

BREAKFAST

Hard Boiled Egg	.50
Silk Soy Oatmeal	2.75
Muffin	2.50
Cereal <i>with</i> Milk	2.25
Pop Tart	1.50
Fruit Salad	4.00
Cottage Cheese	2.25
Yogurt Parfait	3.25
Toast	1.25
Yogurt	1.25



BEVERAGES

	SMALL	LARGE
Coffee	1.50	2.25
Cappuccino	1.50	2.50
Fountain Drink	1.00	1.50
Bottled Water		1.75
Hot Tea		1.50
Gatorade - G2		2.50
Propel		2.50
Life Water		3.00
Juice		1.75
Milk		1.00
Crystal Light		.75



SMOOTHIES

REGULAR / PROTEIN
4.50 / 5.75

Berry Madness
Strawberries, Raspberries, Blueberries and Vanilla Yogurt

Blue Banana
Blueberries, Banana with Vanilla Yogurt

California
Orange, Strawberries, Banana and Grapes with Vanilla Yogurt

Frozen Banana
Banana and Chocolate with Vanilla Yogurt

J.C. Choice
Strawberries, Banana and Flaxseed Oil

Mocha Mocha
Cappuccino Mix, Yogurt and Chocolate

Monty's Python
Grape, Cranberry, Strawberries and Vanilla

Yogurt Paradise Beach
Strawberries, Pineapple, Banana and Coconut

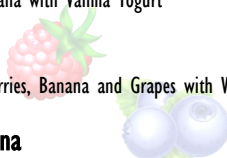
Peanut Butter Cup
Peanut Butter, Chocolate, Milk and Flaxseed Oil

Piña Colada
Banana, Piña Colada and Vanilla Yogurt

Strawberry
Banana, Piña Colada and Vanilla Yogurt

Strawberry-Banana
Strawberries, Banana and Vanilla Yogurt

Strawberry-Raspberry
Strawberries, Raspberries and Vanilla Yogurt



ADDITIONS

Any Fruit <i>or</i> Vegetable	.75
Protein <i>or</i> Flaxseed Oil	1.25



GENESYS

805 HEALTH PARK BOULEVARD
GRAND BLANC, MI 48439
810.606.7230

810.606.7393

LOCATED INSIDE THE GENESYS ATHLETIC CLUB

Genesys Conference and Banquet Center • Epoch Catering

SOUP

Made Fresh Daily

Cup

Bowl

SNACKS AND STUFF

Hot Dog

With Chips

Tabbouleh

Hummus with Pita

Nutri-Grain Bars

SALADS

Chicken Caesar Salad

Grilled Chicken, Romaine, Croutons, Parmesan Cheese, Caesar Dressing

Chef Salad

Turkey, Honey Ham, Lettuce, Tomato, Swiss and Cheddar Cheese, Tomato, Cucumber and Egg with Choice of Dressing

Michigan Salad

Walnuts, Dried Cherries, Red Onion, Gorgonzola Cheese, Grape Tomatoes on Mixed Field Greens with Balsamic Vinaigrette
With Chicken

Genesys Chicken Cobb Salad

Chicken, Lettuce Blend, Bacon, Egg, Tomato, Red Onion, Cheddar and Gorgonzola Cheese, with Choice of Dressing

Create Your OWN Salad

Large Salad with 1 Meat., 2 Vegetables or Dairy. Dressing Included!

Add:

Meat

Vegetable or Dairy Topping

Extra Dressing

Tuna or Chicken Salad (8oz. Scoop)

3.00

4.25

1.75

2.75

4.75

3.25

1.25

7.25

8.25

6.00

8.25

8.25

5.75

1.50

.50

.50

2.50

WRAPS AND MORE

Genesys Club Wrap

Sliced Smoked Turkey Breast, Cheddar Cheese, Crisp Bacon, Lettuce, Tomato and Ranch Dressing

Michigan Wrap

Toasted Walnuts, Dried Cherries, Red Onion, Gorgonzola Cheese, Grape Tomatoes, Field Greens and Balsamic Vinaigrette
With Chicken

Chicken or Tuna Salad Wrap

Mixed Field Greens, Tomato, Red Onion and Cheddar Cheese

Southwestern Fajita Wrap

Sautéed Peppers and Onions, Cheddar Jack Cheese, Jalapenos, Chopped Romaine, Salsa and Sour Cream
With Chicken

Pesto Chicken Wrap

Grilled Chicken, Tomato, Red Onion, Mushrooms, Parmesan Cheese and Basil Pesto

Caesar Wrap

Chicken, Shredded Parmesan Cheese, Tomatoes, Chopped Romaine and Caesar Dressing
With Chicken

Mediterranean Wrap

Fresh Tabbouleh, Hummus, Tomato, Green Olives, Red Onion, Field Greens
With Chicken

BLT Wrap

Bacon, Lettuce and Tomato

Grilled Cheese

Cheese Quesadilla

Vegetable Quesadilla

Chicken Quesadilla

7.25

5.75

7.25

7.25

5.75

7.25

7.25

5.75

7.25

5.75

7.25

7.25

4.25

5.75

5.75

7.25

DELI

Choice of Bread • Lettuce, Tomato, Onion and Cheese

Sandwiches

Smoked Turkey

Ham and Cheese

Tuna Salad

Chicken Salad

Bacon Lettuce and Tomato

Breads

Whole Wheat • Multi Grain • White • Marble Rye

COURTSIDE COMBOS

1/2 Deli Sandwich and Cup of Soup

1/2 Deli Sandwich and Small Salad

Cup of Soup and Small Salad

POWER BARS

Cliff

Mojo

Builder Bar

House-Made Cookie

6.25

6.75

6.75

6.75

3.00

3.00

3.75

.50