

BREAKFAST SANDWICHES



Egg & Cheese on White or Wheat Toast \$5.99
 Add Bacon or Sausage +\$
 On Croissant, Bagel or English Muffin +\$

Breakfast Wrap: Bacon or Sausage \$8.99
 with a hash brown & pressed

Vermont: Egg, cheddar cheese, \$8.50
 maple sausage on cinnamon raisin bagel &
 pressed on the panini

Californian: Egg & cheese \$6.55
 on a englishmuffin with guacamole

SALADS

Choice of Dressing: Homemade House,
 Italian, Ranch, Caesar, Thai Peanut,
 Honey Ginger, Balsamic

Grilled Chicken	\$11.50
Chicken Caesar Salad	\$12.50
Chicken Kabob Salad	\$12.00
Cranberry Walnut Chicken Salad	\$12.50
Chicken Salad	\$11.50

WRAPS & SANDWICHES



Chicken Caesar Wrap	\$10
Chicken Kabob Wrap	\$10.50
Cuban Chicken Wrap	\$12

Grilled chicken, cheddar cheese, black bean corn salsa, lettuce, tomatos & ranch pressed to perfection

	Sandwich/Wrap	
BLT	\$8.50	\$9.75
Cranberry Walnut	\$9.50	\$11.75
Chicken Salad	\$8.50	\$9.75
Grilled Chicken:	\$9.00	\$11.25

(choice of Buffalo, BBQ, Honey Mustard, Thai Peanut, Honey Ginger)

PANINIS \$12

The MAC: Turkey, bacon, provolone
 Cheese, tomato, chipotle aioli

The Mr. G: grilled chicken, tomato
 basil pesto mayo, provolone cheese, red
 onion & banana peppers

Caprese: grilled chicken, tomato basil
 pesto, fresh mozzarella, tomatoes &
 balsamic glaze

The Southwest Panini: grilled chicken,
 chipotle ranch, guacamole, black bean
 corn salsa & cheddar cheese

KIDS

Quesadilla	\$6.99
Grilled Cheese	\$6.99
Cheese Pizza.	\$6.99
Pepperoni Pizza	\$7.50



POOL SIDE
 DELIVERY





Café Menu

COFFEE & Tea

Hot Coffee sm \$2.90 lg \$3.50
 Iced Coffee sm \$3.50 lg \$4.00
 Hot Tea sm \$2.90 lg \$3.50
 Hot Chocolates sm \$3 lg \$4

G'S TEAS



12oz \$4.00 **Strawberry Rose**
 24oz \$5.50 **or Hawaiian Island**

ORGANIC JUICES



12oz \$10 24oz \$13

Manchester by the C: Packed with Vitamin C made with carrots, ginger, turmeric, apples & a splash of lemon.

Happy Waves: Strawberry & blood orange mixed with Ashwagandha which is known for reducing stress.

Green Monstah: A vibrant combination of hydrating celery, paired with antioxidant-rich spinach, kale & pineapple

The Recovery: Rich in antioxidants the remedy will help build a strong immune system with elderberry, blood orange, ginger, turmeric & black pepper

PROTEIN

SMOOTHIES



12oz \$8.50 24oz \$12

Berry Bliss: Vanilla protein with blueberry & strawberry

Seaside Sunrise: Vanilla protein with mango, pineapple & strawberry one size 16oz

The Elvis: chocolate protein base with peanut butter & banana

Emergen C Creamsicle: get your daily immune support with a pack of Emergen C blended with vanilla protein & banana.

Chocolate Covered Strawberry: chocolate based protein with fresh strawberries

Peanut Butter Cup: Chocolate protein & peanut butter

BOWLS



Acai Bowl \$12
 Fresh fruit, granola, peanut butter, coconut & honey

Yogurt Granola Bowl \$10
 with Fresh Fruit

Bagels \$3.50
 Muffins \$3.50
 Croissants \$3.50
 Scones \$3.50

Bakery