

Village
HEALTH CLUBS & SPAS

COURTSIDE

CAFÉ

CAMELBACK

Breakfast

🍴 THE BREAKFAST BOWL PCH \$9.95
 choose turkey sausage or bacon, eggs, roasted tomatoes, mushrooms, spinach, pepperjack, brown rice. substitute quinoa \$1.
 511-742 calories, 40-50g protein

🍴 BREAKFAST BURRITO PC \$9.60
 choose either turkey sausage or bacon, eggs, potatoes, cheddar, salsa on side, wheat tortilla. choice of side.
 787-969 calories, 41-53g protein

🍴 BREAKFAST SANDWICH PC \$9.50
 choose either turkey sausage or bacon. choose bagel, sourdough or brioche bun, eggs, cheddar. choice of side.
 401-521 calories, 41-53g protein

🍴 BREAKFAST PLATE PC \$9.25
 scrambled eggs, choice of turkey sausage or bacon. choice of side.
 233-818 calories, 21-71g protein

OATMEAL CH \$6.75
 oats, berries, fresh granola, milk, brown sugar or honey.
 652-709 calories, 13g protein

BAGEL C \$3.75
 choose cream cheese, butter, jelly, peanut butter.
 300-490 calories, 12-19g protein

BREAKFAST SIDES:
 fresh fruit, cottage cheese, breakfast potatoes, sourdough toast.
 additional add-ins. \$1.00
 add avocado \$1.50

Bowls + Plates

🍴 STIR-FRY BOWL PC \$11.25
 choose roasted or blackened chicken*. choose teriyaki or peanut sauce. peppers, onions, carrots, broccoli, brown rice.
 429-465 calories, 36-41g protein

🍴 LEAN BOWL PCH \$11.75
 choose roasted or blackened chicken* tri-color quinoa, peppers, spinach, diced tomatoes, avocado.
 444 calories, 40g protein

🍴 FIERY RANCH BOWL PC \$10.50
 choose roasted or blackened chicken* kale, brown rice, fiery ranch.
 517 calories, 38g protein

CHICKEN TENDERS PLATE FPC \$10.50
 four chicken tenders. choice of side. add sweet potato fries \$.25 | add avocado \$1
 578 calories, 38g protein

🍴 BLACKENED SALMON PLATE PC. \$14.25
 blackened salmon, tri-color quinoa, diced tomatoes, choice of side.
 556 calories, 44g protein

🍴 HUMMUS PLATTER PC \$9.50
 house-made hummus, carrots, celery, cucumbers, pita bread.
 556 calories, 44g protein

*substitute grilled or blackened salmon for \$4.50

Salads

KALE CAESAR SALAD PC \$11.00
 choose roasted or blackened chicken,* kale, parmesan crisps, parmesan, caesar dressing
 570 calories, 41-52g protein

VILLAGE COBB SALAD PC \$11.95
 choose roasted or blackened chicken,* spring mix, bacon, eggs, tomatoes, avocado, bleu cheese crumbles. choice of dressing
 481-783 calories, 50g protein

GREEK SALAD PC \$11.50
 choose roasted or blackened chicken, spring mix, roasted tomatoes, sauteed onions, kalamata olives, feta, balsamic vinaigrette.
 543-643 calories, 38-45g protein

*substitute grilled or blackened salmon \$4.50

DRESSINGS SERVED ON SIDE
 ranch, caesar, fiery ranch, balsamic vinaigrette, honey mustard

Kids Meal

All come with a choice of one side chips, fruit, cottage cheese, fries, steamed vegetables, brown rice.
 add sweet potato fries \$.25

GRILLED QUESADILLA \$7.15
2 CHICKEN TENDERS PC \$7.15
GRILLED CHEESE PC \$7.15
TURKEY & CHEESE PC \$7.15
MAC & CHEESE C \$7.15
PB+J PC \$5.90

Key

- P - PROTEIN:** suggested for workout recovery "weightlifting/cardio/yoga/pilates"
- C - CARBOHYDRATES:** suggested for cardio recovery "cardio/yoga/pilates"
- H - HEALTHY:** choice suggested for overall health
- 🍴 - FAVORITE:** member club favorite

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Hamburger, eggs, salmon and steak may be cooked to order. Additional info available upon request.

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Burger + Sandwiches + Wraps

- VILLAGE BURGER PC \$10.50**
choose ground angus chuck, turkey, or vegan black bean patty, lettuce, onion, tomato, brioche bun. add cheese \$.75 (cheddar, bleu cheese crumbles or pepper jack) choice of one side.
578 calories, 38g protein
- VILLAGE CLUB SANDWICH PC \$10.00**
turkey, bacon, spring mix, cheddar, tomatoes, mayo, sourdough bread. choice of side.
802 calories, 43g protein

Sides

- chips & salsa \$6.00
- fruit salad..... \$4.00
- fries \$4.50
- steamed vegetables \$4.00
- quinoa \$4.00
- sweet potato fries \$4.75
- side salad..... \$4.25
- cottage cheese..... \$4.00

- KALE CHICKEN CAESAR WRAP PC \$9.95**
choose roasted or blackened chicken. kale, parmesan, caesar, wheat tortilla. choice of side.
570 calories, 20g protein
- BUFFALO CHICKEN WRAP PC \$9.95**
choose roasted chicken or tenders. spring mix, tomatoes, bleu cheese, fiery ranch, wheat tortilla. choice of side.
560 calories, 31g protein
- GREEK WRAP \$10.40**
choose roasted chicken or blacken chicken*. spring mix, sauteed onions, roasted tomatoes, hummus, feta, kalamata olives, wheat tortilla. choice of side.
412 calories, 25g protein

Beverages

- SOFT DRINKS ... 16oz \$2.50 • 24oz \$2.90**
- ICED TEA.....16 oz. \$2.50 • 24 oz. \$2.90**
- GATORADE \$3.75**
- BANG ENERGY DRINK \$4.75**
- NOCCO BCAA \$3.50**
- LEAN BODY \$5.75**
- RED BULL..... \$3.50**
- VITAMIN WATER..... \$3.75**
- COCONUT WATER..... \$3.75**
- ISOPURE \$5.75**
- HEAT ENERGY..... \$4.75**



Smoothies + Protein Shakes

16OZ - \$7.45 • 24OZ - \$8.45

- LICENSE TO KALE CH**
mango, pineapple, cucumber, kale, organic almond milk
*130 calories, 21g protein**
- PBJ PC**
mixed berries, peanut butter, apple juice
*268 calories, 21g protein**
- KEY LIME PIE CH**
banana, organic almond milk, water, amino acids
*145 calories, 21g protein**
- MEAN GREEN PC**
pineapple, banana, strawberry, spinach, apple juice, soy milk
*178 calories, 1g protein**
- TROPICAL BLAST PC**
banana, mango, pineapple, orange juice
*479 calories, 31g protein**

- BANANA BERRY BLAST C**
banana, strawberries, blueberries, raspberries, cranberry juice
*187 calories, 4g protein**
- OLD FAITHFUL PC**
strawberries, banana, apple juice, whey protein
*247 calories, 35g protein**
- LEAN BODY/LEAN BODY FOR HER PC**
labrada's chocolate or vanilla protein, water, ice
160-190 calories, 30g protein
add milk, soy milk, pb2, or fruit \$1.99

- ADD PROTEIN \$2
- ADD PB2, AMINO ACIDS, GINSENG, MULTI-VITAMIN, CHIA SEEDS, OR FLAX SEEDS \$1

*based on 16oz size

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