

# **Breakfast**

**Breakfast Sandwich \$6.29**

2 Scrambled eggs, cheddar cheese, bacon, turkey sausage or ham served on a grilled wheat roll with pesto sauce.

**Breakfast Burrito \$7.49**

3 scrambled eggs, bacon, ham, turkey sausage, and shredded cheese. Sour Cream and salsa on side.

**Oatmeal \$4.19**

Hot piping oats served with brown sugar, strawberries or banana and milk on side.

## **Lunch & Dinner**

### **Salad Selection:**

**Super Food Salad: \$6.99 add Chicken \$8.99**

Kale, green cabbage, broccoli, Brussels sprouts, chicory, roasted pumpkin seeds and dried cranberries. Tossed with poppyseed dressing!

**Caesar Salad \$6.99 add Chicken \$8.99**

Romaine and lettuce mix. Tossed with lite creamy caesar dressing, parmesan cheese and homemade croutons.

**Greek Salad \$6.99 add Chicken \$8.99**

Mixed greens tossed with a lite balsamic dressing, then topped with cucumbers, tomatoes, artichokes, banana peppers, kalamata olives and feta cheese.

**Blueberry Walnut Feta Salad: \$6.99 add Chicken \$8.99**

Spinach lettuce mix with blueberries, candied walnuts and feta cheese. Tossed with lite Balsamic dressing.

### **Hot Food and Sandwich Selections:**

**Cheese Quesadilla \$5.99 BBQ or Regular add Chicken \$7.19**

Seasoned chicken breast diced on flour tortilla with shredded cheese, sour cream and salsa on side.

**Pesto Veggie Quesadilla \$5.99 add Chicken \$7.99**

Grilled veggies with pesto on flour tortilla with shredded cheese, sour cream and salsa on side.

**Turkey Bacon Avocado Sandwich \$8.99**

Served on a grilled wheat roll with pesto sauce, turkey, lettuce, tomato, bacon, avocado and honey mustard.

**Turkey Cranberry Wrap \$8.99**

Spinach tortilla with turkey, cranberry sauce, cheddar cheese, lettuce, tomato and cucumbers.

**Vegetable Panini \$5.99 add Chicken \$7.99**

Grilled veggies with pesto hummus on grilled pita with melted feta cheese.

**Nachos \$5.99**

Crispy tortilla chips with nacho cheese salsa and sour cream on side. Jalapenos on request.

**Ball Park Nachos \$7.19**

Crispy tortilla chips with nacho cheese, chicken, salsa and sour cream on side. Jalapenos on request.

## **24 OZ Smoothies and Protein Shakes**

**Apple Oatmeal Smoothie: \$5.79**

Vanilla whey protein, apple, full serving of oats, banana, dash of cinnamon, cranberry juice and blended with almond milk and ice.

**Island Diet Shake: \$5.79**

Vanilla whey protein, pineapple, banana, blended with coconut water and ice.

**Coconut Mango Protein Shake: \$5.79**

Vanilla whey protein, mango, blended with coconut water, blended with almond milk and ice.

**Fruit Recovery Protein Shake: \$5.79**

Vanilla whey protein, bcaa and glutamine, choice of fruit, pineapple, blueberry, strawberry, banana or mango, blended with your choice of coconut water, water or orange juice and ice.

**Peanut Butter Banana Muscle Builder -Chocolate or Vanilla Protein Shake: \$6.39**

50 Grams of Chocolate or vanilla whey protein, peanut butter, banana, blended with almond milk and ice. This is by far our most popular Smoothie!

**Muscleberry Light Protein Shake: \$5.79**

Chocolate whey protein, blueberry and strawberry, blended with soy milk and ice.

**Lo-Cal Lo-Carb Protein Shake: \$5.79**

Vanilla whey protein, choice of fruit, pineapple, blueberry, strawberry, banana or mango, blended with nonfat milk and ice.

**Green Machine Protein Shake: \$5.79**

Vanilla whey protein, apple, blueberry, kale, spinach, carrot, blended with pomegranate or cranberry juice or water and ice.

**Fresh Fruit Smoothie: \$5.29**

Choice of 2 fruits, pineapple, blueberry, strawberry, banana or mango, yogurt, nonfat milk or orange juice and ice.

**Add additional Protein: \$1.50**

**Add Additional Fruit: \$1.19**

*Smoothies/Shakes that have Protein have approximately 25 grams Protein unless otherwise noted*

## **Kids Meals**

**Cheese Quesadilla BBQ or Regular \$3.99 Add Chicken \$4.99**

Flour tortilla with shredded cheese, sour cream and salsa on side.

**Hot Dog \$3.99**

Served on bun with choice of ketchup and mustard.

**Turkey Wrap \$5.29**

Served on a flour tortilla with turkey, lettuce, cheddar cheese and mayonnaise.

**Nachos \$3.99**

Crispy tortilla chips with nacho cheese, salsa and sour cream on side.

## ***Beer - Wine & Other Alcoholic Beverages***

***Draft Beer:***                    ***16 oz***                    ***\$5.99***  
                                                 ***24 oz***                    ***\$7.99***  
                                                 ***Pitcher***                    ***\$16.00***

Pacifico

Sierra Nevada

Stella

Widmer Heffenweizen

***Wine :***                    ***Glass***                    ***\$5.99***  
                                                 ***Bottle***                    ***\$16.00***

***Mimosa***                    ***Glass***                    ***\$5.99***  
                                                 ***Pitcher***                    ***\$16.00***