

# The Big C Athletic Club Grille

## Big Breakfast Burrito

Eggs, breakfast potatoes, caramelized onions and cheddar/jack cheese

Served with homemade salsa

\$8.00 add bacon, ham or avocado plus \$1.00

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Hot Oatmeal \$3.00

Fresh Baked Muffins \$2.00

Whole Fruit \$1.00/Seasonal Cut Fruit \$2.00

Boiled Egg \$1.00

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	<u>Cup</u>	<u>Bowl</u>
Soup Du Jour	\$3.00	\$4.00
Homemade Chili	\$3.00	\$4.00

## Create your own Salad~Bar

*(Available Monday to Friday from 11 a.m. ~ 3 p.m.)*

\$5.00

Add: soup/chili cup \$2.00 bowl \$3.00

## Specialty Sandwiches, Wraps and Rolls

Bread: Whole Wheat, Sour Dough or Ciabatta Tortilla: Spinach or Whole Wheat

*(With choice of soup or side salad, \*substitute a side for \$1.00\*)*

## Roasted Vegetable

Assorted roasted (or uncooked) vegetables, baby spinach, parmesan cheese and balsamic vinaigrette

\$7.00

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## Grilled Chicken Caesar Wrap

Roasted chicken breast, romaine lettuce, black olives, roma tomatoes and homemade caesar dressing

\$8.00

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## Chicken Salad

Roasted chicken breast, fresh apples, celery, cashews and mayo

\$8.00

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## Egg Salad

Boiled cage free eggs, red onions, fresh dill and light-mayo/mustard dressing

\$7.00

### Tuna Salad

Albacore tuna, red onions, lemon juice, mayo and dill pickle relish

\$7.50

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### Roasted Turkey Breast

Sliced Turkey Breast, fresh lettuce, roma tomato and mayonnaise

\$8.00

### OFF The Griddle

*(With cup of soup or side-salad, \*substitute a side for \$1.00\*)*

### Tuna Melt

Griddled albacore tuna salad with swiss cheese, romaine lettuce and roma tomato

\$7.50

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### BLT

Applewood smoked bacon, romaine lettuce and roma tomato

\$8.00

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### Big C Burger

½ pound of ground sirloin griddled and served on a whole wheat bun

\$8.00

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### Turkey Burger

½ pound of seasoned ground turkey griddled and served on a whole wheat bun

\$8.00

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(\*Add: bacon or avocado \$1.00/cheese \$.50\*)

### Side of...

Potato Fries, Sweet Potato Fries

\$3.00

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Chicken Breast, Tuna Salad, Chicken Salad, Bacon

\$3.00

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Cottage Cheese, Potato Salad, Pasta Salad, Egg Salad

\$2.00