



Lakeriew Cafe

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

# BREAKFAST

**🍴 THE BREAKFAST BOWL** PCH ... **\$11.50**  
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 ..... **\$10.75**  
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..... **\$10.75**  
choose turkey sausage or bacon. choose bagel, or multigrain bread, eggs, cheddar. choice of side.  
*401-521 calories, 41-53g protein*

**OMELET** PC ..... **\$11.00**  
**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 ..... **\$7.40**  
oats, blueberries, granola, milk, brown sugar or honey.  
*652-709 calories, 13g protein*

**BAGEL** C ..... **\$5.25**  
**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 ..... **\$2.65**

# SALADS DRESSINGS SERVED ON SIDE *ranch, caesar, balsamic vinaigrette, fiery ranch, balsamic and olive oil.*

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

**VILLAGE COBB SALAD** PC ..... **\$13.00**  
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 ..... **\$12.85**  
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..... **\$12.35**  
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..... **\$11.80**  
choose roasted or blackened chicken\* sauteed kale, brown rice, fiery ranch.  
*517 calories, 38g protein*

**BLACKENED SALMON PLATE** PC .. **\$16.65**  
blackened salmon, tri-color quinoa, diced tomatoes, grilled asparagus, grilled lemon.  
*556 calories, 44g protein*

**🍴 LEAN BOWL** PCH..... **\$13.15**  
choose roasted or blackened chicken\* tri-color quinoa, sauteed peppers, spinach, diced tomatoes, avocado, ponzu sauce, grilled lemon.  
*444 calories, 40g protein*

**TEX MEX BOWL** FPC ..... **\$12.55**  
choose chicken or ground turkey, black bean salsa, rice, cilantro, pepperjack. salsa on side. *559 calories, 34g protein*

**HUMMUS PLATTER** PC ..... **\$11.00**  
house-made hummus, freshly cut carrots, celery, cucumbers, pita bread.  
*556 calories, 44g protein*

**🍴 PROTEIN PLATE** PCH..... **\$12.55**  
**choose 1**  
roasted or blackened chicken, turkey patty, beef patty, or vegan black bean patty. choose two sides.  
*120-281 calories, 11-34g protein*

**SUBSTITUTE:**  
quinoa ..... **\$2.25**  
grilled or blackened salmon .... **\$6.00**

# 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 ..... **\$7.90**  
**CHICKEN TENDERS** PC..... **\$7.90**

**GRILLED CHEESE** PC ..... **\$7.90**  
**CHEESE QUESADILLA** PC ..... **\$7.90**

**KIDS HUMMUS PLATE** PC ..... **\$7.90**  
*No side included on Kids Hummus Plate.*

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 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 .... **\$11.50**  
 sliced turkey, bacon, lettuce, tomatoes,  
 cheddar cheese, multigrain bread,  
 avocado ranch. choice of side.  
*802 calories, 43g protein*

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

**SOUTHWEST WRAP** PC ..... **\$11.55**  
 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 .....	\$2.35	side salad .....	\$4.45
fruit cup .....	\$2.95	steamed broccoli .....	\$4.45
french fries .....	\$4.45	grilled asparagus .....	\$4.99
mac & cheese .....	\$4.75	brown rice .....	\$4.25
sweet potato tots .....	\$4.99	berries .....	\$4.45

# SMOOTHIES 12oz - \$5.80 • 16oz - \$8.15 • 24oz - \$8.90

**HALE TO KALE**  
 mango puree, pineapple juice,  
 kale, mango, pineapple.  
*212 calories, 51.9g carbs, 2.3g protein\**

**FRUIT BLAST**  
 strawberry-banana 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 ..... \$1.25 Per Scoop
- Add Protein or Vegan Protein ..... \$2.25 Per Scoop

# PROTEIN SHAKES 12oz - \$7.60 • 16oz - \$8.40 • 24oz - \$10.20

**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 **\$2.65** • 16oz **\$3.15** • 24oz **\$4.20**  
**CHOCOLATE MILK** ..... **\$1.85**  
**GATORADE** ..... **\$4.20**  
**BANG ENERGY DRINK** ..... **\$5.25**

**CELSIUS** ..... **\$5.25**  
**C4** ..... **\$5.25**  
**AMINO ENERGY DRINK** ..... **\$5.25**  
**LEAN BODY** ..... **\$5.50**  
**ISOPURE** ..... **\$5.25**

**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

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