



**Atrium Cafe**  
G A I N E Y V I L L A G E

# SMOOTHIES + PROTEIN SHAKES

**16OZ - \$8.15 • 24OZ - \$9.20**

**All Smoothies Includes One Boost creatine, glutamine, fiber, multi-vitamin.**

- Additional Boost ..... \$ .75
- Add Whey or Vegan Protein ..... \$2.25

**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, apple juice. 187 calories, 4g protein\*

**FUNKY MONKEY PC**

bananas, coffee, almond milk, peanut butter, vanilla extract.  
490 calories, 14g 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

# BREAKFAST

**🍴 THE BREAKFAST BOWL PCH... \$11.50**

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..... \$10.75**

either turkey sausage or bacon, eggs, potatoes, cheddar, salsa on side, wheat tortilla.  
choice of side.  
787-969 calories, 41-53g protein

**TRADITIONAL BREAKFAST PC..... \$9.70**

2 eggs, 2 slices of either multi-grain or sourdough, choice of bacon or turkey sausage, add extra egg \$2.05.  
401-521 calories, 41-53g protein

**🍴 BREAKFAST SANDWICH PC ... \$10.75**

either turkey sausage or bacon. choose bagel, sourdough or multigrain bread, eggs, cheddar. choice of side.  
401-521 calories, 41-53g protein

**🍴 OMELET PC ..... \$10.90**

**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

**AVOCADO TOAST ..... \$7.90**

choice of bread, avocado, fried or scrambled egg.  
535 calories, 31g protein

**OATMEAL CH..... \$7.35**

oats, blueberries, granola, honey.  
652-709 calories, 13g protein

**BAGEL C..... \$5.25**

**choose** - plain, everything, or cinnamon raisin.  
**choose** - cream cheese, butter, jelly or peanut butter.  
300-490 calories, 12-19g protein

**BREAKFAST SIDES:** fresh fruit, avocado, cottage cheese, bacon, turkey sausage, breakfast potatoes.  
add avocado ..... \$2.50  
substitute egg whites ..... \$1.50  
2 slices of toast..... \$2.25  
additional add-ins..... \$1.50  
additional protein..... \$2.75

# SALADS

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

**CHICKEN CAESAR SALAD PC ..... \$12.35**

roasted or blackened chicken, spring mix or kale, parmesan, caesar dressing. 570 calories, 41-52g protein

**QUINOA SALAD PC ..... \$12.90**

roasted or blackened chicken, quinoa, spring mix, feta, almonds, balsamic dressing  
918 calories, 56g protein

**APPLE PECAN BACON SALAD PC ... \$12.90**

roasted or blackened chicken, spring mix, bacon, feta, apple, onion, cranberry, balsamic dressing. 592 calories, 33g protein

**GREEK SALAD PC ..... \$12.90**

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..... \$12.10**

fresh avocado, chicken salad, spring mix, 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
- 🍴 - FAVORITE:** member club favorite



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# BURGER + SANDWICH + WRAPS

**VILLAGE BURGER** PC.....\$11.80  
choose +beef, turkey, or vegan black bean patty, spring mix, onion, tomato. add cheese \$.75 choice of one side.  
*578 calories, 38g-51g protein*

**VILLAGE CLUB SANDWICH** PC.....\$11.50  
sliced turkey, bacon, spring mix, cheese, tomato on multigrain bread. choice of side. *802 calories, 43g protein*

**CHICKEN CAESAR WRAP** PC.... \$12.35  
roasted or blackened chicken, kale or spring mix, parmesan, caesar dressing, wheat tortilla. choice of side. *570 calories, 20g protein*

**AVOCADO BLT** ..... \$10.50  
choice of bread, spring mix, bacon, tomato, avocado. choice of side.  
*410-605 calories with/out avocado, 31g protein*

**GREEK WRAP** ..... \$12.90  
roasted or blackened chicken, spring mix, sauteed onions, roasted tomatoes, hummus, feta, kalamata olives, wheat tortilla. choice of side. *412 calories, 25g protein*

**QUESADILLA** ..... \$9.20  
blend of cheeses, whole wheat tortilla. add chicken \$2.75  
*560 calories, 31g protein*

## SIDES

chips .....\$3.15  
fruit salad .....\$4.45  
fries .....\$5.50  
steamed vegetables .....\$4.45

quinoa .....\$4.45  
brown rice .....\$3.50  
sweet potato fries .....\$5.35  
side salad .....\$5.20  
cottage cheese .....\$3.95

# BOWLS + PLATES

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

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

**STEAM ROOM** .....\$11.55  
roasted or blackened chicken, brown rice, mixed veggies, grilled lemon.  
*627 calories, 35g protein*

**LEAN BOWL** PCH .....\$12.90  
roasted or blackened chicken, quinoa, sauteed peppers, kale, roasted tomatoes, avocado, grilled lemon, and teriyaki sauce.  
*444 calories, 40g protein*

**CHICKEN FAJITA BOWL** PC.... \$12.10  
brown rice, roasted chicken, peppers and onions, green chili, black beans, sliced avocado, salsa, lime wedge.  
*540 calories, 38-45g protein*

**CHICKEN TENDERS PLATE** FPC .. \$10.00  
three chicken tenders, served with fries.  
*578 calories, 38g protein*

**HUMMUS PLATTER** PC .....\$11.00  
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. sub fries ..... \$1.50

**GRILLED CHEESE** PC .....\$7.80  
**MAC & CHEESE** C.....\$7.35  
**2 CHICKEN TENDERS** PC.....\$7.50  
**HOT DOG** PC .....\$6.20

## FRESH JUICES 16OZ - \$8.20

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

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

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

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

**SOFT DRINKS** .....16oz - \$3.70 | 24oz - \$4.45  
**BEER** .....\$5.00  
**RED WINE**.....\$11.00  
**WHITE WINE** .....\$7.50  
**CHAMPAGNE** .....\$6.75

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