

SERVE BISTRO

MCLEAN RACQUET & HEALTH CLUB



APPETIZERS

CHICKEN WINGS \$7

grilled, fried or beer battered, plain, BBQ, honey mustard, bacon ranch or buffalo
ROASTED RED PEPPER HUMMUS \$10
served with olives, roasted red peppers and pita bread

QUESADILLA \$7

mozzarella, cheddar cheese, corn salsa, served with lettuce, tomato and sour cream, (add chicken \$2, shrimp \$2, spinach, red pepper or mushrooms \$1)

STUFFED MUSHROOMS \$8

vegetarian or crab stuffed (crab additional \$5)

CALAMARI \$8

lightly fried served with cocktail sauce

SIDES

HOUSE SALAD \$2.75

CHIPS \$2

LARGE FRENCH FRIES \$2.75

SWEET POTATO FRIES \$2.75

TRUFFLE FRIES \$3.75

MAC'N'CHEESE \$5

ROASTED RED POTATOES \$5

VEGETABLE OF THE DAY \$5

MASHED POTATOES \$5



SALADS

add chicken \$5, steak \$6, shrimp \$8, salmon \$8, or crab \$8

HOUSE SALAD OR CAESAR SALAD \$7

SOUTHWEST SALAD \$9

romaine lettuce, cherry tomatoes, corn salsa, black beans, cheddar cheese, buttermilk-ranch dressing

COBB SALAD \$9

mixed greens, cherry tomatoes, hard boiled egg, bacon, house made blue cheese dressing

GREEK CHOPPED SALAD \$9

romaine lettuce, red onion, olives, tomato, cucumber, goat cheese, greek style dressing

BURGERS & SLIDERS

served with your choice of greens, fries or chips

SMOKEHOUSE SERVE BURGER \$13

1/4lb beef patty, smoked gouda, fried onions, bacon, tangy house serve sauce

CRAB CAKE SLIDERS \$15

superlump crabmeat, remoulade sauce

BEEF SLIDERS \$9

two beef patties, cheddar cheese

SALMON SLIDERS \$14

salmon cakes, old bay aioli, mango salsa



SANDWICHES & WRAPS

bread choices: white, wheat, ciabatta or wrap served with your choice of greens, fries or chips

LUNCH COMBO \$10

1/2 chicken or tuna salad sandwich with a cup of soup or side salad

CLASSIC TUNA OR CHICKEN SALAD \$10

tuna or chicken salad, lettuce, tomato

TURKEY CLUB \$10

turkey, cheddar, bacon, mixed greens, tomato

VEGETABLE WRAP \$10

artichoke, spinach, red pepper, feta, hummus

CHICKEN CAESAR WRAP \$10

roasted chicken, romaine, parmesan cheese

WIMBLEDON \$10

chicken, provolone, avocado, sun-dried tomato, pesto

GRAND SLAM \$10

cheese, avocado, mesclun, tomato, red onion, cucumber, carrot, roasted red pepper hummus

TIE BREAKER \$10

mozzarella, baby spinach, tomato, pesto, balsamic vinaigrette

SOUPS \$7

Monday - chicken noodle

Tuesday - seafood chowder

Wednesday - tomato basil

Thursday - chicken tortilla

Friday, Saturday & Sunday - soup of the weekend!

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ENTREES

all entrees served with choice of two sides

SALMON WITH BASIL CREAM SAUCE \$18

Atlantic salmon fillet, basil cream sauce

NEW YORK STRIP STEAK \$22

8oz. strip steak, blue cheese cream sauce

TACOS \$10

3 TACOS WITH YOUR CHOICE OF MEAT HARD OR SOFT SHELL

topped with cheddar cheese, diced tomatoes, pickled onions, shredded lettuce and served with guacamole and salsa

CHICKEN

BARBACOA

SHRIMP

VEGETABLE (corn salsa, black beans, pico)

ALL DAY OMELETTE

two eggs or egg whites with onion, red pepper, tomato and choice of cheese \$7

(select additional fillings below)

VEGETABLES - asparagus, artichoke, mushroom, spinach \$1/each

PROTEIN - bacon \$2, salmon \$4, crab \$4



FLATBREADS

naan bread (substitute gluten free crust \$1)

CHICKEN & SPINACH \$12

roasted chicken, basil pesto, mozzarella, spinach, roasted red peppers, goat cheese

ALL CHOKED UP \$11

artichoke pesto, mozzarella, portabella mushrooms, roasted red peppers

SMOOTHIES \$6

add whey protein powder \$1

WILD BERRY

strawberries, blueberries, blackberries, raspberries, apple juice, ice

STRAWBERRY-BANANA

banana, strawberries, pineapple juice, ice

MANGO

mango, pineapple juice, ice

GREEN

spinach, apple, mango, apple juice, ice



KIDS MENU

served with your choice of fries, applesauce, carrot sticks or mashed potatoes *Excludes pasta & pizza

ROTINI PASTA \$5

choice of marinara sauce or butter, add chicken, bacon or salmon \$2.75

MAC'N'CHEESE \$5

traditional macaroni and cheese, add chicken, bacon or salmon \$2.75

CHICKEN TENDERS \$6

lightly fried white meat chicken tenders

JUNIOR SALMON \$7

3oz roasted salmon fillet

CHICKEN BREAST \$6

seasoned simply with olive oil, salt & pepper

GRILLED CHEESE \$5

white or wheat bread and cheddar cheese

KIDS PIZZA \$5

marinara, mozzarella cheese, add pepperoni \$2