



# BREAKFAST

## THE BREAKFAST BOWL PCH...\$12.35

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 ..... \$11.55

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..... \$11.55

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

401-521 calories, 41-53g protein

## OMELET PC ..... \$11.85

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 .....\$8.00

oats, blueberries, granola, milk, brown sugar or honey.

652-709 calories, 13g protein

## BAGEL C .....\$5.65

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 .....\$2.85

additional side .....\$4.25

# SALADS

## DRESSINGS SERVED ON SIDE

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

## KALE CHICKEN CAESAR SALAD PC . \$12.25

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

570 calories, 41-52g protein

## VILLAGE COBB SALAD PC ..... \$14.00

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 ..... \$13.80

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.....\$6.45

# BOWLS + PLATES

## STIR-FRY BOWL PC.....\$13.25

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

## LEAN BOWL PCH.....\$14.15

choose roasted or blackened chicken\* tri-color quinoa, sauteed peppers, spinach, diced tomatoes, avocado, ponzu sauce, grilled lemon.

444 calories, 40g protein

## FIERY RANCH BOWL PC.....\$12.70

choose roasted or blackened chicken\* sauteed kale, brown rice, fiery ranch. 517 calories, 38g protein

## TEX MEX BOWL FPC .....\$13.50

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

## PROTEIN PLATE PCH.....\$13.50

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 ...\$17.90

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

556 calories, 44g protein

## HUMMUS PLATTER PC .....\$11.85

house-made hummus, freshly cut carrots, celery, cucumbers, pita bread.

556 calories, 44g protein

## SUBSTITUTE:

quinoa .....\$2.25

grilled or blackened salmon .....\$6.45

# 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 .....\$8.50

## CHICKEN TENDERS PC.....\$8.50

## GRILLED CHEESE PC .....\$8.50

## CHEESE QUESADILLA PC .....\$8.50

## KIDS HUMMUS PLATE PC .....\$8.50

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

**FF - FAVORITE:** member club favorite



Lakeview Café  
OCOTILLO VILLAGE

# BURGER + SANDWICH + WRAPS

## VILLAGE BURGER PC ..... \$12.70

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 .... \$12.35

sliced turkey, bacon, lettuce, tomatoes, cheddar cheese, multigrain bread, avocado ranch. choice of side.

802 calories, 43g protein

## KALE CHICKEN CAESAR WRAP .... \$12.15

choose roasted or blackened chicken or tenders, kale, caesar, parmesan, wheat tortilla. choice of side.

570 calories, 20g protein

## BUFFALO CHICKEN WRAP PC ..... \$12.15

choose roasted chicken or tenders. romaine lettuce, tomatoes, bleu cheese, fiery ranch, wheat tortilla. choice of side.

560 calories, 31g protein

## SOUTHWEST WRAP PC ..... \$12.40

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 .....	\$2.55	side salad .....	\$4.80
fruit cup .....	\$3.20	steamed broccoli .....	\$4.80
french fries .....	\$4.80	grilled asparagus .....	\$5.35
mac & cheese .....	\$5.10	brown rice .....	\$4.60
sweet potato tots .....	\$5.35	berries.....	\$4.80

# 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\*

## GREEN MONSTER

mango puree, kale, spinach, mango, kiwi.

257 calories, 62.1g carbs, 1g fat, 4g protein\*

## FRUIT BLAST

strawberry-banana puree, almond milk, strawberries, raspberries, blueberries, coconut flakes.

184 calories, 34.7 carbs, 5.3g fat, 1g protein\*

- Add Fat Burner, BCAA, Creatine ..... \$1.50 Per Scoop
- Add Protein or Vegan Protein ..... \$2.50 Per Scoop

## TROPICAL PARADISE

vanilla yogurt, almond milk, mango, pineapple, banana, chia seeds.

267 calories, 54.9g carbs, 5.3 fat, 5.8g protein\*

# 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, 12.2 fat, 23g protein\*

## MANGO TANGO

almond milk, mango puree, mango, pineapple, vanilla whey protein.

362 calories, 53.9g carbs, 12.2 fat, 23.3g protein\*

# BEVERAGES

## SOFT DRINKS & ICE TEA

12oz \$2.85 • 16oz \$3.40 • 24oz \$4.50

CHOCOLATE MILK ..... \$2.00

GATORADE ..... \$4.60

BANG ENERGY DRINK ..... \$5.65

CELSIUS ..... \$5.65

C4 ..... \$5.65

AMINO ENERGY DRINK ..... \$5.65

LEAN BODY ..... \$5.90

ISOPURE ..... \$5.65

# HAPPY HOUR

Monday - Friday ..... 4:00pm to 8:00pm

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