



Wet Bar & Bistro

New World Cuisine Using Fresh Wholesome Ingredients with an Eclectic Flair

Breakfast

C-BLUE BUFFET

CLUBSPORT ALL AMERICAN BUFFET... 14

Scrambled eggs, waffles, bacon, biscuits and gravy, omelets made-to-order, assorted sausages, breakfast potatoes, steel cut oatmeal, cold cereals, house made almond granola, orchard fresh fruits and berries, yogurts, bakery fresh breakfast breads and pastries (includes coffee, tea and juice)

C-Blue Buffet Available:

MONDAY - FRIDAY: 6:00AM-10:30AM

SATURDAY - SUNDAY: 6:00AM-11:30AM

OMELETS

DESIGN YOUR OWN OMELET... 13

Three egg omelet designed to your liking with choice of eggs, egg whites or cholesterol free eggs, bacon, sausage, ham, mushrooms, spinach, peppers, onions, artichokes, cheese (jack, swiss, american, cheddar, feta) and choice of toast

● EGG WHITE OMELET... 12

Cooked in delizia olive oil with bloomsdale spinach, tomato, and feta cheese

CLUBSPORT SPECIALTIES

BREAKFAST FLAT BREAD... 12

Two eggs any style on top of a crispy wheat crust with spinach, bacon bits, sausage and oven roasted tomatoes

THE GM BREAKFAST... 12

Two eggs any style, homestyle breakfast potatoes, choice of bacon, sausage or hamsteak and toast

LOCO MOCO... 14

Two eggs sunny side up or over easy on a seared hamburger patty over steamed rice with homestyle hawaiian gravy

HUEVOS RANCHEROS... 13

Corn quesadilla topped with black beans, two eggs any style, ranchero sauce and melted cheese

CROISSANT BREAKFAST SANDWICH... 12

Crispy apple smoked bacon with two eggs, american cheese and side salad

CARNITAS AND POACHED EGG STACK... 13

Black beans, poached eggs, carnitas and salsa fresca

CLASSIC EGGS BENEDICT... 12

Hollandaise sauce

DUNGENESS CRAB EGGS BENEDICT... 15

Grilled tender asparagus with meyer lemon hollandaise

TRAINER MEALS [CREATED BY OUR ELITE TRAINERS]

PROTEIN SCRAMBLE... 15

6oz. steak or chicken breast, egg whites, mushrooms, spinach, served with a side of fruit and steel cut oatmeal

● POWER STACK... 16

Grilled filet of beef, 2 eggs, seared tomato and spinach

GREAT 4 YOU... 11

Berry granola parfait, half grapefruit crème brulée and 9-grain toast

FROM THE GRIDDLE

● 9 GRAIN HOT CAKES... 10

Farm fresh blueberries, bananas and pecans

CINNAMON-SWIRL FRENCH TOAST... 10

Rich maple syrup and mandarin oranges

● CRISP BELGIAN WAFFLE... 9

Strawberries and chantilly cream

CLASSIC BUTTERMILK PANCAKE STACK... 9

Butter and hot maple syrup

ETCETERA

● STEEL CUT ORGANIC OATMEAL... 7

CHOICE OF CEREAL WITH MILK... 6

ALMOND/RAISIN GRANOLA WITH MILK... 7

● FRESH CUT FRUIT PLATE... 8

TOASTED BAGEL WITH CREAM CHEESE... 5

BEVERAGES

HOT NUMI TEA... 4

HOT CHOCOLATE... 4

COFFEE... 4

MILK... 3

FRESH ORANGE JUICE... 4

FRESH GRAPEFRUIT JUICE... 4

TOMATO JUICE... 4

APPLE JUICE... 4

PINEAPPLE JUICE... 4

485

FLAVORFUL CUISINE,
THOUGHTFULLY
CREATED WITH LESS
THAN 485 CALORIES,
AND APPROVED BY
OUR ELITE TRAINERS.

Lunch

SOUP | SALADS | FLATS

FARMERS MARKET SOUP OF THE SEASON... 5

SWEET WHITE CORN & TRUFFLE SOUP... 6

- ROASTED ORGANIC BEET SALAD... 11
Crumbled goat cheese, mandarin oranges and honey cumin vinaigrette

PEAR AND BLUE CHEESE SALAD... 9
Candied walnuts and balsamic vinaigrette

CLASSIC CAESAR SALAD... 9
WITH GRILLED CHICKEN...13 WITH SHRIMP...16
Romaine hearts, croutons and parmesan tuille

CLUBSPORT COBB SALAD... 16
Candied walnuts and balsamic vinaigrette

- STEAK AND GREEK SALAD... 15
Red onions, cucumber, kalamata olives, feta cheese and oregano citrus vinaigrette

SALT AND PEPPER CALAMARI SALAD... 13
Mizuna, cilantro, chilis, green onion, sweet and spicy lime vinaigrette

SEARED AHI NICOISE SALAD... 18
Olives, green beans, fingerling potatoes, eggs and dijon vinaigrette

GREEK STYLE FLAT BREAD... 9
Whipped hummus, tomato, cucumber, olives, onions, feta cheese and oregano citrus vinaigrette

- FIERY CHICKEN SAUSAGE FLAT BREAD... 9
Herbed ricotta cheese, balsamic glazed onions and roasted tomato sauce

- ROASTED GARLIC SHRIMP FLAT BREAD... 11
Garlic shrimp, pico de gallo and cotija cheese

SANDWICHES

- GRILLED TURKEY BURGER... 10
Mizuna, melted provolone cheese, caramelized onions, tomato and romesco on a toasted wheat bun with a side salad

- GRILLED PORTOBELLO SANDWICH... 10
Roasted red peppers, sweet shallot marmalade, basil pesto, tomato and melted havarti cheese with a side salad

HALF POUND ANGUS BURGER WITH FRIES... 12
American cheese, crisp bacon on a toasted ciabatta bun

RENAISSANCE CLUB SANDWICH WITH FRIES... 10
Oven roasted turkey breast, tomato, lettuce, avocado, buttermilk dressing and crisp bacon on wheat bread

TUSCAN CHICKEN SANDWICH... 10
Grilled chicken breast, basil pesto, fresh mozzarella cheese and tomatoes on pressed sourdough with side salad

SHARE PLATES

CRISPY FISH TACOS... 11
Oregano lime slaw, salsa fresca and jalapeno cream

- SEARED CHICKEN LETTUCE WRAPS... 11
Bean sprouts, cucumber, herbs and shredded carrot

PULLED PORK SLIDERS... 10
Maui onion strings and spicy bbq sauce

- EDAMAME HUMMUS... 7
Pita chips and vegetable sticks

CRISPY CARNITAS TOSTADA... 11
Black beans, lettuce, pico de gallo, queso fresco and avocado

- SPICY AHI TUNA TARTARE... 12
Sambal aioli, wonton chips and cucumbers

TRIPLE DIP... 13
Pita and hummus, tri-color chips and salsa, and vegetables with dip

TRAINER MEALS

[CREATED BY OUR ELITE TRAINERS]

- ANN'S COMPETITION LUNCH... 11
6oz. grilled free range chicken, mushrooms, steamed rice and spinach

STEVE'S ELITE LUNCH... 16
7oz. grass fed montreal baseball steak with yams and broccoli

- PEDRO'S POWER PACK... 17
6oz. Seared tuna with brown rice and asparagus

- JAMIE'S PLUM GLAZED ARCTIC CHAR... 14
Northern arctic salmon with sticky rice and wilted spinach

BILL'S BUFFALO BURGER (LESS FAT, MORE PROTEIN)... 12
Open faced, topped with grilled onions, tomato, crisp lettuce served with house made pickles and steamed vegetables

ENTRÉES

- KOREAN BBQ... 15
Boneless beef slices flavorfully marinated overnight then cooked to a perfect color, aroma and taste; served with sticky white rice and kimchi on the side

FISH & CHIPS... 14
Ale battered white fish served with fries, tartar sauce and housemade coleslaw

- SESAME CRUSTED AHI TUNA... 19
Seared rare on a watermelon and basil salad with organic soy glaze

CHICKEN CHIMICHANGA... 14
Black beans, spiced chicken and queso fresco with sour cream, guacamole, salsa and a side salad

NUT CRUSTED HALIBUT... 20
Shrimp dumplings, snap peas and soy vinaigrette

485

FLAVORFUL CUISINE,
THOUGHTFULLY
CREATED WITH LESS
THAN 485 CALORIES,
AND APPROVED BY
OUR ELITE TRAINERS.

Dinner

SOUP | SALADS | FLATS

FARMERS MARKET SOUP OF THE SEASON... 5

SWEET WHITE CORN & TRUFFLE SOUP... 6

HEIRLOOM TOMATO SALAD... 8

Fresh mozzarella, basil, balsamic glaze, sea salt and extra virgin olive oil

PEAR AND BLUE CHEESE SALAD... 9

Candied walnuts and balsamic vinaigrette

CHILLED BUTTER LETTUCE SALAD... 8

Pear tomatoes, triple smoked bacon and buttermilk blue cheese dressing

● ROASTED ORGANIC BEET SALAD... 11

Crumbled goat cheese, mandarin oranges and honey cumin vinaigrette

SALT AND PEPPER CALAMARI SALAD... 13

Mizuna, cilantro, chilis, green onion, cucumber, sweet and spicy lime vinaigrette

● WILD MUSHROOM FLAT BREAD... 9

Red onion, fontina cheese and white truffle oil

GREEK STYLE FLAT BREAD... 9

Whipped hummus, tomato, cucumber, olives, onions, feta cheese and oregano citrus vinaigrette

● FIERY CHICKEN SAUSAGE FLAT BREAD... 9

Herbed ricotta cheese, balsamic glazed onions and roasted tomato sauce

● ROASTED GARLIC SHRIMP FLAT BREAD... 11

Garlic shrimp, pico de gallo and cotija cheese

SHARE PLATES

● EDAMAME HUMMUS... 7

Pita chips and vegetable sticks

LAMB SHAWARMA... 11

Whole wheat lavosh, tzaziki, edamame hummus, marinated tomatoes, red onions and chili

PULLED PORK SLIDERS... 10

Maui onion strings and spicy bbq sauce

BABY BAKED POTATOES... 8

Sour cream, chives and tillamook cheddar

● SPICY AHI TUNA TARTARE... 12

Sambal aioli, wonton chips and cucumbers

KOBE HOT DOG SLIDERS... 11

Duo of dogs on mustard seed buns with garlic fries

CRISPY CARNITAS TOSTADA... 11

Black beans, lettuce, pico de gallo, queso fresco and avocado

SHRIMP AND VEGETABLE TEMPURA... 13

Sweet potatoes, onion, broccoli, portobello, asparagus and shrimp with a duo of dipping sauces

SHARE PLATES [CONTINUED]

● EDAMAME... 6

Steamed and served hot with japanese green tea salt

BACON WRAPPED SCALLOPS... 15

Orange wasabi marmalade

CRISPY FISH TACOS... 10

Oregano lime slaw, salsa fresca and jalapeno cream

● SEARED CHICKEN LETTUCE WRAPS... 12

Bean sprouts, cucumber, herbs and shredded carrot

TRIPLE DIP... 13

Pita and hummus, tri-color chips and salsa, and vegetables with dip

● C-BLUE SUMMER ROLLS... 10

Shrimp, fresh herbs and veggies wrapped in rice paper served with a duo of dipping sauces

● SESAME CRUSTED AHI TUNA... 14

Seared rare on a watermelon and basil with organic soy glaze

SEARED SKIRT STEAK SKEWERS... 12

Chilled broccoli floretes and spicy chili garlic aioli

● MONGOLIAN STYLE LAMB CHOPS... 14

Orange jicama salad and red chili raindrops

SPICY BBQ BABY BACK RIBS... 13

Sweet white corn succotash and mango salsa

TRAINER MEALS

[CREATED BY OUR ELITE TRAINERS]

STEVE'S ELITE LUNCH... 16

7oz. grass fed montreal baseball steak with yams and broccoli

● JAMIE'S PLUM GLAZED ARCTIC CHAR... 14

Northern arctic salmon with sticky rice and wilted spinach

JERAMY'S FIRE IN THE RING... 13

Blackened basa on salsa fresca with oregano lime slaw, brown rice and garlic broccoli and cauliflower

BILL'S BUFFALO BURGER (LESS FAT, MORE PROTEIN)... 12

Open faced, topped with grilled onions, tomato, crisp lettuce served with house made pickles and steamed vegetables

ENTRÉES

● JAMAICAN PICKA PEPPA CHICKEN... 17

Coconut scented rice, pineapple and caribbean rum relish

12OZ. RIBEYE STEAK... 26

Cambozola mashed potatoes, candied garlic onions and seasonal vegetables

NUT CRUSTED HALIBUT... 20

Shrimp dumplings, snap peas and soy vinaigrette

THICK CUT PORK CHOP... 23

Candied sweet potatoes and black pepper calvados glaze

● SEARED SALMON... 18

Blue lake green beans and toasted almond salad, red onions and ginger tomato chutney

485

FLAVORFUL CUISINE,
THOUGHTFULLY
CREATED WITH LESS
THAN 485 CALORIES,
AND APPROVED BY
OUR ELITE TRAINERS.