

# CEDARS WOODFIRE GRILL

AT COOPER AEROBICS

## 1

### CHOOSE YOUR PROTEIN



CHICKEN  
\$13.99 | 152 CAL



BEEF  
\$14.99 | 165 CAL



PORTABELLO  
\$13.99 | 101 CAL



SALMON  
\$15.99 | 218 CAL

## 2

### CHOOSE YOUR MEAL

## BOWLS

### ASIAN SWEET & SPICY 🌶️

Broccoli, grilled red peppers, crispy noodles, green onions and sweet and spicy sauce served over seasoned brown and wild rice. 604 CAL

### TERIYAKI 🌶️

Broccoli, grilled red peppers, crispy noodles, green onions and teriyaki sauce served over seasoned brown and wild rice. 585 CAL

### BAJA

Corn salad, black beans, avocado slices, red onion rings, cilantro and house-made salsa served over seasoned brown and wild rice. 463 CAL

## SALADS

### TEX-MEX CHIPOTLE

Romaine lettuce, tomatoes, cucumbers, red onion and Monterey Jack cheese tossed with chipotle ranch dressing. Topped with grilled corn salad, tortilla strips, avocado, cheddar cheese, cilantro and cotija cheese. 642 CAL

### CHOPHOUSE

Romaine lettuce, tomatoes, cucumbers, green onion, grilled corn salad and cheddar cheese tossed with blue cheese dressing. Topped with BBQ sauce, applewood smoked bacon, grilled red onion and blue cheese crumbles. 572 CAL

### SESAME GINGER 🌶️

Romaine lettuce, crispy noodles, water chestnuts, red peppers, carrots and red onion. Topped with Asian sesame ginger dressing, mandarin oranges and wasabi peas. 315 CAL

## DRINKS

SPECIALTY TEAS \$2.25  
Harney and Sons variety of flavored teas

INFUSED TEAS \$2.25  
La Crème flavor-infused, all-natural brewed teas

SKIM MILK \$1.95  
ORANGE JUICE \$2.95  
COLD PRESS JUICES \$7.22  
BOTTLED WATER \$2.25  
LACROIX® SPARKLING WATER \$2.25  
HOT CHOCOLATE \$2.25

## WRAPS+

### THAI WRAP 🌶️

Asian cucumber salad, shredded carrots, grilled onion, lettuce, cilantro and sweet and spicy Thai sauce. 400 CAL

### BACON RANCH WRAP

Applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch sauce. 505 CAL

### SIGNATURE BBQ WRAP

Applewood smoked bacon, cheddar cheese, lettuce, tomato, grilled onion and tangy BBQ sauce. 490 CAL

### MEDITERRANEAN WRAP

Leaf lettuce, artichokes, black olives, red peppers and Parmesan tossed with balsamic vinaigrette and rolled with house-made hummus. 385 CAL

### FOUR CHEESE GRILLER \$10.99

Cheddar, Monterey Jack, provolone and feta on sourdough. 735 CAL

### TURKEY BURGER \$12.99

Classic turkey burger served on a Naan caramelized onion round with lettuce, tomato, onion, pickles, avocado and basil pesto mayo and served with broccoli. 773 CAL

## SIDES

CUCUMBER SALAD \$2.25  
Cucumber diced with rice wine vinegar, red pepper, chili paste and red and green onion. 35 CAL

FRESH STEAMED BROCCOLI \$2.25  
37 CAL

FRESH FRUIT \$2.75  
Strawberries, blueberries and pineapple. 42 CAL

GRILLED CORN SALAD \$2.25  
Roasted corn with red pepper, red and green onion, cilantro, balsamic vinaigrette, herbs and spices. 152 CAL

SEASONED BROWN & WILD RICE \$2.75  
Medium grain brown rice and wild rice blend with garlic, herbs and spices. 132 CAL

# BREAKFAST

IS SERVED FROM  
8-10:30 A.M. DAILY

## TEX-MEX WRAP

Eggs, bacon, three-cheese spread and pico de gallo in a flatbread wrap. 535 CAL

\$6.99

## STEEL-CUT OATMEAL

Organically grown steel-cut oats topped with toasted almonds, brown sugar and golden raisins. 500 CAL

\$3.99

## GREEK YOGURT BOWL

Greek yogurt, fresh berries and gluten-free granola. 292 CAL

\$4.99

## SMALL BITES

### HOUSE-MADE HUMMUS & PITA

\$4.99

Pita wedges and house-made hummus. 429 CAL

### SIDE HOUSE SALAD

\$3.99

Romaine lettuce with cucumbers, tomatoes, carrots, onion, Monterey Jack cheese, French-style croutons and choice of dressing. 140 CAL

### SIDE CAESAR SALAD

\$3.99

Crisp romaine lettuce tossed with Parmesan cheese, French-style croutons and a traditional creamy Caesar dressing. 192 CAL

### CHICKEN TORTILLA SOUP

\$5.99

All-natural grilled chicken in our unique pureed vegetable base with a jalapeño kick and topped with avocado, pico de gallo, tortilla strips and cilantro. 315 CAL

### BLACK BEAN STEAK SOUP

\$5.99

Ranch-style black bean soup with grilled Certified Angus Beef® and applewood smoked bacon with green onion and Monterey Jack cheese. 264 CAL

### GRAB-AND-GO CHIPS

\$1.99

Choose from Baked Lay's®, SunChips®, Skinny Pop® Popcorn and Deep River Snacks® Kettle Chips. CALORIES VARY

## COFFEE

### FRESH GROUND COFFEE

2.25 | 2.75

Starbucks® Breakfast Blend

### CAPPUCCINO

3.25 | 4.25

Starbucks® Breakfast Blend and non-fat milk

### ESPRESSO

1.75

Segafredo® imported whole bean from Italy

### LATTE

3.25 | 4.25

Starbucks® Breakfast Blend and non-fat milk

### VANILLA LATTE

3.25 | 4.25

Starbucks® Breakfast Blend and vanilla flavoring

### MOCHA LATTE

3.25 | 4.25

Starbucks® Breakfast Blend and mocha blend

## SMOOTHIES

### PROTEIN POWERED

\$7.50

#### VANILLA ESPRESSO

Skim milk, espresso, banana and vanilla protein. 265 CAL

#### MIXED BERRY

Strawberries, blueberries and vanilla protein. 233 CAL

#### PEANUT BUTTER BANANA

House-made peanut butter and banana made with your choice of protein. 575 CAL

#### ALMOND COCONUT

Almond milk, almond butter, fresh coconut, coconut cream and chocolate protein. 971 CAL

### SUPERFOOD

\$8.50

#### GREEN APPLE KALE

Kale, spinach, apple, pineapple, banana and vanilla yogurt. 176 CAL

#### POMEGRANATE PUNCH

POM Wonderful® juice, strawberries, blueberries and vanilla yogurt. 193 CAL

#### BLUEBERRY BREEZE

Blueberries, almond milk, banana and Greek yogurt. 309 CAL

#### MATCHA GREEN TEA

Matcha green tea, chia seeds, almond milk, avocado and Greek yogurt. 398 CAL

### FRUIT SENSATION

\$7.50

#### STRAWBERRY BANANA

Strawberries and banana. 130 CAL

#### TROPICAL

Mango, pineapple and strawberries. 100 CAL

#### STRAWBERRY COLADA

Strawberries, fresh coconut, coconut cream, coconut milk and pineapple. 497 CAL

#### ORANGE MANGO

Orange juice, mango, banana and Greek yogurt. 204 CAL

#### PEANUT BUTTER AND JELLY

House-made peanut butter, strawberries, blueberries, honey and Greek yogurt. 589 CAL

## HOURS OF OPERATION

Monday-Thursday: 6:30 a.m.-6:30 p.m.

Friday-Saturday: 7:30 a.m.-3 p.m.

Sunday: closed

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 As a part of living a healthy, Cooper Quest life, Cooper Clinic Registered Dietitian Nutritionists have designated the entrees with ≤750 calories, ≤8 grams of saturated fat and ≤25 grams of total fat as Cooper Fit Foods.