



Courtside Cafe

C A M E L B A C K V I L L A G E

SMOOTHIES + PROTEIN SHAKES

16OZ - \$8.15 • 24OZ - \$9.20

- Add Protein \$2
- Add Pb2, Amino Acids, Ginseng, Multi-Vitamin, Chia Seeds, or Flax Seeds \$1

LICENSE TO KALE CH
mango, pineapple, fresh kale,
organic almond milk.
*130 calories, 21g protein**

PBJ PC
mixed berries, peanut butter,
apple juice.
*268 calories, 21g protein**

KEY LIME PIE CH
banana, organic almond milk,
water, amino acids.
*145 calories, 21g protein**

MEAN GREEN PC
pineapple, banana, strawberry, fresh
spinach, apple juice, soy milk.
*178 calories, 1g protein**

TROPICAL BLAST PC
banana, mango, pineapple,
orange juice.
*479 calories, 31g protein**

BANANA BERRY BLAST C
banana, strawberries, blueberries,
cranberry juice.
*187 calories, 4g protein**

OLD FAITHFUL PC
strawberries, banana, apple juice,
whey protein.
*247 calories, 35g protein**

LEAN BODY PC
labrada's chocolate or vanilla
protein, water, ice.
160-190 calories, 30g protein
add milk, soy milk, pb2, or fruit .. \$1.99

VILLAGE PERFORMANCE P
banana, peanut butter, whey protein,
ice, and almond milk.
160-190 calories, 30g protein

BREAKFAST SERVED TILL NOON

THE BREAKFAST BOWL* PCH.. **\$11.30**
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.... **\$10.45**
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 . **\$10.45**
choose either turkey sausage or bacon.
choose bagel, sourdough or brioche
bun, eggs, cheddar. choice of side.
401-521 calories, 41-53g protein

BREAKFAST PLATE* PC **\$10.45**
scrambled eggs, choice of turkey
sausage or bacon. choice of side.
233-818 calories, 21-71g protein

OATMEAL CH **\$7.35**
oats, berries, granola, milk,
brown sugar or honey.
652-709 calories, 13g protein

BAGEL C **\$5.25**
choose cream cheese, butter, jelly,
or peanut butter.
300-490 calories, 12-19g protein

BREAKFAST SIDES:
fresh fruit, cottage cheese,
breakfast potatoes.
additional add-ins. \$1.00
add avocado \$2.00
substitute steak \$4.00

KIDS

All come with a choice of one side chips, fruit, cottage cheese, fries, steamed vegetables, brown rice. add sweet potato fries \$.25

GRILLED QUESADILLA **\$7.90**
2 CHICKEN TENDERS PC..... **\$7.90**

GRILLED CHEESE PC **\$7.80**
TURKEY & CHEESE PC **\$8.15**

MAC & CHEESE C **\$7.80**
PB+J PC **\$6.30**

BEVERAGES

SOFT DRINKS 16oz **\$3.15** • 24oz **\$3.70**
ICED TEA.....16 oz. **\$3.15** • 24 oz. **\$3.70**
GATORADE **\$4.00**
BANG ENERGY DRINK **\$5.50**
NOCCO BCAA **\$4.00**

LEAN BODY **\$6.00**
RED BULL..... **\$4.00**
VITAMIN WATER..... **\$4.00**
COCONUT WATER..... **\$4.00**
ISOPURE **\$6.00**





Courtside Cafe

C A M E L B A C K V I L L A G E

BURGER + SANDWICH + WRAPS

VILLAGE BURGER* PC..... **\$11.80**
 choose ground angus chuck, turkey, or vegan black bean patty, fresh lettuce, onion, tomato, brioche bun. add cheese \$.75 (cheddar, bleu cheese crumbles or pepper jack) choice of one side.
578 calories, 38g protein

VILLAGE CLUB SANDWICH PC **\$11.50**
 sliced turkey, bacon, spring mix, cheddar, tomatoes, mayo, sourdough bread. choice of side.
802 calories, 43g protein

BUFFALO CHICKEN WRAP PC .. **\$11.30**
 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 .. **\$11.30**
 choose roasted or blackened chicken. kale, parmesan, caesar, wheat tortilla. choice of side.
570 calories, 20g protein

GREEK WRAP **\$11.50**
 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

SIDES	fruit salad \$4.25	sweet potato fries \$4.95
	french fries \$4.50	side salad \$4.50
	steamed vegetables \$4.50	cottage cheese \$4.00
	quinoa \$4.25	

BOWLS + PLATES

STIR-FRY BOWL PC..... **\$12.35**
 choose roasted or blackened chicken. choose teriyaki or peanut sauce. sauteed peppers, onions, carrots, broccoli, and brown rice.
429-465 calories, 36-41g protein

FIERY RANCH BOWL PC..... **\$11.80**
 choose roasted or blackened chicken kale, brown rice, fiery ranch.
517 calories, 38g protein

BLACKENED SALMON PLATE* PC. **\$15.75**
 blackened salmon, tri-color quinoa, diced tomatoes, choice of side.
556 calories, 44g protein

LEAN BOWL PCH **\$12.85**
 choose roasted or blackened chicken tri-color quinoa, peppers, spinach, diced tomatoes, avocado.
444 calories, 40g protein

CHICKEN TENDERS PLATE FPC ... **\$11.50**
 four chicken tenders. choice of side. add sweet potato fries \$.25
578 calories, 38g protein

HUMMUS PLATTER PC..... **\$11.30**
 house-made hummus, freshly cut carrots, celery, cucumbers, pita bread.
556 calories, 44g protein

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

SALADS DRESSINGS SERVED ON SIDE ranch, caesar, balsamic vinaigrette, fiery ranch, seasoned olive oil.

CHICKEN CAESAR SALAD PC **\$12.35**
 choose roasted or blackened chicken, kale, parmesan crisps, parmesan, caesar dressing
570 calories, 41-52g protein

VILLAGE COBB SALAD PC **\$12.85**
 choose roasted or blackened chicken, spring mix, bacon, eggs, fresh tomatoes, avocado, bleu cheese crumbles. choice of dressing
481-783 calories, 50g protein

GREEK SALAD PC **\$12.60**
 choose roasted or blackened chicken, spring mix, roasted tomatoes, sauteed onions, kalamata olives, feta, balsamic vinaigrette.
543-643 calories, 38-45g protein

*substitute grilled or blackened salmon \$4.50

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