

Breakfast

Lunch

Build Your Dream Omelet | \$9.75

Served with a side of breakfast potatoes

Choose a cheese: Cheddar, Mozzarella, or Feta

Filling Options – Select 2: Tomatoes, Spinach, Mushrooms, Avocado (add \$1.00), Bacon, Turkey Sausage, Turkey Bacon, Onion, Bell Pepper

\$1.00 for each additional filling

Bethany's Breakfast Sandwich | \$6.75

Toasted bagel, egg, sliced cheddar & ham

Farmer's Daughter Sandwich | \$6.75

Toasted bagel, egg, spinach, tomato, avocado, & pepper jack cheese

Hangover Scramble | \$10.75

Three eggs scrambled with diced turkey sausage, spinach, mushrooms, feta, roasted peppers, & onions with a side of breakfast potatoes

Breakfast Burrito | \$10.75

Scramble with turkey bacon, cheddar, breakfast potatoes, sautéed onions, spinach, & avocado wrapped in a large tortilla. Served with salsa

ADD BACON, SAUSAGE, TURKEY BACON OR AVOCADO | \$2.00
SUB EGG WHITES | \$1.75

*Don't feel like cooking?
Didn't have time to make breakfast for
the family?*

Dial 4019 from any club phone in the locker rooms or weight room floor to place your order at the Bistro! Everything will be made to-order & we'll have it ready & waiting for you after your workout. Say & enjoy your meal in the Bistro, or request it to-go & grab it on your way to the office or home.

**BETHANY ATHLETIC CLUB MEMBERS
RECEIVE 10% OFF**

Bowl of Soup | \$4.00

Inquire about our Soup of the Day!

Southwest Cobb Salad | \$11.00

Romaine, tomatoes, corn, black beans, chicken, bacon, bleu cheese, avocado & chipotle ranch dressing

Grilled Chicken Caesar Salad | \$9.50

Grilled seasoned chicken with chopped romaine, parmesan & croutons

Greek Salad | \$8.00

Chopped romaine, diced tomatoes, cucumbers, red onions, feta, tossed with our Greek dressing

ADD GRILLED CHICKEN | \$3.00

Maui Chicken Burger & Fries | \$11.50

Grilled chicken breast, pineapple, onions, lettuce, tomato, teriyaki sauce & sriracha mayo

Craft Burger with Cajun Tots | \$10.95

Grilled beef patty, cheese, bacon, red onions, tomato, lettuce & sriracha mayo

Salmon Bento | \$11.95

Grilled salmon, stir fried seasonal vegetables & brown rice

Bento Chicken | \$9.50

Bento Steak | \$10.50

Choice of teriyaki, Hawaiian or sweet Thai chili with sautéed vegetables & brown rice.

Chicken Strips with Fries | \$8.75

Five potato encrusted chicken strips with a side of fries or tots

SIDE OF FRIES OR TOTS | \$3.95

Smoothies

Banana Peanut Butter | \$7.00

Banana, PB2, Greek yogurt, almond milk & vanilla whey protein

Chocolate Banana Peanut Butter | \$7.00

Banana, PB2, Greek yogurt, almond milk & chocolate vegan protein

Strawberry Creamsicle | \$7.00

Strawberry, chia seeds, vanilla whey protein, orange juice, and Greek yogurt

Kale Mary | \$7.00

Pineapple, cucumber, spinach, coconut milk, kale, banana & lime

Mango Berry Bliss | \$7.00

Mango, strawberry, spinach, vanilla whey protein, orange juice, chia seeds & Greek yogurt

Green Machine | \$7.00

Spinach, kale, Granny Smith apples, mango, banana & orange juice

Berry Blast | \$7.00

Raspberry, strawberry, blueberry, Greek yogurt, almond milk

ADD PROTEIN OR PB2 | \$6.50

Espresso

SPECIALTY

AMERICANO | \$3.75

LATTE | \$5.00

MOCHA | \$5.50

CARAMEL MACHIATTO | \$5.50

CAPPUCCINO | \$4.50

AZTEC MOCHA | \$5.50

ESPRESSO | \$2.25

INSANITY | \$4.75

SEASONAL | \$4.00

CHAI | \$4.00

MATCHA GREEN TEA | \$4.75

STEAMER | \$4.25

HOT CHOCOLATE | \$3.75

ICED & BLENDED

LATTE | \$5.00 MOCHA FRAPP | \$5.50

ESPRESSO | \$1.00 SYRUP | \$.50 SOY MILK | \$.75 ALMOND MILK | \$.75 COCONUT MILK | \$.85