



Veranda Cafe

D C R A N C H V I L L A G E

BREAKFAST SERVED TILL NOON

🍴 THE BREAKFAST BOWL PCH... **\$10.95**

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

🍴 BREAKFAST BURRITO PC **\$10.25**

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 **\$10.25**

scrambled eggs, choice of turkey sausage or bacon. choice of side.

233-818 calories, 21-71g protein

🍴 BREAKFAST SANDWICH PC ... **\$10.25**

choose either turkey sausage or bacon. choose bagel, sourdough or multigrain bread, eggs, cheddar. choice of side.

401-521 calories, 41-53g protein

🍴 OMELET PC **\$10.50**

choose 1 - bacon or turkey sausage
choose 2 - fresh 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 **\$7.00**

oats, blueberries, granola, milk, brown sugar or honey. 652-709 calories, 13g protein

BAGEL C **\$5.00**

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 **\$2.50**

SMOOTHIES + PROTEIN SHAKES

BUILD YOUR OWN SMOOTHIE

16oz - **\$7.25** • 24oz - **\$8.50**

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.

• whey protein per scoop..... **\$1.75**

• vegan protein per scoop **\$2.00**

• grass-fed protein per scoop **\$2.25**

• add each item below **\$1.50**
multivitamin, creatine, fiber, glutamine, super charge, veggie powder.

KID'S SMOOTHIE **\$5.25**

choose 1 - apple juice, orange juice, skim milk, coconut milk, almond milk, coconut water.

choose 2 - strawberries, banana, mango, pineapple, blueberries, peach, mixed berries, fresh organic spinach, kale.

MATCHA MINT CHIP 20oz **\$9.00**

Unsweetened almond milk, matcha green tea, chocolate, mint, vanilla whey protein and ice.

PB & JAM 20oz **\$9.00**

Unsweetened almond milk, strawberries, oats, peanut butter and vanilla whey protein and ice.

SUPERFOOD

PROTEIN SHAKE 24oz **\$9.00**

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.

MOCHA JAVA

PROTEIN SHAKE 24oz **\$9.25**

skim, almond, or coconut milk, mocha java mix, vanilla protein, ice

SWEET GREEN BLISS

PROTEIN SHAKE 24oz **\$9.25**

apple juice, green veggie powder, vanilla protein, pineapple, banana, fresh organic spinach.

BEVERAGES

SOFT DRINKS & ICE TEA

12oz **\$2.50** • 16oz **\$3.00** • 24oz **\$4.00**

8oz **CHOCOLATE/WHOLE MILK** .. **\$3.00**

GATORADE **\$4.50**

BANG ENERGY DRINK **\$4.50**

NOCCO BCAA **\$4.25**

TOTAL WAR RTD **\$5.50**

20oz PROTEIN DRINK **\$6.95**

Village
HEALTH CLUBS & SPAS

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.

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



Veranda Cafe

D C R A N C H V I L L A G E

BURGER + SANDWICH + WRAPS

VILLAGE BURGER PC **\$12.45**
 choose ground angus chuck, turkey, or vegan black bean patty, spring mix, fresh onions, tomato, brioche bun. add cheese \$.75 (cheddar, swiss, and pepper jack)
 choice of one side.
578 calories, 38g protein

VILLAGE CLUB SANDWICH PC **\$11.75**
 sliced turkey, bacon, lettuce, cheddar, tomatoes, multigrain bread, mayo or mustard on the side. choice of side.
802 calories, 43g protein

BUFFALO CHICKEN WRAP PC **\$11.00**
 choose roasted chicken or tenders. spring mix, tomatoes, bleu cheese, fiery ranch, wheat tortilla. choice of side.
560 calories, 31g protein

CHICKEN CAESAR WRAP PC **\$11.00**
 choose roasted or blackened chicken. kale, parmesan, caesar, wheat tortilla. choice of side.
570 calories, 20g protein

SOUTHWEST WRAP PC **\$11.25**
 choose roasted or blackened chicken spring mix, black bean salsa, avocado, cheddar, fiery ranch, wheat tortilla. choose side
539-569 calories, 36g protein

SIDES	steamed vegetables	\$4.75	brown rice	\$4.75
	steamed broccoli	\$4.75	fries	\$4.75
	fire-roasted sweet potato	\$5.00	sweet potato fries	\$5.25
	quinoa	\$4.50		

BOWLS + PLATES

STIR-FRY BOWL PC **\$11.95**
 choose roasted or blackened chicken*. choose teriyaki or peanut sauce. sauteed peppers, onions, carrots, broccoli, brown rice.
429-465 calories, 36-41g protein

LEAN BOWL PCH **\$12.25**
 choose roasted or blackened chicken* tri-color quinoa, sauteed mixed peppers, spinach, diced tomatoes, avocado, eel sauce.
444 calories, 40g protein

CHICKEN TENDERS PLATE FPC **\$11.25**
 four chicken tenders. choice of side
578 calories, 38g protein

FIERY RANCH BOWL PC **\$11.25**
 choose roasted or blackened chicken* sauteed kale, brown rice, fiery ranch.
517 calories, 38g protein

TEX MEX BOWL FPC **\$12.75**
 chicken, black beans, pico de gallo, brown rice, pepperjack, sour cream.
1559 calories, 74g protein

PROTEIN PLATE PCH **\$12.00**
 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..... \$4.50

SALADS DRESSINGS SERVED ON SIDE ranch, fiery ranch, caesar, cilantro-lime vinaigrette, balsamic or red wine vinaigrette.

CHICKEN CAESAR SALAD PC **\$11.75**
 choose roasted or blackened chicken,* kale, parmesan crisps, parmesan, caesar dressing
570 calories, 41-52g protein

VILLAGE COBB SALAD PC **\$12.75**
 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 **\$12.50**
 choose roasted or blackened chicken,* spinach, cabbage, cucumber, peanuts, carrots, edamame, scallions, wonton strips. cilantro-lime vinaigrette
481-783 calories, 50g protein

*substitute grilled or blackened salmon..... \$4.50

KIDS

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	\$7.00	MAC & CHEESE C.....	\$7.00	PB+J PC.....	\$7.00
KID'S CHEESEBURGER PC	\$7.75	GRILLED CHEESE PC	\$7.45	TURKEY & CHEESE PC	\$7.75