

Village
HEALTH CLUBS & SPAS

LAKEVIEW

CAFÉ

O C O T I L L O

Breakfast

🍴 THE BREAKFAST BOWL PCH\$10.00
 choose turkey sausage or bacon. eggs, roasted tomatoes, mushrooms, spinach, brown rice, pepperjack. substitute quinoa \$1.
511-742 calories, 40-50g protein

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

OMELET PC\$9.50
choose 1 - bacon, chicken, or turkey sausage
choose 3 - tomatoes, peppers, broccoli, onions, spinach, kale, mushroom.
choose 1 - cheddar, pepper jack, feta, shredded jack cheese.
 additional add-ins \$.75.
 choice of side.
304-925 calories, 37-56g protein

OATMEAL CH\$6.40
 oats, blueberries, fresh granola, milk, brown sugar or honey.
652-709 calories, 13g protein

BAGEL C\$3.40
choose - plain, wheat, cinnamon raisin or everything. choose cream cheese, butter, jelly or peanut butter.
300-490 calories, 12-19g protein

BREAKFAST SIDES:
 fresh fruit, cottage cheese, toast, breakfast potatoes. add avocado \$1

Bowls + Plates

🍴 STIR-FRY BOWL PC\$11.15
 choose roasted or blackened chicken*. choose teriyaki or spicy peanut sauce. asparagus, celery, peppers, 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, ponzu sauce.
444 calories, 40g protein

FIERY RANCH BOWL PC\$10.65
 choose roasted or blackened chicken* kale, brown rice, fiery ranch.
517 calories, 38g protein

TEX MEX BOWL FPC\$11.00
 choose chicken or ground turkey, black bean salsa, rice, cilantro, pepperjack.
559 calories, 34g protein

🍴 PROTEIN PLATE PCH\$11.00
choose 1 - turkey patty, beef patty, or vegan black bean patty. choose two sides.
120-281 calories, 11-34g protein

BLACKENED SALMON PLATE PC\$14.50
 blackened salmon, tri-color quinoa, diced tomatoes, grilled asparagus, grilled lemon.
556 calories, 44g protein

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

SUBSTITUTE:
 quinoa\$1.50
 grilled or blackened salmon\$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\$11.90
 choose roasted or blackened chicken,* romaine, bacon, eggs, tomatoes, avocado, bleu cheese crumbles. avocado ranch.
481-783 calories, 50g protein

QUINOA SALAD PCH\$11.75
 choose roasted or blackened chicken,* tri-color quinoa, romaine lettuce, feta cheese, almonds, balsamic and olive oil.
919 calories, 56g protein

*substitute grilled or blackened salmon\$4.50

DRESSINGS SERVED ON SIDE
 ranch, caesar, fiery ranch, avocado ranch, balsamic & olive oil

Kid's Meal

Includes apple juice, 12oz soda or chocolate milk. Comes with a choice of one side - chips, fruit, cottage cheese, fries, steamed vegetables, brown rice, mac & cheese.

KID'S BURRITO PC\$7.15

CHICKEN TENDERS PC\$7.15

GRILLED CHEESE PC\$7.15

CHEESE QUESADILLA PC\$7.15

KIDS HUMMUS PLATE PC\$7.15
 No side included on Kids Hummus Plate.

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.


LAKEVIEW
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Burger + Sandwiches + Wraps

- VILLAGE BURGER PC.....\$10.50**
 choose ground chuck, turkey, or vegan black bean patty, lettuce, onion, tomato, wheat bun.
 add cheese \$.75 - american cheese, cheddar, bleu cheese crumbles or pepper jack. choice of one side.
578 calories, 38g protein
- VILLAGE CLUB SANDWICH PC.....\$9.90**
 turkey, bacon, lettuce, cheddar, tomatoes, multigrain bread, avocado ranch. choice of side.
802 calories, 43g protein

- ### Sides
- chips \$1.90
 - fruit cup \$3.25
 - fries \$3.25
 - mac & cheese \$3.40
 - sweet potato tots \$3.65
 - side salad \$3.25
 - steam broccoli \$3.25
 - grilled asparagus \$3.25
 - brown rice..... \$3.25
 - berries \$3.25

- 🍷 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\$9.90**
 choose roasted chicken or tenders. romaine, tomatoes, bleu cheese, fiery ranch, wheat tortilla. choice of side.
560 calories, 31g protein
- SOUTHWEST WRAP PC \$10.15**
 choose roasted or blackened chicken, romaine lettuce, black bean salsa, avocado, shredded cheese on multigrain wrap. choose side
539-569 calories, 36g protein

Beverages

- ### SOFT DRINKS & ICE TEA
- 12oz **\$1.45** • 16oz **\$1.95** • 24oz **\$2.60**
- CHOCOLATE MILK \$1.25
 - GATORADE \$2.95
 - BANG ENERGY DRINK \$3.50
 - CELSIUS \$3.95
 - C4 \$3.95
 - AMINO ENERGY DRINK \$3.95
 - LEAN BODY \$4.15
 - ISOPURE \$4.15
 - WINE \$6.25
 - pinot grigio, chardonnay, merlot, cabernet
 - BEER \$4.25
 - corona, blue moon, san tan, shiner bock
 - WHITE CLAW \$4.25

Smoothies + Protein Shakes

- ### SMOOTHIES:
- 12oz - \$4.30 • 16oz - \$6.70 • 24oz - \$7.75
- HALE TO KALE**
 mango puree, pineapple juice, kale, mango, pineapple.
*212 calories, 51.9g carbs, 2.3g protein**
- GREEN MONSTER**
 mango puree, kale, spinach, mango, kiwi.
*257 calories, 62.1g carbs, 1g fat, 4g protein**
- FRUIT BLAST**
 berry puree, almond milk, strawberries, raspberries, blueberries, coconut flakes.
*184 calories, 34.7 carbs, 5.3g fat, 1g protein**
- TROPICAL PARADISE**
 vanilla yogurt, almondmilk, mango, pineapple, banana, chia seeds.
*267 calories, 54.9g carbs, 5.3 fat, 5.8g protein**

- ### PROTEIN SHAKES:
- 12OZ - \$6.30 • 16OZ - \$7.30 • 24OZ - \$9.30
- CHOCO LOCO**
 almond milk, pb2, banana, vanilla extract, chocolate whey protein.
*324 calories, 38g carbs, 9.4g fat 25.5g protein**
- STRAWBERRY SLAM**
 almond milk, strawberry puree, strawberry, banana, strawberry whey protein.
*354 calories, 51.9g carbs, 7.4g fat, 22.5g protein**
- MAD MAX**
 almond milk, granola, vanilla extract, vanilla whey protein.
*318 calories, 29.8carbs, 12.2g fat, 23g protein**
- MANGO TANGO**
 almond milk, mango puree, mango, pineapple, vanilla whey protein.
*362 calories, 53.9g carbs, 12.2 fat, 23.3g protein**

Happy Hour
 Monday - Friday 4:00pm to 8:00pm



• Add Fat Burner, BCAA, Creatine - \$1 Per Scoop
 • Add Protein - \$2 Per Scoop

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