic glaze	\$14		

### *handhelds*

<b>windy hill burger*</b> 6 ounce beef patty, american cheese, shredded lettuce, red onion, pickle, dijonaise, brioche bun -vegetarian alternative available	\$15	<b>california club</b> oven roasted turkey, bacon,, lettuce, tomato, avocado, cheddar, wheatberry toast	\$15
<b>signature burger*</b> 6 ounce beef patty, smoked gouda, shredded lettuce, fried green tomato, grilled onion, pickle, bacon jam, brioche bun -vegetarian alternative available	\$15	<b>bulgogi philly*</b> bulgogi steak, smoked gouda, carrots, green onion	\$15
<b>backyard burger*</b> 6 ounce beef patty, local beer battered onion ring, cheddar, bacon, BBQ sauce, brioche bun -vegetarian alternative available	\$15	<b>georgia blt</b> bacon, lettuce, fired green tomato, sriracha aioli	\$14
<b>turkey brie crisp</b> oven roasted turkey, creamy brie, green apple, bacon jam, croissant	\$14	<b>nashville hot chicken sandwich</b> nashville hot fried chicken, shredded lettuce, pickle, honey sriracha, brioche bun	\$14
		<b>heirloom stack</b> mozzarella, heirloom tomato, basil pesto, balsamic glaze, wheatberry toast	\$15

**substitute gluten free bun or bread - \$2**  
**choice of side:** french fries, house chips, sweet potato waffle fries, fresh fruit (+ \$2), rice, quinoa, garden salad, seasonal veggies

### *a la carte*

<b>french fries</b>	\$5	<b>quinoa</b>	\$6
<b>sweet potato waffle fries</b>	\$6	<b>fresh fruit</b>	\$5
<b>seasonal veggies</b>	\$5	<b>garden salad</b>	\$4
<b>cahokia high protien brown rice</b>	\$4		

# *kids menu*

*includes choice of french fries, apple slices,  
or mandarin oranges and apple juice*

<b>turkey sub</b>	\$10
<b>cheese quesadilla</b>	\$10
<b>lil' burger*</b>	\$10
<b>chicken nuggets</b>	\$10
<b>chicken rice bowl</b>	\$10

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