








courtside




CAFE @ CAMELBACK




VILLAGE RACQUET & HEALTH CLUB


BOWLS & PLATTERS





stir-fry bowl    \$11.15
choose roasted or blackened chicken*
choose teriyaki or peanut sauce
stir-fry vegetables, brown rice
429-465 calories, 36-41g protein



lean bowl     \$11.75
choose roasted or blackened chicken*
tri-color quinoa, mixed peppers, spinach,
diced tomatoes, avocado, ponzu sauce
444 calories, 40g protein

fiery ranch bowl    \$10.50
choose roasted or blackened chicken*
kale, brown rice, fiery ranch
517 calories, 38g protein

poke bowl    \$14.25
greens, ahi tuna, avocado, mango, carrots,
cucumbers, edamame, brown rice**
471 calories, 49g protein

gluten-free pasta   \$10.25
choose pesto or marinara sauce
rotini, mushrooms, roasted tomatoes,
parmesan
add chicken \$2.50 **add salmon** \$3.75
1155 calories, 28g protein

protein plate     \$11
choose 1 roasted or blackened chicken*,
turkey patty, beef patty, black bean patty
choose 2 chips, fries, fruit, steamed
veggies, side salad, quinoa
120-281 calories, 11-34g protein
add sweet potato fries \$.25

hummus platter    \$9.50
choose roasted tomato or jalapeno,
carrots, celery, cucumbers,
pita bread
557 calories, 20g protein




4 chicken tenders plate   \$10.75
four chicken tenders
choose 1 chips, fries, fruit, steamed
veggies, side salad, quinoa
578 calories, 38g protein
add sweet potato fries \$.25



*substitute grilled or blackened salmon \$4




**substitute quinoa \$1




SANDWICHES & WRAPS




sides chips, fries, fruit, steamed veggies,
side salad, quinoa
add sweet potato fries \$.25
add avocado \$1



village burger    \$10.50
choose beef, turkey, or black bean patty
lettuce, onions, tomato
choose side
534-560 calories, 28-51g protein
add cheese \$.50 (cheddar, pepperjack,
feta, bleu cheese crumbles)





village club sandwich   \$9.75
turkey, bacon, lettuce, cheddar,
tomatoes, wheat
choose mayo or cilantro-lime ranch
on the side
choose side
802 calories, 43g protein

kale chicken caesar wrap    \$9.85
choose roasted or blackened chicken
kale, parmesan, caesar, wheat tortilla
choose side
70 calories, 20g protein

buffalo chicken wrap    \$9.90
choose roasted chicken or tenders
lettuce, tomatoes, bleu cheese, fiery
ranch, wheat tortilla
choose side
560 calories, 31g protein





southwest wrap    \$10.10
choose roasted or blackened chicken
lettuce, black bean salsa, avocado,
cheddar, fiery ranch, wheat tortilla
choose side
539-569 calories, 36g protein

dirty bird   \$10.50
turkey, avocado, cheddar,
barbecue sauce, hoagie roll
choose side
550 calories, 49g protein

lettuce wrap     \$10.50
choose chicken or black bean patty
cucumbers, carrots, edamame, brown
rice, leaf lettuce, ponzu sauce
367 calories, 40g protein





4444 East Camelback Road
Phoenix, Arizona 85018 | 602.840.6412 | villageclubs.com



KEY  **protein** suggested for workout recovery
(weightlifting/cardio/yoga/pilates)
 **carbohydrates** suggested for cardio recovery
(cardio/yoga/pilates)
 **healthy choice** suggested for overall health
 **club favorite**




 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Hamburger, eggs, salmon and steak may be cooked to order. Additional info available upon request.

SALADS

all dressings served on side ranch, cilantro-lime ranch, caesar, balsamic vinaigrette, fiery ranch

kale caesar salad   \$10.75
choose roasted or blackened chicken*
kale, croutons, caesar
415-565 calories, 41-52g protein





village cobb salad   \$11.90
choose roasted or blackened chicken*
greens, bacon, eggs, tomatoes, avocado,
bleu cheese crumbles, ranch
481-783 calories, 50g protein




greek salad    \$11.50
choose roasted or blackened chicken*
greens, roasted tomatoes, sautéed onions,
kalamata olives, feta
543-643 calories, 38-45g protein




**substitute grilled or blackened salmon \$4*





BREAKFAST



sides fresh fruit, cottage cheese, breakfast potatoes
additional add-ins \$.75
add avocado \$1
substitute egg whites \$1


the breakfast bowl     \$10
choose turkey sausage or bacon
eggs, roasted tomatoes, mushrooms,
spinach, pepperjack, brown rice
substitute quinoa \$1
511-742 calories, 40-50g protein

breakfast burrito    \$9.50
choose turkey sausage or bacon
eggs, potatoes, cheddar, salsa on side,
wheat tortilla
choose side
787-969 calories, 41-53g protein

breakfast sandwich    \$9.50
choose turkey sausage or bacon
choose bagel or toast
eggs, cheddar
choose side
401-521 calories, 38-46g protein



omelet     \$9.50
choose 1 bacon, turkey sausage,
chicken, turkey
choose 2 tomatoes, peppers, broccoli,
onions, spinach, kale
choose 1 cheddar, pepper jack, feta
choose side
304-925 calories, 37-56g protein



oatmeal   \$6.40
oats, berries, granola, milk, brown sugar
or honey
652-709 calories, 13g protein



bagel  \$3.40
choose cream cheese, butter,
jelly, or peanut butter
300-490 calories, 12-19g protein



SMOOTHIES



16 oz \$7.30 **24 oz** \$8.30
add protein \$2
add pb2, amino acids, ginseng, multivitamin, chia seeds, or flax seeds \$1


license to kale  
mango, pineapple, cucumber, kale, organic
almond milk
130 calories, 21g protein*



pbj  
mixed berries, peanut butter, apple juice
268 calories, 21g protein*



key lime pie  
banana, organic almond milk, water,
amino acids
145 calories, 21g protein*

mean green  
pineapple, banana, strawberry, spinach,
apple juice, soy milk
178 calories, 1g protein*

tropical blast  
banana, mango, pineapple, orange juice,
vanilla non-fat frozen yogurt
479 calories, 31g protein*

banana berry blast 
banana, strawberries, blueberries,
raspberries, vanilla non-fat frozen
yogurt, cranberry juice
187 calories, 4g protein*

old faithful  
strawberries, banana, apple juice,
vanilla non-fat yogurt, whey protein
247 calories, 35g protein*

lean body/lean body for her  
labrada's chocolate or vanilla protein,
water, ice
160-190 calories, 30g protein
add milk, soy milk, pb2, or fruit \$1.99

**based on 16 oz. size*

BEVERAGES


soft drinks **16 oz** \$2.30 **24 oz** \$2.65
chocolate milk \$2.40
gatorade \$3.40

SIDES

chips \$4.15
fruit cup \$3.15
bowl of fresh fruit \$4.40
fries \$4.15
hummus \$3.15
steamed vegetables \$3.15
sweet potato fries \$4.40
cottage cheese \$3.15
quinoa \$3.15
side salad \$4.15
broccoli \$3.15

KIDS

\$6.25 includes choice of scooby snacks, goldfish, fries, apple sauce

cheese quesadilla
2 cheeseburgers or 2 hot dog sliders 
cheese pizza
chicken tenders
mac & cheese
grilled cheese