



MCLEAN RACQUET & HEALTH CLUB

RESTAURANT HOURS

Monday - Friday 11am - 9pm

Saturday & Sunday 11am - 5pm

Want something quick?

Call and place your order for takeout!

(703) 356-3300

SIDES

HOUSE SALAD \$2.75

FRENCH FRIES \$2.75

SWEET POTATO FRIES
sprinkled with cinnamon \$2.75

TRUFFLE FRIES \$3.75

MAC'N'CHEESE \$5

ROASTED RED POTATOES \$5

VEGETABLE OF THE DAY \$5

MASHED POTATOES \$5

LOADED MASHED POTATOES
with bacon and cheese \$6

KIDS MENU

served w/ fries, applesauce, carrot sticks, or mashed potatoes

ROTINI PASTA

choice of marinara sauce or butter
add chicken, bacon, salmon \$2.75
\$5

MAC'N'CHEESE

traditional macaroni and cheese
add chicken, bacon, salmon \$2.75
\$5

CHICKEN TENDERS

lightly fried white meat chicken
tenders \$6

* JUNIOR SALMON

3oz roasted salmon fillet \$7

CHICKEN BREAST

seasoned simply w/ olive oil salt &
black pepper \$6

GRILLED CHEESE

white or wheat bread and cheddar
cheese \$5

KIDS PIZZA

marinara sauce, mozzarella
cheese, pepperoni \$2 \$5

FIRST SERVE (STARTERS)

CHICKEN WINGS

Grilled or Fried, Spicy Buffalo or Chipotle-Honey BBQ Sauce \$7

♥ VEGETABLE SPRING ROLLS

rice paper, red pepper, carrots, garlic, ginger, red onion, soy sauce, wasabi aioli,
Thai-chili sauce \$8

ROASTED RED PEPPER HUMMUS

served with olives, roasted red peppers and pita bread \$10

QUESADILLA

mozzarella, cheddar cheese, corn salsa, served with lettuce, tomato and sour
cream, (add chicken or shrimp \$2) \$7

STUFFED MUSHROOMS

Vegetarian or Crab Stuffed (Crab additional \$5) \$8

CALAMARI

Fried calamari served with marinara or old bay aioli \$8

CENTER COURT (ENTREES)

All entrees served with choice of two sides (except Mac'N'Cheese)

* SALMON WITH BASIL CREAM SAUCE

Atlantic Salmon fillet, basil cream sauce \$18

NEW YORK STRIP STEAK

8 oz. strip steak, blue cheese cream sauce \$22

MAC'N'CHEESE

Traditional macaroni and cheese (add Lobster \$9, Chicken \$5, Bacon \$2, Shrimp
\$8, Salmon \$8 or Crab \$8) \$10

FLATBREADS

Naan Bread

- Substitute Gluten Free Crust \$1 -

CHICKEN & SPINACH

roasted chicken, basil pesto, mozzarella, spinach, roasted red peppers, goat
cheese \$12

ALL CHOKED UP

artichoke pesto, mozzarella, portabella mushrooms, roasted red pepper \$11

♥ - 600 calories or less * - Consumer Advisory: These items may be served raw or undercooked. Consumption of raw or undercooked meat, poultry, eggs, or seafood may increase the risk of illness.

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SALADS

Add Chicken \$5, Shrimp \$8, Salmon \$8 or Crab \$8

♥ HOUSE SALAD OR CAESAR SALAD \$7

SOUTHWEST SALAD

romaine lettuce, cherry tomatoes, corn salsa, black beans, cheddar cheese, buttermilk-ranch dressing \$9

COBB SALAD

mixed greens, cherry tomatoes, hard boiled egg, bacon, house made blue cheese dressing \$10

♥ GREEK CHOPPED SALAD

romaine lettuce, red onion, olives, tomato, cucumber, goat cheese, greek style dressing \$7

SANDWICHES & WRAPS

Bread Choices: White, Wheat, Ciabatta or Wrap

served with your choice of greens or fries

CLASSIC TUNA OR CHICKEN SALAD

tuna or chicken salad, lettuce, tomato \$9

TURKEY CLUB

turkey, cheddar, bacon, arugula, tomato \$10

♥ VEGETABLE WRAP

artichoke, spinach, red pepper, feta, hummus \$9

♥ CHICKEN CAESAR WRAP

roasted chicken, romaine, parmesan cheese \$10

♥ WIMBLEDON

chicken, provolone, avocado, sun-dried tomato, pesto \$9

♥ GRAND SLAM

swiss cheese, avocado, mesclun, tomato, red onion, cucumber, carrot, roasted red pepper hummus \$10

♥ TIE BREAKER

mozzarella, baby spinach, tomato, pesto, balsamic vinaigrette \$9

CRAB CAKE SANDWICH

Old Bay aioli, lettuce, tomato \$15

BURGERS & SLIDERS

served with your choice of greens or fries

* SMOKEHOUSE SERVE BURGER

1/4 lb beef patty, smoked gouda, fried onions, bacon, tangy house Serve sauce \$13

CRAB CAKE SLIDERS

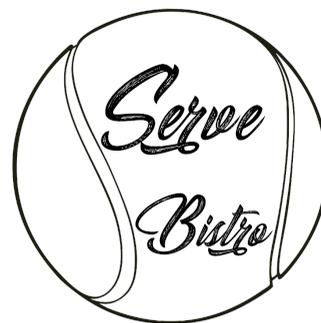
superlump crabmeat, remoulade sauce \$15

BEEF SLIDERS

two beef patties, cheddar cheese \$9

SALMON SLIDERS

salmon cakes, old bay aioli \$14



DAILY SOUP SPECIAL

ask server for soup of the day

LUNCH COMBO

1/2 sandwich of your choice
(tuna or chicken salad sandwich)

with cup of soup (excluding Crab Corn Chowder) or side salad \$8

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, shrimp \$2

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

MATCH POINT (DESSERT)

CHEESECAKE

with your choice of caramel, raspberry or strawberry sauce \$7

CHOCOLATE CAKE

with your choice of caramel, raspberry or strawberry sauce \$7

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