



Monday-Friday, 8 a.m. to 3 p.m. Saturday & Sunday, 9 a.m. to 3 p.m.

Preorders recommended by calling: 713-685-6764 or 713-812-6993

### BUILD YOUR OWN OMELET

\*Three regular eggs or egg whites with toast 10

# Choose 1 protein & 3 veggies

Each additional ingredient

VEGGIES.75PROTEIN1broccolicheddar cheeseonionfeta cheese

kale low fat Swiss cheese

red bell peppers bacon

green bell peppers turkey sausage baby spinach chicken sausage jalapeños American cheese

mushrooms zucchini squash avocado

sundried tomatoes

### BREAKFAST SIDES

APPLE SMOKED BACON 4.50

TURKEY SAUSAGE 4

CHICKEN APPLE SAUSAGE 4.50

FRUIT CUP 6 10 OZ OATMEAL 4

TOAST 2

**ENGLISH MUFFIN** 2

## BREAKFAST TACOS

THE WARRIOR 5.50

two scrambled eggs, chicken apple sausage, bacon, country ham, cheddar cheese, flour tortilla

THE SUPERFOOD 6.50

two scrambled egg whites, avocado, kale, quinoa, flax seed, onion, flour tortilla

### BREAKFAST

**VEGAN AVOCADO TOAST** 7

multi-grain toast, fresh avocado spread,

baby tomatoes, sprouts

SILVER DOLLAR PANCAKES 6

fluffy buttermilk batter

## KIDS ZONE

With a choice of:

fruit cup, french fries, sweet potato fries, chips or salad

EGG AND BACON 4 Sides not included.

one scrambled egg and two slices of bacon

CHICKEN TENDERS 7

**KIDS CHEESEBURGER** 8

American cheese, lettuce, tomato, pickles

**HOT DOC** 7

**GRILLED CHEESE** 7

American cheese

### DESSERTS

CHOCOLATE CHIP COOKIES (2) 5

**DIPPIN' DOTS ICE CREAM** 5.75

Dairy Free O Gluten Free Vegan O

Member Charge or Credit Card 18% service charge will be added for poolside delivery.

### STARTERS

BAKED SWEET POTATO 5.50

### SALADS

### SOUTHWEST CAESAR SALAD 8

romaine, corn, black beans, pumpkin seeds, cotija cheese, tortilla strips

## BEET SALAD 8

golden & red beets, kale, arugula, almonds, goat cheese, balsamic vinaigrette

#### + PROTEIN

grilled tofu 5 grilled chicken 7 grilled shrimp 9 \*wild salmon 10

## ENTRÉES

### \*WILD SALMON 22

vegetable succotash, organic green kale, red bell pepper, roasted corn kernels, zucchini & yellow squash, edamame, green peas, lemon yogurt sauce

#### TACO SALAD 16

ground turkey, romaine lettuce, baby heirloom tomatoes, red onion, cheddar cheese, roasted corn, black beans, avocado, tortilla strips, skinny cilantro lime dressing

### BURGERS

### Burgers with a choice of:

fruit cup, french fries, sweet potato fries, chips or salad

### \*½ POUND GRASS FED

CENTER COURT BURGER 15

lettuce, tomato, pickles

\*BUFFALO BURGER 15

lettuce, tomato, pickles

TURKEY BURGER 11

lettuce, tomato, pickles

### SANDWICHES

### Sandwiches with a choice of:

fruit cup, french fries, sweet potato fries, chips or salad

### **CHICKEN PESTO PANINI** 13

pesto, sautéed red onion, sundried tomatoes, goat cheese spread

### TURKEY CLUB 12

turkey, bacon, lettuce, tomato, Swiss cheese

#### MEDITERRANEAN CHICKEN WRAP 11

hummus, lettuce, sundried tomato, caramelize onions, thyme infused goat cheese, tomato basil wrap

### GRAB & GO

#### BREAKFAST WRAP 6.95

egg beaters, chicken apple sausage, black beans, brown rice, whole wheat tortilla

#### **SOUTHWEST CHICKEN WRAP** 6.95

chicken, romaine lettuce, cotija cheese, black beans, corn, pumpkin seeds, southwest Caesar dressing, herb garlic tortilla

#### **SOUTHWEST BUFFALO WRAP** 6.95

buffalo patty, romaine lettuce, cotija cheese, black beans, corn, pumpkin seeds, southwest Caesar dressing, herb garlic tortilla

## YOGURT PARFAIT 7.15

Greek honey yogurt, goji berry granola, strawberries, blackberries, blueberries

### FRUIT AND CHEESE BENTO BOX 7.50

brie, manchego cheese, green apples, red grapes, wheat crackers

### SEARED SALMON 10.25

wild king salmon, wheat cous cous, cucumber, feta cheese, pistachio, dried golden raisins, basil mint vinaigrette

Dairy Free Gluten Free Vegan