

# CAFÉ

AT THE SPORTING CLUB

## BREAKFAST

**Old Fashioned Oatmeal** ..... \$2.99 / \$3.99

**Yogurt Parfait** ..... \$4.25

### Bagels

With Jelly and Butter \$1.75 ..... With Cream Cheese \$2.50

**Breakfast Burrito** ..... \$6.95

Scrambled eggs, turkey bacon, peppers, onions, sweet potatoes and cheese on a whole wheat tortilla with fresh salsa

**Club Continental** ..... \$5.99

Scrambled egg whites, turkey bacon, fresh fruit

### BUILD YOUR OWN

**Breakfast Sandwich** ..... \$4.25

**Omelet** ..... \$6.95

**Wrap** ..... \$5.25

Choose 3 fillings from below:

Bacon · Turkey Bacon · Cheddar · Swiss · American · Goat Cheese

Feta · Peppers · Mushrooms · Spinach · Onions · Sweet Potatoes

## SALADS

**Harvest Salad** ..... \$8.95

Kale, quinoa, roasted sweet potato, beet, red onion, dried cranberries, feta cheese, apple cider vinaigrette

**Greek Salad** ..... \$7.99

Romaine, tomatoes, cucumbers, carrots, grilled chicken, feta cheese, raspberry vinaigrette

**Caesar Salad** ..... \$7.99

Romaine, parmesan cheese, house made croutons, grilled chicken, Caesar dressing

## SANDWICHES AVAILABLE UNTIL 3PM

**The Sporting Club** ..... \$7.49

Nitrate-free turkey, cheddar cheese, bacon, avocado, bibb lettuce, tomato, chipotle aioli on multigrain

**Grilled Chicken Pita** ..... \$8.25

Seasoned chicken breast, cucumber, romaine, red onion, feta cheese, tomato, tzatziki sauce

**Black Bean Chicken Quesadilla** ..... \$6.99

Cheddar cheese, black beans, grilled chicken, tomatoes, onions, peppers on a whole wheat tortilla with salsa and sour cream on the side

**Chicken Pesto Wrap** ..... \$7.99

Grilled chicken with spinach, fresh mozzarella, roasted peppers, homemade pesto on a whole wheat tortilla

**Salmon Tacos (2)** ..... \$7.99

Grilled salmon with mango pineapple salsa on a corn tortilla

**Turkey and American Cheese** ..... \$6.99

With lettuce and tomato on multigrain

**Tuna, Chicken or Egg Salad** ..... \$6.99

With lettuce and tomato on choice of bread

## SOUPS

Small \$3.99

Medium \$4.99

Large \$7.99

See today's sign for daily soup selections

## SMOOTHIES

Small \$5.25

Large \$6.25

### The Classic

Strawberry, banana, Greek yogurt, honey, skim milk

### Mango Tango

Mango, strawberry, Greek yogurt, pineapple juice

### Protein Plus

Skim milk, chocolate or vanilla whey protein, peanut butter, banana

### Daily Greens

Spinach, kale, pineapple, green apple, avocado, coconut water, orange juice

### Paleo Perfection

Chocolate whey protein, cinnamon, chia seeds, almond milk, peanut butter (optional)

### Wake Up Shake Up

Chocolate whey protein, almond milk, banana, chia seeds, cinnamon

### Java Oat

Iced coffee, skim milk, chocolate whey protein, oats, cinnamon

### Peanut Butter and Jelly

Vanilla whey, skim milk, peanut butter, raspberries

### Cinnamon Roll

Vanilla whey, banana, granola, cinnamon, walnuts, oats, almond milk

### Triple Berry

Raspberries, blueberries, strawberries, orange juice, ginger, coconut water

Extra Protein add \$2

For Vegan Protein add \$.50

## BEVERAGES

**La Colombe Coffee** ..... \$1.75/\$2.50

Regular or decaf

**Assorted Hot Tea** ..... \$1.75/\$2.50

Assorted bottled beverages available