



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, omelets made-to-order, assorted sausages, Weiser Family Farms breakfast potatoes, steel cut oatmeal, cold cereals, house made almond granola, 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 or feta) and choice of toast

● EGG WHITE OMELET... 14

Cooked in extra virgin olive oil with local Kenter Canyon Farms spinach, tomatoes and feta cheese

CLUBSPORT SPECIALTIES

BREAKFAST FLAT BREAD... 12

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

THE GM BREAKFAST... 12

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

GF HUEVOS RANCHEROS... 13

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

CROISSANT BREAKFAST SANDWICH... 12

Crispy applewood smoked bacon with two eggs, American cheese and a side of fruit

GF PICO'S CARNITAS AND POACHED EGG BENEDICT... 13

Black beans, poached eggs, carnitas and salsa fresca

CLASSIC EGGS BENEDICT... 15

Hollandaise sauce

TRAINER MEALS

[CREATED BY OUR ELITE TRAINERS]

GF PROTEIN SCRAMBLE... 15

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

GREAT 4 YOU... 11

Berry granola parfait, half grapefruit brulée and wheat toast

GF PALEO BREAKFAST... 15

6oz. grilled chicken, hard boiled egg, fresh berries, walnuts, local Kenter Canyon Farms spinach and roasted tomato salsa

FROM THE GRIDDLE

● CLUBSPORT 9 GRAIN HOT CAKES... 10

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 OATMEAL... 7

● CHOICE OF CEREAL WITH MILK... 6

ALMOND AND RAISIN GRANOLA WITH MILK... 7

GF FRESH CUT FRUIT PLATE... 8

TOASTED BAGEL WITH CREAM CHEESE... 5

FRUIT CUP... 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.

● Items approved by our Elite Trainers that contain less than 485 calories.

GF Items are gluten free.

Lunch

SOUP | SALADS | FLATS


FARMERS MARKET SOUP OF THE SEASON... 6


ROASTED BUTTERNUT SQUASH SOUP... 6
Chipotle cream

CLASSIC CAESAR SALAD... 9
with GRILLED CHICKEN... 13
Romaine hearts, croutons and parmesan tuile

CLUBSPORT COBB SALAD... 16
Grilled and chilled chicken breast, avocado, bacon, eggs, onion strings, blue cheese crumbles and ranch dressing

STILLWATER ORCHARD PEAR AND BLUE CHEESE SALAD... 10
Local Kenter Canyon Farms spinach, candied walnuts and a balsamic vinaigrette

 STEAK GREEK AND ORGANIC GREEN SALAD... 17
Red onions, cucumbers, kalamata olives, feta cheese and farm fresh greens with oregano citrus vinaigrette

 ORGANIC BEET SALAD... 13
Pine nuts, goat cheese and farm fresh greens with honey cumin vinaigrette

GREEK STYLE FLAT BREAD... 11
Whipped edamame hummus, tomatoes, cucumbers, olives, onions, feta cheese and oregano citrus vinaigrette

● FIERY CHICKEN SAUSAGE FLAT BREAD... 12
Herbed ricotta cheese, balsamic glazed onions and a roasted tomato sauce

● WILD MUSHROOM FLAT BREAD... 11
Red onions, fontina cheese and white truffle oil

● MARGHERITA FLAT BREAD... 10
Herb roasted tomatoes, fresh basil and mozzarella

● SHRIMP AND CHORIZO FLATBREAD... 13
Garlic shrimp, cotija cheese, chorizo and salsa fresca

TAPAS

SMALL CRISPY FISH TACOS... 10
Oregano lime slaw, salsa fresca and jalapeño cream

● SEARED CHICKEN LETTUCE WRAPS... 14
Bean sprouts, cucumbers, herbs and shredded carrots

● EDAMAME HUMMUS... 9
Pita chips and vegetable sticks

● AHI TUNA TOWER... 15
Avocado, citrus, soy and won ton crisps

ROMAN STYLE WOOD OVEN ARTICHOKE DIP... 11
Grilled artisan bread

SANDWICHES

● GRILLED TURKEY BURGER... 12
Mizuna, melted provolone cheese, caramelized onions, tomatoes and romesco on a toasted wheat bun with an organic green salad

● GRILLED PORTOBELLO SANDWICH... 11
Roasted red peppers, sweet shallot marmalade, basil pesto, tomatoes and melted havarti cheese on a toasted wheat bun with a side salad

HALF POUND ANGUS BURGER WITH FRIES... 13
American cheese, crisp bacon on a toasted ciabatta bun

RENAISSANCE CLUB SANDWICH WITH FRIES... 12
Oven roasted turkey breast, tomatoes, hollandia butter lettuce, avocado, buttermilk dressing and crisp bacon on wheat bread

TUSCAN CHICKEN SANDWICH... 12
Grilled chicken breast, basil pesto, fresh mozzarella cheese and tomatoes on ciabatta with a side salad

FILET DIP... 16
Sweet balsamic onions, blue cheese and wilted spinach on a dutch crunch roll with sweet potato fries and a savory broth

EAST COAST SEAFOOD SLIDERS... 12
Shrimp, Dungeness crab and whitefish with mayonnaise, celery and onions on silver dollar rolls

CARNITAS TORTA... 12
Queso fresco, roasted tomato salsa, guacamole, lettuce, tomatoes and chilis, on a bolillo bun with a watermelon salad

TRAINER MEALS

[CREATED BY OUR ELITE TRAINERS]

● ANN'S COMPETITION... 14
6oz. grilled free range marsala chicken, mushrooms, quinoa and garlic leafy greens


● KARIN'S VEGGIE BURGER STACK... 14
Two garden fresh veggie burgers with lettuce, tomatoes, onions, pickles and Italian tomato relish

MARY ANN'S TKO... 15
Blackened basa over kale with brown rice and roasted tomato salsa

● PEDRO'S POWER PACK... 18
6oz. seared tuna with brown rice, asparagus and a light soy drizzle

● JAIME'S PLUM GLAZED ARCTIC CHAR... 18
Northern Atlantic salmon with sticky rice and wilted Kenter Canyon Farms spinach

 BILL'S PORTOBELLO AND PROTEIN PLATE... 23
12 oz NY steak with a whole portobello mushroom, garlic leafy greens and a black pepper demi

 CHRIS' PENNE BOLOGNESE... 14
Whole grain pasta, house made meat sauce with roasted red peppers, oregano, chilis and shaved asiago

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Dinner

SOUP | SALADS | FLATS

FARMERS MARKET SOUP OF THE SEASON... 6

ROASTED BUTTERNUT SQUASH SOUP... 6
Chipotle cream

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

- STILLWATER ORCHARD PEAR AND BLUE CHEESE SALAD... 10
Local Kenter Canyon Farms spinach, candied walnuts and balsamic vinaigrette

- GF ● ORGANIC BEET SALAD... 13
Pine nuts, goat cheese and farm fresh greens with honey cumin vinaigrette

SALT AND PEPPER CALAMARI SALAD... 15
Mizuna, cilantro, chilis, green onions and sweet and spicy lime vinaigrette

- WILD MUSHROOM FLAT BREAD... 11
Red onions, fontina cheese and white truffle oil

GREEK STYLE FLAT BREAD... 11
Whipped edamame hummus, tomatoes, cucumbers, olives, onions, feta cheese and oregano citrus vinaigrette

- FIERY CHICKEN SAUSAGE FLAT BREAD... 12
Herbed ricotta cheese, balsamic glazed onions and a roasted tomato sauce
- MARGHERITA FLAT BREAD... 10
Herb roasted tomatoes, fresh basil and mozzarella
- SHRIMP AND CHORIZO FLATBREAD... 13
Garlic shrimp, cotija cheese, chorizo and salsa fresca

TAPAS

- EDAMAME HUMMUS... 9
Pita chips and vegetable sticks

PULLED PORK SLIDERS... 11
Maui onion strings and spicy hoisin bbq

- AHI TUNA TOWER... 15
Avocado, citrus, soy and won ton crisps

WOOD OVEN ROASTED WHOLE GARLIC... 11
Grilled crostinis, ginger tomato chutney and cambozola cheese

- SEARED CHICKEN LETTUCE WRAPS... 14
Bean sprouts, cucumbers, herbs and shredded carrots

- POTSTICKERS ... 12
Orange, jicama and chili garlic aioli

TELLI-CHERRY PEPPER FILET TIPS... 16
Button mushrooms and three dipping sauces

ROMAN STYLE OVEN ROASTED ARTICHOKE DIP... 11
Grilled artisan bread

- GF ● SHRIMP AND CHORIZO SKEWERS... 13
Charred tomato salsa

TURKEY MEATBALL SKEWERS... 12
Grilled polenta and roasted tomato sauce

CRISPY ALBACORE TUNA... 13
Chili garlic aioli and soy glaze

- GF ● EDAMAME... 8
Citrus salt and lemon zest

- STEAK AND EGGS... 15
Smashed potatoes, peppered medallions of beef, béarnaise and sunny side up quail eggs

CHICKEN AND WAFFLES... 12
Crispy fried chicken a top petite waffles, maple butter and Louisiana hot sauce.

SMALL CRISPY FISH TACOS... 10
Oregano lime slaw, salsa fresca and jalapeno cream

SAUTÉED MUSHROOM CAPS... 8
Thyme and garlic butter

EAST COAST SEAFOOD SLIDERS... 12
Shrimp, Dungeness crab and whitefish with mayonnaise, celery, onions on silver dollar rolls

- GF ● JAMAICAN PICKEN CHICKEN... 12
Seared jerk chicken skewers served with a mango coulis

SHRIMP MAC AND CHEESE... 13
Tender seared shrimp, macaroni and smoked gouda sauce with an herb crust

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