

# veranda

CAFE @ DC RANCH

VILLAGE HEALTH CLUB & SPA

## BOWLS & PLATTERS

**stir-fry bowl** 101 P C \$11.15

choose roasted or blackened chicken\*  
choose teriyaki or peanut sauce  
peppers, onions, carrots, broccoli, brown rice  
429-465 calories, 36-41g protein

**lean bowl** 101 F C H \$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** 101 P C \$10.60

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

**poke bowl** 101 P H \$14.25

greens, marinated ahi tuna, avocado,  
mango, carrots, cucumbers, edamame,  
scallions, sesame seeds, brown rice  
471 calories, 49g protein

**protein plate** 101 F C H \$11

**choose 1** turkey patty, beef patty, black  
bean patty\*\*

**choose 2** cottage cheese, chips, fries,  
fruit, brown rice, quinoa, fried apples,  
or vegetables

120-281 calories, 11-34g protein

**add sweet potato fries** \$.25

\*\*substitute grilled or blackened chicken \$1

**blackened salmon plate** 101 P C H \$14.25

blackened salmon, tri-color quinoa, diced  
tomatoes, scallions

**choose one side**

556 calories, 44g protein

**F tex mex bowl** P C \$12.25

chicken, black beans, pico de gallo,  
pepperjack, sour cream

1559 calories, 74g protein

**F chicken tenders plate** P C \$10.75

four chicken tenders

**choose 1** cottage cheese, chips, fries,  
fruit, brown rice, quinoa, fried apples,  
vegetable side

578 calories, 38g protein

**add sweet potato fries** \$.25

**pan-seared walleye** P H \$12.50

**choose one side**

**additional sides** \$3

211 calories, 43g protein

\*substitute grilled or blackened salmon \$4

## SANDWICHES & WRAPS

**sides** cottage cheese, chips, fries, fruit,  
brown rice, quinoa, fried apples or veggies  
**add sweet potato fries** \$.25  
**add avocado** \$1

**village burger** 101 P C \$10.50

choose ground angus chuck, turkey, or  
black bean patty  
spring mix, onions, tomato brioche bun

**choose side**

534-560 calories, 28-51g protein

**add cheese** \$.50 (cheddar, pepperjack,  
feta, bleu cheese crumbles, parmesan)

**village club sandwich** P C \$9.85 turkey,

bacon, lettuce, cheddar,  
tomatoes, multigrain  
choose mayo or cilantro-lime ranch  
on the side

**choose side**

802 calories, 43g protein

**kale chicken caesar wrap** 101 P C \$9.85

choose roasted or blackened chicken  
kale, parmesan, caesar, wheat tortilla

**choose side**

570 calories, 20g protein

**buffalo chicken wrap** 101 P C \$10

choose roasted chicken or tenders  
spring mix, tomatoes, bleu cheese, fiery  
ranch, wheat tortilla

**choose side**

560 calories, 31g protein

**southwest wrap** 101 P C \$10.10

choose roasted or blackened chicken  
spring mix, black bean salsa, avocado,  
cheddar, fiery ranch, wheat tortilla

**choose side**

539-569 calories, 36g protein

**F byo sandwich** P C \$10

**choose 1** swiss, cheddar, pepperjack,  
blue cheese, parmesan

**choose 1** turkey, bacon, grilled chicken\*

**choose 3** spring mix, tomato, onion,  
cucumber, avocado, peppers

**choose dressing:** mustard, mayo,  
barbecue sauce, fiery ranch

**choose 1** multigrain, sourdough,  
gluten-free, wheat tortilla

**choose side**

**additional toppings** \$.75

**additional meat** \$2

**additional cheese** \$.50

\*grilled chicken \$1

Gluten-free hamburger buns and bread  
available upon request.



18501 North Thompson Peak Parkway  
Scottsdale, Arizona 85255 | 480.502.8844 | [villageclubs.com](http://villageclubs.com)

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

## SALADS

*all dressings served on side* ranch, cilantro-lime ranch, caesar, balsamic vinaigrette, fiery ranch, red wine vinaigrette, cilantro-lime vinaigrette, mango vinaigrette

**kale caesar salad**   \$10.75

choose roasted or blackened chicken\*  
kale, parmesan, crisps, caesar dressing  
570 calories, 41-52g protein

**village cobb salad**   \$11.85

choose roasted or blackened chicken\*  
spring mix, bacon, eggs, tomatoes,  
avocado, bleu cheese crumbles  
choose ranch or red wine vinaigrette  
481-783 calories, 50g protein

## BREAKFAST

*sides* fresh fruit, cottage cheese, home fries, toast, fried apples or hash browns with quinoa and spinach

**additional add-ins** \$.75

**add avocado** \$1

**substitute egg whites** \$1

**oatmeal**   \$6.50

oats, berries, fresh granola, milk,  
brown sugar or honey  
652-709 calories, 13g protein

**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

## SMOOTHIES

**byo smoothie**   

**16 oz** \$6.55 **24 oz** \$7.55

**choose 1** apple juice, orange juice,  
skim milk, almond milk, coconut milk

**choose 3** strawberries, banana, mango,  
pineapple, blueberries, peach, mixed  
berries, organic spinach

**add whey protein** \$1.25

**add vegan protein** \$1.50

**add grass-fed protein** \$1.75

**add multivitamin, fiber, glutamine, super  
charge, creatine, veggie powder** \$1 each

## BEVERAGES

**soft drinks** 16 oz. \$2.30, 24 oz. \$2.65

**iced tea** 16 oz. \$2.30, 24 oz. \$2.65

**12 oz. chocolate milk or whole milk** \$2.40

**gatorade** \$3.40

**speed stack/turbo tea** \$4.15

**20 oz. protein drink** \$5.90

**isopure** \$5.84

## WINE & BEER

**wine** \$5.75 (pinot grigio, chardonnay, merlot,  
cabernet sauvignon)

**beer** \$4.25 (bud light, stella, blue moon)

**ahi asian crunch salad**   \$12.25

seared ahi tuna, spinach, cabbage,  
mandarin oranges, strawberries, puffed  
rice noodles, scallions, sesame seeds,  
mango vinaigrette  
642 calories, 42g protein

**quinoa salad**   \$11.75

choose roasted or blackened chicken\*  
tri-colored quinoa, peppers, scallions,  
spring mix, tomato, cucumber, feta,  
almonds, balsamic  
918 calories, 56g 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, sourdough or multigrain,  
eggs, cheddar

**choose side**

401-521 calories, 38-46g protein

**bagel**  \$3.40

choose plain, wheat, cinnamon raisin, or  
everything

choose cream cheese, butter, jelly, peanut butter  
300-490 calories, 12-19g protein

**24 oz. superfood protein shake**    \$8.15

**vanilla** coconut water, 100% organic,  
natural, and grass-fed protein, raw  
sun-dried cane juice crystals, ice

**chocolate** coconut water, 100% organic,  
natural, and grass-fed protein, raw  
sun-dried cane juice crystals, raw  
cacao powder, ice

272 calories, 23g protein

**kid's smoothie**    \$4.15

choose liquid and two fruits

## SIDES

**steamed vegetables** \$4.15

**steamed asparagus** \$4.15

**steamed broccoli** \$4.15

**fire-roasted sweet potato** \$4.15

**quinoa** \$4.15

**brown rice** \$4.15

**fries** \$4.15

**sweet potato fries** \$4.40

**fried apples** \$4.15

**white cheddar mac & cheese** \$4.15

**thai crunch salad**   \$11.25

choose roasted or blackened chicken\*  
spinach, cabbage, cucumber, edamame,  
peanuts, carrots, scallions, wonton  
strips, cilantro-lime vinaigrette

\*substitute grilled or blackened salmon \$4

**breakfast plate**    \$9.25

scrambled eggs, choice of turkey sausage  
or bacon **choose side**  
233-818 calories, 21-71g protein

**omelet**     \$9.50

**choose 1** bacon, turkey sausage,  
chicken, turkey

**choose 2** tomatoes, peppers, broccoli, onions,  
spinach, kale, cheddar,  
pepper jack, feta, parmesan

**choose side**

304-925 calories, 37-56g protein

**hemp tamale ranchero**    \$9.50

two eggs, fire roasted tomato, caramelized  
onion naan, salsa verde (spicy), crema  
**vegan option:** no eggs or crema \$7.50  
982 calories, 22g protein

**24 oz. mocha java protein shake**    \$8.40

choose skim, almond, or coconut milk  
mocha java mix, vanilla protein

**sweet green bliss protein shake**    \$8.65

apple juice, green veggie powder, vanilla  
protein, pineapple, banana, organic  
spinach

325 calories, 24g protein

## KIDS

\$5.90 includes a capri sun or 12 oz. soda

**choose 1** chips, fruit, cottage cheese, fries,  
celery sticks with peanut butter, fried  
apples, broccoli, steamed vegetables,  
brown rice

**add sweet potato fries** \$.25

**substitute 12 oz. whole milk or  
chocolate milk** \$1.75

**cheeseburger** 

**2 chicken fingers**

**pb&j**

**grilled cheese**

**mac & cheese**

**hot dog**

**turkey & cheese**