

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 & greek yogurt

KALE MARY | 6.50
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 | 6.50
Spinach, kale, Granny Smith apples, mango,
banana & orange juice

BERRY BLAST | 6.50
Raspberry, strawberry, blueberry, greek yogurt,
almond milk

ADD PROTEIN OR PB2 | 1.00

ESPRESSO

SPECIALTY

AMERICANO | 2.75

LATTE | 3.50

MOCHA | 4.00

CARAMEL MACCHIATO | 4.50

CAPPUCCINO | 3.50

AZTECMOCHA | 4.00

SHOT IN THE DARK | 3.00

Iced & Blended

LATTE | 3.50

MOCHA FRAPP | 4.50

ESPRESSO | 2.25

WARRIOR BREW | 4.25

INSANITY | 4.75

SEASONAL | 4.00

CHAI | 4.00

MATCHA GREEN TEA | 4.75

SPICE OF LIFE | 3.75

STEAMER | 3.25

HOT CHOCOLATE | 3.75

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



BISTRO

— AT —

BETHANY ATHLETIC CLUB

MENU

BETHANY ATHLETIC CLUB

15670 NW Central Drive | Portland, OR 97229
971.371.7600 | bethanyathleticclub.com

BREAKFAST

LUNCH

GOLDEN WAFFLE | 7.50

Served with butter & warm syrup. A delicious classic!

Add strawberries & cream | 1.00

BUILD YOUR DREAM OMELETTE | 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, Hollandaise

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 chicken sausage, spinach, mushrooms, feta, roasted peppers & onions with a side of breakfast potatoes

AVOCADO TOAST | 9.50

Grilled slabs of rustic baguette topped with avocado, crispy smoked bacon & sunny side up eggs, served with a side of greens

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. Stay & enjoy your meal in the Bistro, or request it to-go & grab it on your way to the office or home!

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

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 dressing in our Greek dressing

Add Grilled Chicken | 3.00

MAUI CHICKEN BURGER & FRIES | 11.50

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

CRAFT BURGER WITH CAJUN TOTS | 10.95

Grilled beef patty, cheese, bacon jam, 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 crusted chicken strips with a side of fries or tots

CHICKEN SKEWER | 3.00**BEEF SKEWER | 4.00****HIBACHI STEAK LETTUCE WRAPS | 10.75**

Seared steak, our house sesame paste, crunchy vegetables & crispy shallots wrapped in a butter leaf lettuce wrap

PLANCHA SEARED SALMON BENTO | 12.50

Seared salmon glazed with a soy citrus beurre blanc sauce, sautéed seasonal vegetables & brown rice

FREE STYLE TACOS | 10.75

3 seasoned chicken or steak tacos topped with crunchy slaw & our house salsa

SIDE OF FRIES OR TOTS | 3.95

BETHANY ATHLETIC CLUB MEMBERS RECEIVE 10% OFF!