

SIMPLE SAUTÉ

Create your own made to order Sauté by choosing from these options:

GF PROTEIN

CHOOSE ONE:

- ♥ Beyond Burger
- ♥ Chicken
- Steak Medallions
- ♥ Turkey

BASE

CHOOSE ONE:

- GF ♥ Brown Rice Pasta
- GF ♥ Quinoa
- GF ♥ Riced Cauliflower

GF SAUCE

CHOOSE ONE:

- ♥ Apple Cranberry Chutney
- ♥ Olive Oil & Herbs
- ♥ Sesame Peanut Sweet Teriyaki

GF ♥ VEGETABLES

CHOOSE THREE:

(Choose 5 if no protein)

- Broccoli
- Carrots
- Celery
- Edamame Beans
- Green Beans
- Mushrooms
- Pea Pods
- Pineapple
- Red Onions
- Red Pepper
- Spinach
- Water Chestnuts

HALF SAUTÉ 7.25

FULL SAUTÉ..... 9.50



DELI SANDWICHES

Deli Sandwiches include your choice of apple, applesauce, banana, chips or grapes. Sub a cup of soup, mixed fruit, or pasta salad for 2.25

1) WORKOUT

Oven roasted turkey, provolone cheese, Italian herb, avocado, cucumbers & spinach on multigrain bread HALF 6.50 WHOLE 9.25



2) TUNA SUB SANDWICH

Tuna, lettuce, mayo, onions, pickles & tomatoes on hoagie roll WHOLE 8.95

5) PB&J

Creamy peanut butter & black raspberry jelly on multigrain bread HALF 4.95 WHOLE 6.75

3) SLAM DUNK

Smoked ham, Swiss cheese, mayo, lettuce & tomatoes on pretzel roll WHOLE 9.25

6) THE VEG ♥

Avocado, provolone cheese, Italian herb, black olives, cucumbers, red peppers, spinach & tomatoes on multigrain bread HALF 6.25 WHOLE 8.25

4) TURKEY CRAN

Oven roasted turkey, Swiss cheese, apple cranberry chutney, onions & spinach on multigrain bread HALF 6.50 WHOLE 9.25

7) THE FARM

Turkey, ham, bacon, cheddar cheese, mayo, lettuce, pickles, tomato & onion on hoagie roll WHOLE 9.95

SOUP

Cup..... 4.50
Bowl 6.25
Quart 11.75

LETTUCE SALAD

♥ Garden 5.25
♥ Apple Cider Salad 7.95

PASTA SALAD

½ Pint 4.95
Pint 7.95
Quart 14.95

MIXED FRUIT

½ Pint 4.95
Pint 7.95
Quart 14.95

MEMBER FAVORITE

FRESH SQUEEZED ORANGE JUICE ♥

It can't get any fresher4.75



CLASSICS

Classics include apple, applesauce, banana, chips, grapes, or RAC fries.
Sub a cup of soup, mixed fruit, or pasta salad for 2.25

CHEESEBURGER

1/3 lb ground beef, cheddar cheese, lettuce, onion & tomato on hamburger bun 10.25
Add bacon.....1.25

CHICKEN SANDWICH

Grilled chicken breast, lettuce, onion & tomato on multigrain bread9.95

CHICKEN TENDERS

5 pieces of fried chicken strips with your choice of sauce9.95

GRILLED CHEESE

Cheddar & provolone cheese on multigrain bread7.95
Add ham.....1.75

TURKEY BACON RANCH WRAP

Turkey, bacon, cheddar cheese, lettuce, tomatoes & ranch dressing10.25

VEGGIE BURGER

Beyond Burger patty, lettuce, onion, & tomato on multigrain bread10.25
Add cheese50¢

MORE FAVORITES

FRUIT & YOGURT PARFAIT

Strawberries & seasonal berries, Greek yogurt & granola.....3.95

RAC FRIES

Bowl of fries4.75

KIDS MENU

Kids meals include apple, applesauce, banana, chips, grapes, or RAC fries

CHEESE PITZA

Whole wheat pita, marinara sauce & mozzarella cheese5.50

CHEESEBURGER

1/6 lb. ground beef & cheddar cheese on hamburger bun6.25

CHICKEN TENDERS

3 pieces of fried chicken strips....6.75

GRILLED CHEESE

Melted cheddar & provolone on white bread4.95

MAC-N-CHEESE

It's the cheesiest Mac & Cheese.....4.95

PASTA

Buttered noodles.....4.25



SHAKES & SMOOTHIES

MANGO TANGO SMOOTHIE

4.95

OREO PROTEIN SHAKE

4.95

PEANUT BUTTER BANANA

4.95

SPA LA LA

4.95

TRADITIONAL CHOCOLATE OR VANILLA SHAKE

4.25

TRADITIONAL PROTEIN SHAKE

4.95

V8 FUSION SMOOTHIES

Peach Mango, Strawberry Banana, Tropical Fruit and Watermelon Raspberry 4.25

