



ME NU

PROTEIN SMOOTHIES

CHOCOLATE COVERED STRAWBERRY

Strawberries Chocolate Chocolate Protein Milk

8

STRAWBERRY

Strawberries Banana 20g Vanilla Whey Protein Coconut Water

8

TROPICAL MANGO

Mango Banana Pineapple Coconut Cream Coconut Water Vanilla Protein

9

ANTI-INFLAMMATORY

Pineapple Ginger Spinach Chia Seeds Turmeric Banana Water

9

CHOCOLATE CHIP

Chocolate Protein Chocolate Syrup Chocolate Chips

8

PEANUT BUTTER CUP

Peanut Butter Milk Chocolate Protein Chocolate Syrup

8

ALMOND BUTTER CUP

Almond Butter Almond Milk Chocolate Protein Chocolate Syrup

9

CHOCOLATE THINNY MINT

Milk Chocolate Pure Mint Chocolate Protein

8

FRUITY ANTI-INFLAMMATORY

Orange Juice Spinach Pineapple Chia Seeds Turmeric Banana Strawberry

9

Substitute your base of choice: Coconut Water, Water, Milk, Almond Milk

Add Ins \$1:Spinach, Chia Seeds, Coconut Cream, Additional Fruit, Protein, Turmeric, Ginger

SALADS

PICK YOUR PROTEIN SALAD 10

Mixed greens Tomatoes Red Cabbage Carrots Cheddar & Jack Cheese Cucumber Hard Boiled Egg
Served with your choice of Oil and Vinegar or Ranch
Add-ons: Chicken- Crispy or Grilled 3 Bacon 2 Avocado 2

KALE CAESAR SALAD 13

Kale Romaine Mix Croutons Parmesan Tomato Cucumber Lemon Zest
Add-ons: Chicken- Crispy or Grilled 3 Bacon 2 Avocado 2

CHICKEN CAESAR WRAP 15

Spinach Tortilla Romaine Tomatoes Parmesan Crispy or Grilled Chicken
Add-ons: Bacon 2 Avocado 2

SANDWICHES & BURGERS & MORE

Includes Your Choice of French Fries Salad Fruit Onion Rings
Add Bacon or Avocado 2 Add fried egg 2

CHIEF BURGER 15

Beef patty Mayo Pickles Lettuce Tomato Red Onion Brioche Bun Melted Cheddar Cheese

VEGGIE BURGER 15

Lettuce Tomato Red Onion Pickle Jack Cheese Mayo Brioche Bun

CHICKEN SANDWICH 14

Grilled or Crispy Chicken Jack Cheese Mayo Red Onion Lettuce Tomato Pickle
Sourdough or Brioche
Add BBQ +1 Add Spicy +1

BLT 11

Bacon Lettuce Tomato Mayo Sourdough Add Avocado 2

CLASSIC GRILLED CHEESE 12

Melted Cheddar Sourdough Add Bacon 2 Add Tomato 1

APPETIZERS

ONION RINGS	SM 3	LG 6
FRENCH FRIES	SM 3	LG 6
CHICKEN STRIPS Five crispy chicken strips		14
AVOCADO TOAST Toasted Sourdough Everything Bagel Seasoning Red Onion Cherry Tomato Slice		7
PROTEIN FIX Two Hard Boiled Half Avocado		5
ICE CREAM BAR		3
COOKIE	SM 3	LG 6
MUFFINS		3.50
CHIPS		1.50

FOR THE KIDS

Includes your choice of Fruit or French Fries

CHEESEBURGER		10
GRILLED CHEESE		10
CHICKEN STRIPS		10



OJAI VALLEY
ATHLETIC CLUB

DRINKS

SODA

Coke Diet Coke Sprite Ice Tea Lemonade Root Beer

2/2.50/3

JUICE

2

SAN PELLEGRINO

2.50

RED BULL

3.50

RED BULL SUGAR FREE

3.50

GATORADE

3.50

ARIZONA

Green Tea Mucho Mango

2.50

LIQUID DEATH

3

POPPI PREBIOTIC SODA

3

ON TAP

20 oz

PITCHER

TOPA TOPA BREWERY

8.50

22

Chief Peak-IPA (7% ABV)

Dos Topas-Lager (4.5% ABV)

TRANSMISSION

8.50

22

Clutch—Pale Ale (5.2% ABV)

Fog Lights—Hazy IPA (6.7% ABV)

805

8.50

22

WINES

GLASS

MARGERUM RIVIERA ROSE 12.4% ABV

15

WHITE WINE 13.5% ABV

8

RED WINE 14.5% ABV

6

SELTZERS

Transmission Perception Mule: Blood Orange Hard Seltzer (5% ABV) 6.25

Michelob ULTRA Organic Seltzer (4% ABV)

5

NON-ALCOHOLIC BEER

HEINEKEN

5

REVEL KOMBUCHA

6