

Village  
HEALTH CLUBS & SPAS

# VERANDA

## CAFÉ

D C R A N C H

## Breakfast

**F** **THE BREAKFAST BOWL** PCH ..... **\$10.25**  
choose turkey sausage or bacon, eggs, roasted tomatoes, mushrooms, spinach, pepperjack, brown rice. substitute quinoa \$1.  
*511-742 calories, 40-50g protein*

**F** **BREAKFAST BURRITO** PC ..... **\$9.50**  
choose either turkey sausage or bacon, eggs, potatoes, cheddar, salsa on side, wheat tortilla. choice of side.  
*787-969 calories, 41-53g protein*

**BREAKFAST PLATE** PCH ..... **\$10.00**  
scrambled eggs, choice of turkey sausage or bacon. choice of side.  
*233-818 calories, 21-71g protein*

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

**F** **OMELET** PC ..... **\$9.75**  
**choose 1** - bacon or turkey sausage  
**choose 2** - tomatoes, onions, spinach, kale, peppers, mushroom, pepper jack, cheddar, parmesan.  
additional add-ins \$.75. choice of side.  
*304-925 calories, 37-56g protein*

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

**BAGEL** C ..... **\$3.50**  
**choose** - plain, wheat, cinnamon raisin or everything. choose cream cheese, butter, jelly, apple butter or peanut butter.  
*300-490 calories, 12-19g protein*

### BREAKFAST SIDES:

fresh fruit, cottage cheese, home fries, toast, hash browns. add avocado \$1.50

## Bowls + Plates

**F** **STIR-FRY BOWL** PC ..... **\$11.50**  
choose roasted or blackened chicken\*. choose teriyaki or peanut sauce. peppers, onions, carrots, broccoli, brown rice.  
*429-465 calories, 36-41g protein*

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

**F** **FIERY RANCH BOWL** PC ..... **\$10.75**  
choose roasted or blackened chicken\* kale, brown rice, fiery ranch.  
*517 calories, 38g protein*

**TEX MEX BOWL** FPC ..... **\$12.25**  
chicken, black beans, pico de gallo, pepperjack, sour cream.  
*1559 calories, 74g protein*

**CHICKEN TENDERS PLATE** FPC..... **\$11.00**  
four chicken tenders. choice of side  
*578 calories, 38g protein*

**F** **PROTEIN PLATE** PCH ..... **\$11.25**  
choose 1 - turkey patty, beef patty, vegan black bean patty. choice of two sides.  
*120-281 calories, 11-34g protein*

\*substitute grilled or blackened salmon for \$4.50

## Salads

**KALE CAESAR SALAD** PC ..... **\$11.25**  
choose roasted or blackened chicken\*, kale, parmesan crisps, parmesan, caesar dressing  
*570 calories, 41-52g protein*

**VILLAGE COBB SALAD** PC ..... **\$12.25**  
choose roasted or blackened chicken\*, spring mix, bacon, eggs, tomatoes, avocado, bleu cheese crumbles. choice of ranch or red wine vinaigrette  
*481-783 calories, 50g protein*

**THAI CRUNCH SALAD** FPC ..... **\$12.00**  
choose roasted or blackened chicken\*, spinach, cabbage, cucumber, edamame, peanuts, carrots, scallions, wonton strips. cilantro-lime vinaigrette  
*481-783 calories, 50g protein*

\*substitute grilled or blackened salmon for \$4.50

### DRESSINGS SERVED ON SIDE

ranch, caesar, fiery ranch, cilantro-lime vinaigrette, balsamic vinaigrette, red wine vinaigrette,

## Kid's Meal

Includes a capri sun or 12oz soda, or 8oz water. add whole milk or chocolate milk for \$1.75. All come with a choice of one side - chips, fruit, cottage cheese, fries, broccoli, steamed vegetables, brown rice. add sweet potato fries \$.25

**2 CHICKEN TENDERS** PC ..... **\$5.90**

**KID'S CHEESEBURGER** PC ..... **\$5.90**

**MAC & CHEESE** C ..... **\$5.90**

**GRILLED CHEESE** PC ..... **\$5.90**

**PB+J** PC ..... **\$5.90**

**TURKEY & CHEESE** 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  
**F - 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 ..... **\$11.90**  
choose ground angus chuck, turkey, or vegan black bean patty, spring mix, onions, tomato, brioche bun. add cheese \$.75 (cheddar, swiss, and pepper jack) choice of one side.  
*578 calories, 38g protein*
- VILLAGE CLUB SANDWICH** PC..... **\$11.25**  
turkey, bacon, lettuce, cheddar, tomatoes, multigrain bread, mayo or mustard on the side. choice of side.  
*802 calories, 43g protein*

- ### Sides
- steamed vegetables ..... **\$4.15**
  - steamed broccoli ..... **\$4.15**
  - fire-roasted sweet potato ..... **\$4.15**
  - quinoa ..... **\$4.15**
  - brown rice ..... **\$4.15**
  - fries ..... **\$4.15**
  - sweet potato fries ..... **\$4.40**

- KALE CHICKEN CAESAR WRAP** PC ... **\$10.50**  
choose roasted or blackened chicken. kale, parmesan, caesar, wheat tortilla. choice of side.  
*570 calories, 20g protein*
- BUFFALO CHICKEN WRAP** PC ..... **\$10.50**  
choose roasted chicken or tenders. spring mix, tomatoes, bleu cheese, fiery ranch, wheat tortilla. choice of side.  
*560 calories, 31g protein*
- SOUTHWEST WRAP** PC..... **\$10.75**  
choose roasted or blackened chicken spring mix, black bean salsa, avocado, cheddar, fiery ranch, wheat tortilla. choose side  
*539-569 calories, 36g protein*

## Beverages

- ### SOFT DRINKS & ICE TEA
- 12oz **\$1.45** • 16oz **\$1.95** • 24oz **\$2.60**
  - 8oz **CHOCOLATE OR WHOLE MILK** ... **\$2.40**
  - GATORADE** ..... **\$3.75**
  - BANG ENERGY DRINK** ..... **\$3.50**
  - NOCCO BCAA** ..... **\$3.50**
  - TOTAL WAR RTD** ..... **\$4.50**
  - 20oz **PROTEIN DRINK** ..... **\$6.00**
  - WINE** ..... **\$6.25**  
pinot grigio, chardonnay, merlot, cabernet
  - BEER** ..... **\$4.50**  
corona, coors light, and lagunitas IPA
  - MIMOSA** ..... **\$6.50**
  - TRULY/WHITE CLAW** ..... **\$4.50**

## Smoothies + Protein Shakes

- ### BUILD YOUR OWN SMOOTHIE
- 16oz - **\$6.70** • 24oz - **\$7.75**
  - choose 1** - apple juice, orange juice, skim milk, coconut milk, almond milk, coconut water
  - choose 3** - strawberries, banana, mango, pineapple, blueberries, peach, mixed berries, organic spinach, kale

- SUPERFOOD PROTEIN SHAKE** 24oz.. **\$8.40**
- vanilla** - coconut water, 100% natural, organic, and grass-fed whey protein, raw sundried cane sugar, ice.
- chocolate** - coconut water, 100% natural, organic, and grass-fed whey protein, raw sundried cane sugar crystals, cacao powder, ice.

- whey protein ..... **\$1.50** per scoop
- vegan protein ..... **\$1.75** per scoop
- grass-fed protein ..... **\$1.95** per scoop
- multivitamin, fiber, glutamine, super charge, creatine, veggie powder **\$1.25** each

- MOCHA JAVA PROTEIN SHAKE** 24oz ..... **\$8.65**  
skim, almond, or coconut milk, mocha java mix, vanilla protein, ice

- KID'S SMOOTHIE** ..... **\$4.25**
- choose 1** - apple juice, orange juice, skim milk, coconut milk, almond milk, coconut water
- choose 2** - strawberries, banana, mango, pineapple, blueberries, peach, mixed berries, organic spinach, kale

- SWEET GREEN BLISS PROTEIN SHAKE** 24oz ..... **\$8.90**  
apple juice, green veggie powder, vanilla protein, pineapple, banana, organic spinach.



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