

ATHLETIC GRILL FOOD MENU



STARTERS

HUMMUS (GF) - 8

carrots, broccoli, celery, tomato, olives, pita

CHIPS & SALSA - 6

BASKET OF FRIES

REGULAR - 7 | SRIRACHA - 9 | QUESO - 9

FLATBREADS

MARGHERITA FLATBREAD - 15

fresh mozzarella, tomatoes, basil pesto, EVOO, balsamic drizzle

PEPPERONI FLATBREAD - 15

mozzarella, pepperoni, marinara sauce

ENTRÉES

SANDWICHES ARE SERVED EITHER HOT OR COLD

BLTA SANDWICH (GF) - 15

bacon, lettuce, tomato, avocado

CAPRESE SANDWICH (GF) - 15

fresh mozzarella, tomato, arugula, balsamic drizzle

CHICKEN GYRO (GF) - 15

lettuce, onion, tomato, cucumber, greek olives, feta, tzatziki

TURKEY CLUB (GF) - 15

turkey, bacon, avocado, lettuce, tomato, onion, lemon aioli

POKE BOWL* - 16

ahi tuna, rice, carrots, cucumber, wakame, green onions, red cabbage, avocado, sriracha mayo, crispy onions

SALADS

CHICKEN APPLE PECAN SALAD - 12

spring mix, candied pecans, gorgonzola, apples, red onions, white balsamic vinaigrette

GREEK SALAD - 12

red onion, greek olives, cucumbers, tomatoes, feta cheese and greek dressing

ASIAN CHICKEN SESAME SALAD - 12

crispy wonton, sliced almonds, green onions, orange segments

KIDS MEAL

Kids meal includes your choice of milk, honest organic juice, or a fountain drink. Served with a choice of one: chips, apple or a rice krispies treat.

GRILLED CHEESE - 12

NUGGETS - 12

MAC N CHEESE - 12

CHEESE PIZZA - 12



DIPPIN' DOTS - 7

With your health in mind, it is the goal of Flying Horse Athletic Grill to provide organic and fresh ingredients without artificial additives or high fructose corn syrup.

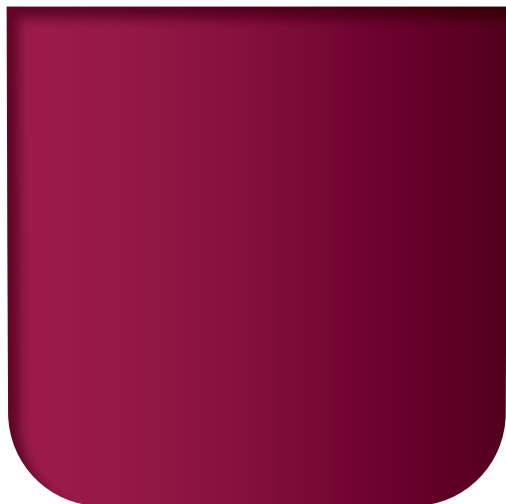
(GF) These items are gluten free or can be prepared gluten free.

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS



ATHLETIC GRILL

DRINK MENU



\$9 PREMIUM LIQUOR & COCKTAILS

TITO'S HANDMADE
VODKA

MALIBU RUM

JIM BEAM BOURBON

BACARDI
SILVER RUM

TANQUERAY GIN

JOSE CUERVO
SILVER TEQUILA

CAPTAIN MORGAN
SPICED RUM

\$9 SIGNATURE DRAFT MARGARITA

\$12 PREMIUM WINE SELECTION

CANS = 12 oz. (HALF BOTTLE)

Pinot Grigio, Sauvignon Blanc, Pinot Noir,
Rosé Bubbles, Sparkling Brut Bubbles

CANNED BEER

\$5.5 **DOMESTIC:** Coors Light, Bud Light,
Michelob Ultra

\$6.5 **IMPORT/CRAFT:** Stella Artois,
Lagunitas IPA, Modelo Especial

\$5.5 **HARD SELTZER**

JOIN OUR POOL MUG CLUB

\$30 FOR A 20 oz. INSULATED MUG: First fill is on us. After that, any draft beer or draft cocktail is regular price to fill up. *Good for use at the Pool only!*
No Expiration!

ATHLETIC GRILL

SMOOTHIE

MENU

BOWLS \$14

BLUE WAVE BOWL *Calories 243*

bananas, mangos, pineapples, coconut milk, blue spirulina

Included Toppings: *blueberries, strawberries, bee pollen, soaked chia seeds, toasted coconut, goji berries, honey*

ACAI BOWL *Calories 273*

strawberries, blueberries, acai, bananas, almond milk, cranberry juice

Included Toppings: *bananas, toasted coconut, strawberries, blueberries, chia seeds, cacao nibs, honey drizzle*

CHOCOLATE PROTEIN BOWL *Calories 418*

bananas, avocado, almond butter, almond milk, chocolate protein powder, coco powder

Included Toppings: *banana, blueberries, strawberries, cacao nibs, toasted coconut, soaked chia*

DRINKS \$9.5

THE PINK SHIRT *264 Calories*

dragon fruit, strawberries, lime juice, ginger, agave, coconut milk, cranberry juice

BLUEBERRY BUFF *477 Calories*

protein powder, almond milk, almond butter, banana, blueberries, honey

STRAWBERRY BANANA *280 Calories*

strawberry, banana, almond milk, brown sugar

TROPICAL GETAWAY *286 Calories*

coconut milk, orange juice, banana, mango, pineapple, strawberry, agave, goji

FUNKY MONKEY *469 Calories*

banana, espresso beans, almond butter, vanilla protein, coconut milk, honey, chocolate syrup, ice

THE GROUCH *298 Calories*

bananas, blueberries, strawberries, mangos, almond butter, almond milk, ginger, chia, maca powder

BERRY MONSTER *168 Calories*

bananas, blueberries, strawberries, raspberries, pineapple, spinach, coconut milk, lime juice

ADDITIONAL TOPPINGS

\$0.50 each

bananas, blueberries, strawberries, goji berry, chia seeds, honey, agave, cacao nibs, toasted coconut, bee pollen

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