

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.
- Southwest Torta Wrap** **9.49-11.49**
Three-cheese spread, lettuce, grilled red onion, avocado and pico de gallo.
- Bacon Ranch Wrap** **9.49-11.49**
Applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch sauce.
- Signature BBQ Wrap** **9.49-11.49**
Applewood smoked bacon, cheddar cheese, lettuce, Roma tomato, grilled red onion and tangy BBQ 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.
- Three Cheese Griller** **9.49-11.49**
Cheddar, pepper jack and feta cheeses 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.

SIDES

- Pita Chips 1.79
Fresh Steamed Broccoli 1.79
Seasonal Fresh Fruit 2.39

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.