



Lakeriew Cafe

O C O T I L L O V I L L A G E

BREAKFAST

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

choose turkey sausage or bacon. eggs, roasted tomatoes, fresh mushrooms, spinach, brown rice, pepperjack. substitute quinoa \$2. 511-742 calories, 40-50g protein

🍴 BREAKFAST BURRITO PC**\$10.25**

choose turkey sausage or bacon. eggs, potatoes, shredded jack cheese, salsa on side, wheat tortilla. choice of side.

787-969 calories, 41-53g protein

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

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

401-521 calories, 41-53g protein

OMELET PC **\$10.50**

choose 1
turkey sausage, bacon, or chicken.

choose 3
fresh 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 **\$7.00**

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

BAGEL C **\$5.00**

choose - plain, wheat, sesame, 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 **\$2.50**

SALADS

DRESSINGS SERVED ON SIDE

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

KALE CHICKEN CAESAR SALAD PC .. **\$11.75**

choose roasted or hot blackened chicken,* kale, parmesan crisps, parmesan, caesar dressing

570 calories, 41-52g protein

VILLAGE COBB SALAD PC **\$12.45**

choose roasted or blackened chicken,* romaine lettuce, bacon, eggs, tomatoes, avocado, bleu cheese crumbles. avocado ranch dressing.

481-783 calories, 50g protein

QUINOA SALAD PCH **\$12.25**

choose roasted or blackened chicken,* tri-color quinoa, romaine lettuce, feta cheese, almonds, balsamic & olive oil.

919 calories, 56g protein

*substitute grilled or blackened salmon..... \$5.75

BOWLS + PLATES

🍴 STIR-FRY BOWL PC..... **\$11.75**

choose roasted or blackened chicken*. choose teriyaki or spicy peanut sauce. sauteed asparagus, celery, peppers, carrots, broccoli, brown rice.

429-465 calories, 36-41g 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 **\$11.95**

choose chicken or ground turkey, black bean salsa, rice, cilantro, pepperjack. salsa on side. 559 calories, 34g protein

🍴 PROTEIN PLATE PCH..... **\$11.95**

choose 1
roasted or blackened chicken, turkey patty, beef patty, or vegan black bean patty. choose two sides.

120-281 calories, 11-34g protein

BLACKENED SALMON PLATE PC ... **\$15.55**

blackened salmon, tri-color quinoa, diced tomatoes, grilled asparagus, grilled lemon.

556 calories, 44g protein

HUMMUS PLATTER PC **\$10.50**

house-made hummus, freshly cut carrots, celery, cucumbers, pita bread. 556 calories, 44g protein

SUBSTITUTE:

quinoa **\$2.00**

grilled or blackened salmon **\$5.75**

KIDS

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

KID'S BURRITO PC **\$7.50**

CHICKEN TENDERS PC..... **\$7.50**

GRILLED CHEESE PC **\$7.50**

CHEESE QUESADILLA PC **\$7.50**

KIDS HUMMUS PLATE PC..... **\$7.50**

No side included on Kids Hummus Plate.

Village
HEALTH CLUBS & SPAS



Lakeriew Cafe

O C O T I L L O V I L L A G E

BURGER + SANDWICH + WRAPS

VILLAGE BURGER PC **\$11.25**
 choose ground chuck, turkey, or
 vegan black bean patty, fresh
 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 ... **\$10.95**
 sliced turkey, bacon, lettuce, tomatoes,
 cheddar cheese, multigrain bread,
 avocado ranch. choice of side.
802 calories, 43g protein

BUFFALO CHICKEN WRAP PC **\$10.75**
 choose roasted chicken or tenders.
 romaine lettuce, tomatoes, bleu
 cheese, fiery ranch, wheat tortilla.
 choice of side.
560 calories, 31g protein

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

SOUTHWEST WRAP PC **\$11.00**
 choose roasted or blackened chicken,
 romaine lettuce, black bean salsa,
 avocado, and shredded cheese on a
 multigrain wrap. choice of side.
539-569 calories, 36g protein

SIDES	chips/popcorn	\$2.25	side salad	\$4.25
	fruit cup	\$3.75	steamed broccoli	\$4.25
	french fries	\$4.25	grilled asparagus	\$4.75
	mac & cheese	\$4.50	brown rice	\$4.00
	sweet potato tots	\$4.75	berries.....	\$4.25

SMOOTHIES 12OZ - \$5.50 • 16OZ - \$7.75 • 24OZ - \$8.45

HALE TO KALE
 mango puree, pineapple juice,
 kale, mango, pineapple.
*212 calories, 51.9g carbs, 2.3g 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, almond milk, mango,
 pineapple, banana, chia seeds.
*267 calories, 54.9g carbs, 5.3 fat, 5.8g protein**

GREEN MONSTER
 mango puree, kale, spinach,
 mango, kiwi.
*257 calories, 62.1g carbs, 1g fat, 4g protein**

- Add Fat Burner, Bcaa, Creatine \$1 Per Scoop
- Add Protein or Vegan Protein \$2 Per Scoop

PROTEIN SHAKES 12oz - \$7.25 • 16oz - \$8.00 • 24oz - \$9.70

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 banana puree,
 strawberry, banana, 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**

BEVERAGES

SOFT DRINKS & ICE TEA
 12oz **\$2.50** • 16oz **\$3.00** • 24oz **\$4.00**
CHOCOLATE MILK **\$1.75**
GATORADE **\$4.00**
BANG ENERGY DRINK **\$4.75**

CELSIUS **\$5.00**
C4 **\$5.00**
AMINO ENERGY DRINK **\$5.00**
LEAN BODY **\$5.25**
ISOPURE **\$5.00**

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

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