



Atrium Cafe

G A I N E Y V I L L A G E

SMOOTHIES 160Z - \$7.75 • 240Z - \$8.75

MEAN GREEN: banana, mango, peach, fresh kale, organic soy milk, apple juice.

LICENSE TO KALE: mango, pineapple, fresh cucumber, kale, organic almond milk.

PBJ: mixed berries, peanut butter, and apple juice.

KEY LIME PIE: banana, organic almond milk, water, lime amino acids.

TROPICAL DREAM: banana, mango, pineapple, orange juice.

BANANA BERRY BLAST: banana, strawberries, blueberries, and apple juice.

24oz MEAL REPLACEMENT

- All Smoothies Includes One Boost creatine, glutamine, fiber, multi-vitamin.
- Additional Boost\$.75
- Add Whey or Vegan Protein.. \$2.25

BREAKFAST

THE BREAKFAST BOWL PCH.. **\$10.95**
choose turkey sausage or bacon, eggs, roasted tomatoes, fresh mushrooms, kale, cheddar, 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 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.....**\$10.35**
choose 1 protein - bacon, turkey sausage, chicken, turkey, avocado
choose 2 toppings - fresh peppers, broccoli, onions, tomatoes, kale, cheddar, mushroom, feta.
choice of side.
304-925 calories, 37-56g protein

OATMEAL CH.....**\$7.00**
oats, blueberries, granola, honey.
652-709 calories, 13g protein

BAGEL C.....**\$5.00**
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. **\$1.50**
fresh fruit, cottage cheese, bacon, turkey sausage, breakfast potatoes.
add avocado **\$2.50**
substitute egg whites **\$1.50**

SALADS DRESSINGS SERVED ON SIDE

ranch, caesar, balsamic vinaigrette, fiery ranch, seasoned olive oil.

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

QUINOA SALAD PC.....**\$12.25**
choose roasted or blackened chicken, quinoa, spring mix, feta, almonds, balsamic dressing
918 calories, 56g protein

STRAWBERRY CHICKEN SALAD PC .**\$11.90**
choose roasted or blackened chicken, fresh spinach, toasted almonds, feta cheese, onions, balsamic dressing.
820 calories, 50g protein

GREEK SALAD PC.....**\$12.25**
choose roasted or blackened chicken, spring mix, roasted tomatoes, sauteed onions, kalamata olives, feta, seasoned olive oil dressing.
543-643 calories, 38-45g protein

STUFFED AVOCADO PC.....**\$11.50**
fresh avocado, chicken salad, balsamic dressing.
838 calories, 39g protein



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
- F - FAVORITE:** member club favorite



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G A I N E Y V I L L A G E

BURGER + SANDWICH + WRAPS

VILLAGE BURGER PC..... **\$11.25**
 choose beef, turkey, or vegan black bean patty, spring mix, onion, tomato, wheat bun. add cheese \$.75 (cheddar) choice of one side.
578 calories, 38g-51g protein

VILLAGE CLUB SANDWICH PC.... **\$10.95**
 sliced turkey, bacon, spring mix, cheddar, multigrain bread. choice of side. *802 calories, 43g protein*

PIZZA C..... **\$8.75**
 Mozzarella cheese and marinara. additional toppings available.
560 cal, 21g protein

CHICKEN CAESAR WRAP PC **\$10.75**
 choose roasted or blackened chicken*. kale, parmesan, caesar, wheat tortilla. choice of side.
570 calories, 20g protein

GREEK WRAP **\$10.95**
 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*

AVOCADO BLT **\$10.00**
 choice of bread, spring mix, bacon, tomato, avocado.
410-605 calories with/out avocado, 31g protein

AVOCADO TOAST **\$7.50**
 choice of bread, avocado, fried or scrambled egg.
535 calories, 31g protein

QUESADILLA **\$8.75**
 blend of cheeses, whole wheat tortilla. add chicken \$2.75
560 calories, 31g protein

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|--------------|--------------------------|---------------|--------------------------|---------------|
| SIDES | chips | \$3.00 | quinoa | \$4.25 |
| | fruit salad | \$4.25 | sweet potato fries | \$5.10 |
| | fries | \$5.25 | side salad | \$4.95 |
| | steamed vegetables | \$4.25 | cottage cheese | \$3.75 |

BOWLS + PLATES

STIR-FRY BOWL PC..... **\$11.75**
 choose roasted or blackened chicken*. choose teriyaki or peanut sauce. fresh peppers, onions, celery, mushrooms, carrots, broccoli, brown rice.
429-465 calories, 36-41g protein

LEAN BOWL PCH **\$12.25**
 choose roasted or blackened chicken* quinoa, sauteed peppers, kale, roasted tomatoes, avocado, grilled lemon, and teriyaki sauce.
444 calories, 40g protein

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

CHICKEN FAJITA BOWL PC **\$11.50**
 Choose brown rice or quinoa, southwest grilled chicken, grilled peppers and onions, green chili black beans, sliced avocado, salsa, lime wedge.
540 calories, 38-45g protein

STEAM ROOM **\$11.00**
 roasted or blackened chicken, brown rice, mixed veggies, citrus dressing.
627 calories, 35g protein

CHICKEN TENDERS PLATE FPC **\$9.50**
 three chicken tenders, served with fries.
578 calories, 38g protein

HUMMUS PLATTER PC **\$10.50**
 house-made hummus, fresh cut veggies, and pita bread.
556 calories, 44g protein

KIDS

Includes a drink pouch or 12oz soda, or 8oz water. All come with a choice of one side - cottage cheese, fruit or chips.

GRILLED CHEESE PC **\$7.45**
MAC & CHEESE C..... **\$7.00**
2 CHICKEN TENDERS PC..... **\$7.15**
HOT DOG PC **\$5.90**

FRESH JUICES 16OZ - \$7.80

KALE-ING ME SOFTLY immune boost.
 kale, apple, orange, lemon, ginger.

HOT YOGA fat burner.
 lemon, pineapple, ginger, cayenne, cinnamon, celery, orange.

BEET IT antioxidant, stamina, blood flow.
 beets, lemon, apple, ginger, mint.

VILLAGE WELLNESS SHOT **\$4.80**
 anti-inflammatory, immune boost.
 lemon, turmeric, ginger, honey chaser.

SOFT DRINKS 16oz - \$3.50 | 24oz - \$4.25