

  
**ATRIUM**  
 CAFÉ  
 G A I N E Y

## Breakfast

- 🍴 THE BREAKFAST BOWL PCH .....\$10.50**  
 choose turkey sausage or bacon, eggs, roasted tomatoes, mushrooms, kale, cheddar, brown rice. substitute quinoa \$1.  
*511-742 calories, 40-50g protein*
- 🍴 BREAKFAST BURRITO PC .....\$9.95**  
 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 .....\$9.95**  
 choose either turkey sausage or bacon. choose bagel, sourdough or multigrain bread, eggs, cheddar. choice of side.  
*401-521 calories, 41-53g protein*

- 🍴 TRADITIONAL BREAKFAST PC ....\$9.50**  
 2 eggs, bacon, and toast or choice of side.  
*401-521 calories, 38-46g protein*
- 🍴 OMELET PC .....\$9.95**  
**choose 1** - bacon, turkey sausage, chicken, turkey  
**choose 2** - peppers, broccoli, onions, kale, cheddar, mushroom, feta. choice of side.  
*304-925 calories, 37-56g protein*
- OATMEAL CH .....\$6.40**  
 oats, berries, fresh granola, honey.  
*652-709 calories, 13g protein*

- BAGEL C .....\$3.75**  
**choose** - plain, cinnamon raisin, sesame or everything.  
**choose** - cream cheese, butter, jelly or peanut butter.  
*300-490 calories, 12-19g protein*

**BREAKFAST SIDES:**  
 additional add-ins. \$.75  
 fresh fruit, cottage cheese, baked lays.  
 add avocado \$1.50  
 substitute egg whites \$1.50

## Bowls + Plates

- 🍴 STIR-FRY BOWL PC .....\$11.50**  
 choose roasted or blackened chicken\*. choose teriyaki or peanut sauce. peppers, onions, celery, mushrooms, broccoli, brown rice.  
*429-465 calories, 36-41g protein*
- 🍴 LEAN BOWL PCH .....\$12.00**  
 choose roasted or blackened chicken\* quinoa, peppers, kale, roasted tomatoes, avocado, teriyaki sauce.  
*444 calories, 40g protein*

- 🍴 FIERY RANCH BOWL PC .....\$10.95**  
 choose roasted or blackened chicken\* kale, brown rice, fiery ranch.  
*517 calories, 38g protein*
- 🍴 SPICY SHRIMP QUINOA BOWL PC \$11.50**  
 shrimp, quinoa, broccoli, peppers, sriracha, over spring mix, citrus dressing.  
*517 calories, 38g protein*

- STEAM ROOM .....\$10.50**  
 roasted chicken, brown rice, veggies, citrus dressing.  
*627 calories, 35g protein*
- CHICKEN TENDERS PLATE FPC.....\$7.95**  
 three chicken tenders, served with fries  
*578 calories, 38g protein*
- 🍴 HUMMUS PLATTER PC .....\$9.50**  
 house-made hummus, veggies, and pita bread.  
*556 calories, 44g protein*

## Salads

- KALE CAESAR SALAD PC .....\$11.00**  
 choose roasted or blackened chicken\* kale, parmesan crisps, parmesan, caesar dressing.  
*570 calories, 41-52g protein*
- QUINOA SALAD PC .....\$11.90**  
 choose roasted or blackened chicken, quinoa, spring mix, feta, almonds, balsamic  
*918 calories, 56g protein*

- KALE APPLE SALAD PC .....\$11.90**  
 choose roasted or blackened chicken, kale, bacon, apple, almonds, feta, citrus dressing.  
*481-783 calories, 50g protein*
- GREEK SALAD PC .....\$11.90**  
 choose roasted or blackened chicken, spring mix, roasted tomatoes, sauteed onions, kalamata olives, feta, seasoned olive oil. *543-643 calories, 38-45g protein*

- PROTEIN SALAD PC .....\$11.00**  
 choose roasted or blackened chicken, spring mix, spicy sunflower seeds, cranberries, parmesan, citrus dressing.  
*543-643 calories, 38-45g protein*
- STUFFED AVOCADO PC .....\$10.75**  
 fresh avocado, chicken salad, balsamic.  
*838 calories, 39g protein*

**Dressings served on side**  
 ranch, caesar, balsamic vinaigrette, fiery ranch, seasoned olive oil.

**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.*

Village  
HEALTH CLUBS & SPAS

# ATRIUM

## CAFÉ

G A I N E Y

### Burger + Sandwiches + Wraps

- VILLAGE BURGER PC** ..... **\$10.75**  
choose beef, turkey, or vegan black bean patty, spring mix, onion, wheat bun. add cheese \$.75 (cheddar) choice of one side.  
*578 calories, 38g-51g protein*
- VILLAGE CLUB SANDWICH PC**..... **\$10.00**  
turkey, bacon, spring mix, cheddar, multigrain bread. choice of side.  
*802 calories, 43g protein*
- KALE CHICKEN CAESAR WRAP PC** .. **\$10.00**  
choose roasted or blackened chicken\*. kale, parmesan, caesar, wheat tortilla. choice of side. *570 calories, 20g protein*
- SOUTHWEST WRAP PC**..... **\$10.50**  
choose roasted or blackened chicken\*, spring mix, guacamole, cheddar cheese, fiery ranch, multigrain wrap. choose side. *539-569 calories, 36g protein*

- GREEK WRAP** ..... **\$10.75**  
choose roasted chicken or blackened chicken\*. spring mix, sauteed onions, roasted tomatoes, hummus, feta, kalamata olives, wheat tortilla. choice of side.  
*412 calories, 25g protein*
- QUESADILLA** ..... **\$7.50**  
blend of cheeses, whole wheat tortilla. add chicken \$2.75  
*560 calories, 31g protein*
- PIZZA** ..... **\$7.15**  
mozzarella cheese and marinara sauce  
*560 calories, 21g protein*

### Kids Meal

- Includes a drink pouch or 12oz soda, or 8oz water. All come with a choice of one side - chips, fruit or cottage cheese.
- GRILLED CHEESE PC** ..... **\$7.15**
  - MAC & CHEESE C** ..... **\$5.90**
  - PB+J PC**..... **\$5.90**

- ### Sides
- chips ..... **\$2.00**
  - fruit salad..... **\$3.25**
  - fries ..... **\$3.40/\$4.40**
  - steamed vegetables ..... **\$3.65**
  - quinoa ..... **\$3.00**
  - sweet potato fries ..... **\$5.10**
  - side salad ..... **\$4.25**
  - cottage cheese..... **\$3.15**

### Smoothies

**16oz - \$6.75 • 24oz - \$7.75**

- MEAN GREEN**  
banana, mango, peach, kale, organic soy milk, apple juice.  
*178 calorie, 1g protein\**
- LICENSE TO KALE**  
mango, pineapple, cucumber, kale, organic almond milk.  
*130 calories, 1g protein\**
- PBJ**  
mixed berries, peanut butter, apple juice.  
*268 calories, 8g protein\**

- KEY LIME PIE**  
banana, organic almond milk, water, amino acids.  
*145 calories, 2g protein\**
- TROPICAL DREAM**  
banana, mango, pineapple, orange juice.  
*215 calories, 2g protein\**
- BANANA BERRY BLAST**  
banana, mixed berries, apple juice.  
*187 calories, 4g protein\**
- 24oz MEAL REPLACEMENT**..... **\$7.95**  
Made with Ice & Water

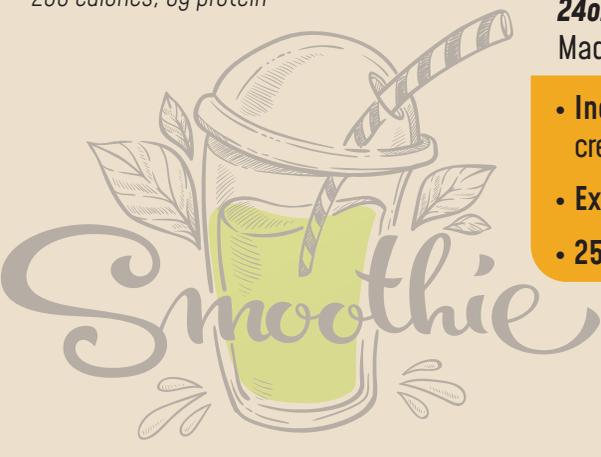
- Includes One Boost  
creatine, glutamine, multi-vitamin, fiber
- Extra Boost \$7.75
- 25g protein boost \$1.95

### 16oz Fresh Juices

- KALE-ING ME SOFTLY** ..... **\$7.80**  
*immune boost: kale, apple, orange, lemon, ginger.*
- HOT YOGA**..... **\$7.80**  
*fat burner: lemon, pineapple, ginger, cayenne, cinnamon, celery, orange.*
- BEET IT** ..... **\$7.80**  
*antioxidant, stamina, blood flow: beets, lemon, apple, ginger, mint.*
- VILLAGE WELLNESS SHOT** ..... **\$4.80**  
*anti-inflammatory, immune boost: lemon, turmeric, ginger.*

### Beverages

- SOFT DRINKS** ... 16oz **\$2.50** • 24oz **\$3.50**
- FREAKSHOW CABERNET** ..... **\$10.00**
- MENAGE A TROIS CHARDONNAY** .... **\$7.50**
- BEER** ..... **\$5.00**
- CHAMPAGNE/PROSECCO** ..... **\$6.75**



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