

Club Cafe & Deli

at the Rochester Athletic Club

Welcome to the Club Café and Deli. Our focus is fresh food made from quality ingredients. Our menu offers foods that fit you. When you are looking for options that are good for you and taste good, you can find them on our menu. Have fun creating your perfect meal.

Front Register is for Express Ordering: To Go Pickup, Beverages, Grab and Go Items only.

Back Register is for Hot Food or Deli Line Items .

Simple Sauté Create Your Very Own Sautéed Meal by Choosing From the Following Items 8.25 Full Order / 5.95 Half Order

Protein

Choose One

- ♥ Chicken
- ♥ Ground Turkey
- ♥ Salmon
- ♥ Shrimp

Starch

Choose One

- ♥ Brown Rice
- Steamed Rice
- Pasta
- Whole Wheat
- ♥ Pasta

Sauce

Choose One

- Asian
- ♥ Cilantro Lime
- ♥ Pesto
- Red Curry
- ♥ Salsa
- Sesame Peanut
- Sweet Teriyaki
- ♥ Tropical Salsa

♥ Vegetables

Choose Three (Vegetarian Sauté Choose Five)

- Asparagus
- Black Olives
- Broccoli
- Cabbage
- Carrots
- Celery
- Green Peppers
- Mushrooms
- Pea Pods
- Pineapple
- Red Onions
- Red Peppers
- Tomatoes
- Water Chestnuts


Chef Recommendations 8.25 Full Order / 5.95 Half Order

Al's Lunch—Chicken, Brown Rice, Celery, Pea Pods, Water Chestnuts, Sesame Peanut Sauce

♥ **Asian Stir Fry**—Chicken, Steamed Rice, Celery, Onions, Red Pepper, Water Chestnuts, Asian Sauce

Red Curry Shrimp—Shrimp, Steamed Rice, Asparagus, Red Onions, Red Peppers, Red Curry Sauce

♥ **Vegetarian**—Whole Wheat Pasta, Broccoli, Carrots, Cauliflower, Red Peppers, Red Onions, Olive Oil, Marinara Sauce, and Mediterranean Seasoning

♥ Low Fat/Heart Healthy  Gluten Free





Call 133 from Inside Club to Preorder any meal. From Outside Club, Call 507-287-9333

From Our Grill

Create Your Very Own Grilled Sandwich by Choosing From the Following Items 7.50

Protein

Choose One

- ♥ Chicken 
- Ground Beef  (cooked to MW)
- ♥ Ground Turkey 
- ♥ Veggie Burger
- Add Bacon  (2 Slices) for 1.25

Bread

Choose One

- Hamburger Bun
- ♥ Marble Rye
- ♥ Sandwich Thin
- Sourdough
- ♥ Wheat Bread

Cheese

Choose One

- American
- Cheddar
- Feta
- Pepper Jack
- Provolone
- Swiss

Sauce

Choose One

- A1 Steak Sauce
- BBQ
- Buffalo Ranch
- Low Fat Herb Mayo
- Ranch
- ♥ Salsa

Toppings

Choose up to 3

- ♥ Jalapenos
- ♥ Lettuce
- ♥ Mushrooms
- ♥ Raw Onions
- Sautéed Onions
- ♥ Tomato

Or Try One Of Our Chef Recommendations 7.50

Bacon Cheddar Burger—Hand Pattied Ground Beef, Hamburger Bun, Smoked Bacon (adds 1.25 to price), Cheddar Cheese, Barbeque Sauce, Lettuce, Raw Onion, and Tomato

Classic Cheeseburger - Hand Pattied Ground Beef, Hamburger Bun, American Cheese, Lettuce, Raw Onion, and Tomato

♥ **Grilled Chicken Sandwich**—Chicken, Wheat Bread, Low Fat Herb Mayo on side, Lettuce, Raw Onion, and Tomato

♥ **Mexican Chicken**—Chicken, Hamburger Bun, Pepper Jack Cheese, Salsa, Jalapenos, and Lettuce

♥ **RAC Veggie Burger** - Created in House Vegetarian Patty (contains egg whites), Hamburger Bun, Pepper Jack Cheese, Lime Aioli Sauce on Side, Lettuce, Raw Onion, and Tomato

Turkey Burger—Hand Pattied Ground Turkey, Sandwich Thin, Low Fat Herb Mayo on side, Lettuce, Raw Onion, and Tomato

All Grill Items Include Choice of:

Apple, Apple Sauce, Banana, Chips (Avocado Oil, Baked, or Kettle), Cottage Cheese, French Fries, Vegetables or Yogurt. Sweet Potato Fries are also available for an additional 0.40
You may substitute a Cup of Soup, Small Salad, 1/2 Pint of Pasta Salad, or 1/2 Pint of Mixed Fruit as your side to any Grill Item for an additional 3.50

Fresh Salads


Caesar Salad - Romaine Lettuce, Black Olives, Parmesan Cheese, RAC's own Croutons, and a Classic Caesar Dressing 5.75 Add a Grilled Chicken Breast 2.50 Add 4oz Grilled Salmon 3.25

♥ **Chicken Apple Cider Salad**— Spring Mix and Romaine, Grilled Chicken, Candied Pecans, Cranberries, Red Peppers, Bleu Cheese, and Apple Cider Dressing 7.95 

Chicken Taco Salad— Spicy Grilled Chicken, Romaine Lettuce, Black Olives, Raw Onions, Tomatoes, and Cheddar Cheese served in a Taco Shell Bowl with a Salsa Ranch Dressing 7.95

♥ **Grilled Salmon Salad**—4 oz Lemon Pepper Grilled Salmon, Spring Mix and Romaine, Celery, Tomatoes, Feta Cheese, and Blueberry & Raspberry Vinaigrette 7.95 

Comfort Foods

♥ **Side of Edamame Beans**— 8 oz Portion of Edamame Beans Left In the Shell and Tossed In a Light Olive Oil and Sea Salt Blend 2.50 

Side of French Fries— The Best Fries in Town! Small Order 2.50 Large Order 4.75

Side of Sweet Potato Fries— Better than the Original? Small Order 2.95 Large Order 5.25

BLT— Classic with a twist. Bacon, Lettuce, Tomato, and Low Fat Herb Mayo on Wheat Bread 8.25


Chicken Bites— 7 Boneless Chicken Bites Fried and Served with your Choice of Dipping Sauce 6.95


Grilled Cheese— American and Swiss Cheese on Sourdough Bread 5.75
Add Ham or Tuna Salad for 1.50

Gyro— Gyro Meat, Onion, Tomatoes and Tzatziki Sauce on Pita Bread 7.95

Quesadilla— Grilled Garlic Herb Tortilla Stuffed with Cheese 6.95 Add Diced Chicken 1.50

RAC Club— Turkey, Ham, Bacon, American Cheese, Lettuce, Tomato and Light Mayo on Three Slices of Toasted Sourdough Bread. Definitely a Full Sized Meal! 9.25

♥ **Salmon Tacos**— 6 Mini Tacos with Salmon, Cheddar Cheese Black Beans, Cilantro, Lettuce, and Tropical Salsa 8.50 

♥ **Turkey Tacos**— 6 Mini Tacos with Ground Turkey, Cheddar Cheese Black Beans, Cilantro, Lettuce, and Tropical Salsa 7.95 

♥ **Turkey Pesto Pizza**— Baked Whole Wheat Tortilla Topped with Spinach Pesto, Turkey, Feta Cheese, Crushed Red Peppers, Onions, and Tomatoes 5.25

All Comfort Food Meals (Except Tacos and Pesto Pizza) Include Choice of:

Apple, Apple Sauce, Banana, Chips (Avocado Oil, Baked, or Kettle), Cottage Cheese, French Fries, Vegetables or Yogurt. Sweet Potato Fries are also available for an additional 0.40
You may substitute a Cup of Soup, Small Salad, 1/2 Pint of Pasta Salad, or 1/2 Pint of Mixed Fruit as your side to any Grill Item for an additional 3.50

Beverages & Snacks

Coffee, Espresso, Cappuccino,	
Latte, Mocha	start at 1.50
Fountain Soda	1.50
♥ Island Oasis Smoothies	3.50
Malt or Shake (Fat Free Yogurt)	4.25
Add 1 scoop of Whey Powder	0.75
♥ Milk	1.50
Sport Ice Tea	1.50
♥ Apple	0.70
Apple Sauce	0.95
♥ Banana	0.70
Brownie & Cream Cheese Frosting	1.95
♥ Frozen Yogurt Cone	1.50
♥ Fruit & Yogurt Parfait	2.75
Muffin	1.75

Pizza

Available Toppings:

Black Olives, Green Peppers, Ham,
Italian Sausage, Mushrooms, Onions,
Pepperoni, Pineapple, Red Peppers

Personal Size Cheese Pizza 5.25

Each Additional Topping
0.95

(Please allow 10 minute preparation time)

16 inch Cheese Pizza 13.95

Each Additional Topping

1.95

(Please allow 15 minute preparation time)

Deli Favorites

Soup	Salad	Pasta Salad	Mixed Fruit
Cup 4.25	Small 4.95	1/2 Pint 4.95	1/2 Pint 4.95
Bowl 5.95	Medium 6.95	Pint 7.95	Pint 7.95
Quart 11.75	Large 8.25	Quart 14.95	Quart 14.95

All Soup, Salad, and Pasta Salad include a Slice of White Bread or a Wheat Breadstick

Sandwiches

Half Sandwich 5.25 Full Sandwich 7.95
Featuring RAC Prepared Ham, Turkey, Tuna Salad, or Oprah's Chicken Salad

*Sandwiches Include Choice of:
 Apple, Apple Sauce, Banana, Chips (Avocado Oil, Baked, or Kettle), Cottage Cheese, or Yogurt
 You may substitute a Cup of Soup, Small Salad, 1/2 Pint of Pasta Salad, or 1/2 Pint of Mixed
 Fruit as your side to any Sandwich for an additional 3.50*

BBQ Buffalo Wrap	RAC Wraps	7.95
<i>Grilled Chicken, Lettuce, Onions, Cilantro, Cheddar Cheese, and BBQ Buffalo Sauce on a Tomato Basil Wrap</i>		
Cashew Chicken Wrap		7.95
<i>Grilled Chicken, Cashews, Grapes, Lettuce, and light Mayonnaise on a Garlic Herb Wrap</i>		
Chicken Caesar Wrap		7.95
<i>Grilled Chicken, Lettuce, Black Olives, Parmesan Cheese, Caesar Dressing on Garlic Herb Wrap</i>		
Gyro Wrap		7.95
<i>Gyro Meat, Lettuce, Tomato, Onion, and Tzatziki Sauce on a Garlic Herb Wrap</i>		
♥ Turkey Avocado Wrap		7.95
<i>Turkey, Lettuce, Tomatoes, Cucumbers, Walnuts, Pineapple, and Caribbean Avocado Sauce on a 100 Calorie Wheat Wrap</i>		

Wraps Include Choice of:


*Apple, Apple Sauce, Banana, Chips (Avocado Oil, Baked, or Kettle), Cottage Cheese, French Fries, Vegetables or Yogurt. Sweet Potato Fries are also available for an additional 0.40
 You may substitute a Cup of Soup, Small Salad, 1/2 Pint of Pasta Salad, or 1/2 Pint of Mixed Fruit as your side to any Wrap for an additional 3.50*

Cheeseburger	Kids Menu	4.95
Chicken Bites		4.95
Grilled Cheese		4.50
Hamburger		4.75
Hot Dog		4.75
Mac-n-Cheese		4.75
Mini Corn Dogs (4)		4.50
Pasta Plate (Buttered or with Marinara)		3.25
PB & J Sandwich		4.25

*Kids Meals Include Choice of:
 Apple, Apple Sauce, Banana, Chips (Avocado Oil, Baked, or Kettle), Cottage Cheese, French Fries, Grapes, Vegetables or Yogurt. Sweet Potato Fries are available for an additional 0.40
 AND Kids Meals also include Milk, Juice, or Fountain Soda*

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Updated 11/6/11

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