

Breakfast

Served with Fresh Fruit

Choice of Bread

whole wheat, white, multigrain or rye bread

Choice of Cheese

Low Fat Swiss, American, Feta or Goat Cheese

Egg White & Cheese Sandwich	\$5.00
Bacon, Egg White & Cheese Sandwich	\$7.00
Turkey Bacon, Egg White & Cheese Sandwich	\$7.00
Waffles with Fruit	\$3.50
Egg White Omelet	\$5.00
Add Meat	\$3.00
.Ham	
.Bacon	
.Turkey Bacon	
Add Cheese	\$1.00
.Low Fat Swiss	
.American	
.Feta	
.Goat Cheese	
Add toppings	\$0.70
.Roasted peppers	
.Portobello mushrooms	
.Spinach	
.Asparagus	

Dinner

Baked Cheese Ravioli	\$6.95
Baked Stuffed Shells	\$6.95
Whole Wheat Pasta Primavera	\$6.95
Cheese Tortellini <i>with ham, peas, onions, garlic and a lite cream</i>	\$7.95
Spicy Turkey Chili	\$7.95
Chicken Parm <i>baked dredged in egg whites and part skim mozzarella</i>	\$8.95
Chicken with Sun-Dried Tomatoes, Artichoke Hearts in a Plum Tomato Base	\$8.95
Baked Lemon Chicken	\$8.95
Roasted Turkey London Broil	\$8.95
Grilled and Sliced London Broil	\$10.95
Roast Loin of Pork	\$8.95
Sausage, Peppers & Onions	\$7.95
Turkey Meatballs	\$7.95
Chicken Francese	\$8.95
Chicken Marsala	\$8.95
Escarole & Beans with Grilled Chicken	\$8.95
Stuffed Peppers <i>with turkey chopped meat, brown rice, celery, carrots, onions, Portobello mushrooms & zucchini</i>	\$8.95
Grilled Chicken with Broccoli Rabe	\$9.95
Stuffed Loin Pork Chop	\$10.95
Spicy Chicken <i>with black corn salsa</i>	\$8.95
Latin American Chicken <i>with brown rice & veggies</i>	\$8.95
Teriyaki Chicken	\$8.95
Caribbean Chicken <i>with sauted onions, cherry tomatoes and chickpeas</i>	\$8.95
Balsamic Chicken	\$8.95
Honey mustard Chicken	\$8.95
Asian Zing Chicken <i>with red bell peppers, onions and brown rice</i>	\$8.95

Fresh Fish from Lusty Lobster

Scallops · Salmon · Seabass
Talapia · Halibut
Seared Tuna with a sesame seed crust

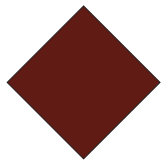


*Serving Breakfast,
Lunch & Dinner*

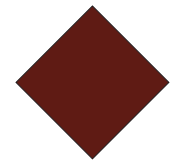


Annie's Cafe at The Atlantic Club

325 Maple Avenue Red Bank, NJ 07701
(732) 219-5333



Lunch Menu



Soup of the Day \$3.75

Deli Sandwiches

Served with lettuce, tomato, onion & fresh fruit

Choice of Bread: whole wheat, white, multigrain, rye bread or whole wheat wrap
Add Cheese: Low Fat Swiss or American \$1.00

Boards Head Roast Beef, Ham or Turkey \$6.95
Homemade Tuna Salad or Chicken Salad \$6.95
Vegetable Wrap \$5.25
served hot or cold

From the Grill

Served with chips & fresh fruit

Grilled Cheese \$3.75
BLT \$4.65
PB&J \$3.75
Turkey Burger \$5.00
Veggie Burger \$5.00

Salads

Chicken Caesar Salad \$8.95
Spinach Salad \$9.95
with chicken, strawberries, cran-raisins, Feta cheese, walnuts, carrots & tomato
Chicken Walforf Salad \$7.95
Special Salad with Grilled Chicken \$9.95
with spinach, Romain lettuce, cran-raisins, Goat cheese, walnuts, carrots & chickpeas

Create your own Salad

\$7.95 - \$9.95

Lettuce

Romaine or Spinach

Vegetables

Onions
Carrots

Roasted Peppers
Tomato
Portobello Mushrooms

Meat

Grilled Chicken
Tuna Salad
Chicken Salad

Boars Head Turkey
Boars Head Ham
Boars Head Roast Beef

Toppings

Walnuts
Cranberries
Strawberries

Bacon
Croutons
Grapes

Cheese

Feta Cheese, Low Fat Swiss, Boars Head Lite American, Parmesan

Dressing

Caesar Dressing
Lite Ranch

Extra Virgin Olive Oil & Balsamic
Balsamic Vinaigrette

Beverages

Coffee Md \$1.55 Lg \$2.00
Tea \$1.55
Cappuccino \$3.75
Perrier \$2.55
Poland Springs \$2.00
Gatorade \$2.55
Soda Md \$1.55 Lg \$2.00
Diet Green Tea \$2.55
V8 \$2.55
Chocolate Milk \$2.55
Juice Box \$1.00

Shakes and Smoothies

Choice of Fruit: strawberries, blueberries, raspberries, peaches, bananas, pineapple or peanut butter

Met Rx Protein Shake
Vanilla, Chocolate or Berry Blast
with water \$5.30
with water & fruit \$5.90
with milk or juice & fruit \$7.00
Made with Simply Vanilla Yogurt & Fruit \$5.65
Skinny Shake - **only 200 calories!** \$5.65
1/2 cup of skim milk, ice & fruit



See Reverse Side for our New Dinner Menu!

