

**CEDARS  
WOODFIRE  
GRILL**

AT COOPER AEROBICS

# LIMITED MENU

**Steel-Cut Oatmeal**  **3.75**

Organically grown steel-cut oats topped with toasted almonds, brown sugar and golden raisins.


**Greek Yogurt Bowl**   **3.99**

Greek yogurt, fresh berries and granola.

**House-made Pita and Hummus** **3.99**

Pita wedges and house-made hummus.

**Black Bean Steak Soup** **5.99**

Ranch-style black bean soup with grilled Certified Angus Beef  and applewood smoked bacon topped with green onion and Monterey Jack cheese.

**Chicken Tortilla Soup** **4.99**

All-natural grilled chicken in our unique pureed vegetable base with a jalapeño kick and topped with fresh avocado, pico de gallo, tortilla strips and cilantro.

**Tex-Mex Salad** **9.99-11.99**

Romaine, iceberg lettuce, grape tomatoes, cucumbers, red onion and Monterey Jack cheese with chipotle ranch dressing and grilled corn salad, tortilla strips, avocado, cheddar cheese, cilantro and cotija cheese.

**Sesame Ginger Salad** **9.99-11.99**

Romaine, iceberg lettuce, crispy noodles, water chestnuts, red peppers, carrots, red onion, mandarin oranges and wasabi peas with sesame ginger dressing.

**Bacon Ranch Wrap** **9.49-11.49**

Applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch sauce.

**Thai Wrap** **9.49-11.49**

Asian cucumber salad, shredded carrots, grilled onion, lettuce, cilantro and sweet and spicy Thai sauce.

**Mediterranean Wrap** **9.49-11.49**

Romaine lettuce, artichokes, black olives, red peppers and Parmesan cheese tossed with balsamic vinaigrette dressing and topped with house-made hummus.

**Four Cheese Griller** **7.49**

Cheddar, provolone, pepper jack and feta on sourdough.

**Teriyaki Bowl**  **9.99-11.99**

Broccoli, grilled red peppers, crispy noodles and teriyaki sauce served over seasoned brown and wild rice.

**Asian Sweet & Spicy Bowl**  **9.99-11.99**

Broccoli, grilled red peppers, crispy noodles and sweet and spicy sauce served over seasoned brown and wild rice.

# SMOOTHIES

**PROTEIN POWERED 5.95**

**Vanilla Espresso**

Skim milk, espresso, banana and vanilla protein.

**Mixed Berry**

Strawberries, blueberries and vanilla protein.

**Peanut Butter Banana**

House-made peanut butter and banana made with your choice of protein.

**Almond Coconut**

Almond milk, almond butter, coconut and chocolate protein.

**SUPERFOOD 6.95**

**Green Apple Kale**

Kale, spinach, apple, pineapple, banana and vanilla yogurt.

**Pomegranate Punch**

POM Wonderful® juice, strawberries, blueberries and vanilla yogurt.

**Blueberry Breeze**

Blueberries, almond milk, banana and Greek yogurt.

**Matcha Green Tea**

Matcha green tea, chia seeds, almond milk, avocado and Greek yogurt.

**FRUIT SENSATION 5.95**

**Strawberry Banana**

Strawberries and banana.

**Tropical**

Mango, pineapple and strawberries.

**Strawberry Colada**

Strawberries, coconut, coconut cream and pineapple.

**Orange Mango**

Orange juice, mango, banana and Greek yogurt.

**Peanut Butter and Jelly**

House-made peanut butter, strawberries and raspberries.

# SIDES

Pita Chips	1.79
Fresh Steamed Broccoli	1.79
Cucumber Salad	1.79
Corn Salad	1.79
Seasonal Fresh Fruit	2.39