

# CG | CAFÉ

## Breakfast

### TOPPED OATMEAL ... \$4.00

Warm steel cut oats with your choice of toppings:

Strawberries, Mangos, Yogurt, Granola, Honey, Almonds

Kids Fruit & Cream Oatmeal 2 packs ... \$2.00

### BREAKFAST SANDWICH ... \$4.00

Scrambled whole eggs or egg whites with your choice of bacon, ham or turkey sausage and cheddar, white american or swiss

Biscuit, Herb or Wheat Wrap, White or Wheat Ciabatta, Whole Grain or Marble Rye

Add Avocado ... \$1.25

Salsa, tomato or jalapenos ... .50

### BUILD YOUR OWN OMELETTE OR SCRAMBLE ... \$8.00

Whole Eggs or Egg Whites with your choice of below

#### ADD ONS

##### PICK ONE

- Sliced Chicken Breast
- Grilled Chicken Breast
- Smokehouse Ham
- Sliced Turkey Breast
- Roast Beef
- Turkey Sausage
- Bacon

##### PICK ONE

- Swiss
- Mozzarella
- Cheddar
- Parmesan
- White American

##### PICK UP TO 3

- Avocado
- Red Onion
- Tomato
- Romaine
- Spinach
- Almonds
- Red & Green Bell Peppers
- Italian Olive Mix

Additional add-ons ..... .65

## Sandwich, Salads, Wraps

Sandwiches and Wraps served with potato chips, potato salad or cucumber salad  
Spreads Herb | Roasted Garlic | Cilantro Lime or Chipotle

### THE PONTCHARTRAIN

Sliced Roast Chicken Breast, Avocado, Mozzarella Cheese, Spinach, Red Onion, Tomato  
9.75

### THE FIT CHICK

Sliced Roast Chicken Breast, Avocado, Red Onion  
9.00

### BLT

Lettuce, Tomato, Red Onion and Bacon  
7.50

### THE GAUSE CLUB

Sliced Roast Beef, Bacon and Cheddar with onion and BBQ sauce  
9.00

### EASTRIDGE

Sliced All Natural Smokehouse Ham, Cheddar, Tomato, Red Onion  
8.50

### CHEF SALAD

Romaine, Turkey, Ham, Tomato, Egg, Cucumber, Cheddar & Croutons  
8.00

### MILITARY CLUB

Sliced Roast Chicken Breast, Lettuce, Tomato, Bacon, Cheddar  
9.00

### GRILLED CHICKEN OR SHRIMP CAESAR

Grilled chicken breast or shrimp, parmesan, romaine & creamy caesar  
8.50

### BROADMOOR

Turkey, Bacon, Lettuce & Tomato  
8.50

### RIDGECREST

Turkey, mozzarella, tomato  
7.50

### THE AUDUBON

Sliced Roast Beef with Swiss Cheese, bell peppers and onions  
9.00

### VEGGIE

Tomato, Red Onion, Bell Peppers, Spinach, Avocado & Cheese  
8.00

Add Avocado or Bacon ..... 1.25

\*Substitute Grilled Chicken \$1.50

#### KIDS MENU

- Grilled Cheese ..... \$3.50
- Gr. Ham and Cheese ..... \$4.00
- Turkey Sandwich ..... \$3.75
- Chicken and Cheese Rolls ..... \$4.00
- Fruit & Cream Oatmeal ..... \$2.00

#### SIDES

- Potato Chips ..... \$1.00
- Sun Chips & Baked Lays ..... \$1.50
- Potato Salad ..... \$1.50
- Yogurt Parfait ..... \$3.99
- Side Salad ..... \$3.75
- Cucumber Salad ..... \$1.50

## Smoothies

Small (16oz).....\$5.00 | Large (24oz).....\$6.00

### TRAINERS CHOICE

#### BANANA NUT BLAST

Banana, Peanut Butter, almonds, whey protein

#### MOCHA EXPRESS

Almonds, Espresso, Chocolate, Skim Milk, whey protein

#### CHOCOLATE PARADISE

Chocolate, whey protein

#### HONEY ALMOND

Honey, Almond, Banana, whey protein

### FIT AND TRIM

#### BANANA BERRY HEAVEN

Strawberry, banana, whey protein

#### MANGO BERRY

Mango, Strawberry, banana, whey protein

#### TROPICAL THUNDER

Pineapple, Mango, Orange Juice, whey protein

#### TASTE BUSTER

Pineapple, Strawberry, Mango, Banana, Orange Juice, whey protein

#### GREEN GODDESS

Spinach, banana and your choice of Mango, pineapple or strawberry with Whey protein

### WEIGHT GAINERS

#### THE GAINS

Peanut Butter, Banana, Chocolate, whey protein

#### COOKIES AND CREAM

Oreo Cookies, Chocolate, Vanilla Ice Cream, whey protein

#### PB&J

Peanut Butter, Strawberries, Honey, whey protein

### FOR THE KIDS

12oz.....\$3.50

Strawberry Banana | Pineapple | Orange | Banana | Cookies & Cream | The King Jr.

## Brewed Coffee

DARK ROAST | MEDIUM ROAST | DECAF | SOUTHERN PECAN Small \$1.00 | Medium \$1.50 | Large \$1.75

Add syrup for .35.....white chocolate, vanilla, caramel or mocha

## Powerade Slush

MOUNTAIN BERRY & FRUIT PUNCH 12 oz \$1.15 | 16 oz \$1.60 | 24 oz \$2.25

## Poolside Favorites

#### NACHOS

Tortilla chips, cheese sauce, salsa  
(add chili for \$1.00)  
3.00

#### SUPER NACHOS

Tortilla chips, cheese sauce, chili, diced tomato & red onion, sour cream, Jalapenos  
6.00

#### CHEESE QUESADILLA

Herb or wheat tortilla with cheddar cheese, sour cream, salsa  
5.00

#### CHICKEN QUESADILLA

Herb or wheat tortilla with cheddar cheese, grilled chicken, red onion, red peppers, salsa, sour cream  
8.00

#### HOT DOG

Premium Hot Dog served with choice of side  
4.00

#### CHILI CHEESE HOT DOG

Premium Hot Dog with chili & nacho cheese served with choice of side  
6.00

#### AVOCADO TOAST

Fresh avocado seasoned with red pepper, olive oil, topped with grilled tomatoes piled on a slice of multigrain toast with choice of side  
6.00

#### WATERSLIDE SLIDERS

2 Premium beef sliders with choice of cheese, lettuce, tomato with choice of side  
7.00

#### MARINATED GRILLED CHICKEN SANDWICH

Marinated chicken breast with choice of cheese, lettuce, tomato with choice of side  
8.50

#### TURKEY BURGER

Turkey burger with choice of cheese, lettuce, tomato and served with choice of side  
8.00

#### SIDE OPTIONS

Ruffle chips  
potato salad  
sliced apple  
cucumber mix  
dill pickle

ADD BACON to anything  
\$1.25



Let us help you with your overall nutrition

HEALTHY, FRESH, NUTRITIOUS MEAL AVAILABLE

Order in packs of 5 or 10, Or Grab and Go Single Meal

Check out our coolers for convenient Snacks, Breakfast, Wraps & Salads