ATHLETIC GRILL MENUS

FOOD | DRINKS | SMOOTHIES

FOOD

APPETIZERS

HUMMUS (GF) - *8*
carrots, broccoli, celery, tomato, olives, and pita

CHIPS & SALSA - *6*

BASKET OF FRIES
REGULAR - 7 | SRIRACHA - 9 | QUESO - 9

SALAD

CHICKEN APPLE PECAN SALAD - *12*
spring mix, candied pecans, gorgonzola, apples, red onions, white basalmic 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

FLATBREADS

MARGHERITA FLATBREAD - *15*
fresh mozzarella, tomatoes, basil pesto, EVOO, balsamic drizzle

PEPPERONI FLATBREAD - *15*
mozzarella, pepperoni, marinara sauce

ENTRÉES

SANDWICHES 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

KIDS

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*

(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

DRINKS

PREMIUM
LIQUOR & COCKTAILS - *$9*

TITO'S HANDMADE VODKA
JIM BEAM BOURBON
TANQUERAY GIN
MALIBU RUM
CAPTAIN MORGAN SPICED RUM
BACARDI SILVER RUM
JOSE CUERVO SILVER TEQUILA

SIGNATURE
DRAFT MARGARITA - *$9*

PREMIUM
WINE SELECTION - *$12*

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

HARD SELTZER - *$5.5*

JOIN OUR POOL MUG CLUB

$30 FOR A 20 oz. INSULATD 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!

SMOOTHIES

BOWLS - *$14*

BLUE WAVE BOWL *Calories 243*
bananas, mangos, pineapples, coconut milk, blue spirulina

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

ACAI BOWL *Calories 273*
strawberries, blueberries, acai, bananas, almond milk, cranberry juice

Included Toppings:
bananas, toasted coconut, strawberries, blueberries, soaked 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 seeds

DRINKS - *$9.5*

THE PINK SHIRT *Calories 264*
dragon fruit, strawberries, lime juice, ginger, agave, coconut milk, cranberry juice

FUNKY MONKEY *Calories 469*
banana, espresso beans, almond butter, vanilla protein, coconut milk, honey, chocolate syrup, ice

THE GROUCH *Calories 298*
bananas, blueberries, strawberries, mangos, almond butter, almond milk, ginger, chia, maca powder

BERRY MONSTER *Calories 168*
bananas, blueberries, stawberries, raspberries, pineapple, spinach, coconut milk, lime juice

BLUEBERRY BUFF *Calories 477*
protein powder, almond milk, almond butter, banana, blueberries, honey

STRAWBERRY BANANA *Calories 280*
strawberry, banana, almond milk, brown sugar

TROPICAL GETAWAY *Calories 286*
coconut milk, orange juice, banana, mango, pineapple, strawberry, agave, goji

ADDITIONAL TOPPINGS - *0.50 ea.*
bananas, blueberries, strawberries, goji berry, chia seeds, honey, agave, cacao nibs, toasted coconut, bee pollen

August 08, 2022