

The Sports Café

Sports Fitness and Fun, 1743 Route 17A, Florida, New York 10921, Ph: 716 866 9288

(Mon – Fri 9:30 am – 7:00 pm, Sat 9:00 am – 3:00 pm)

Menu

Breakfast

Croissant - \$2.00

Seasonal Fruit Plate - \$3.00

Egg and Cheese Sandwich - \$3.50

(Add Ham - \$1.00, Add Bacon - \$1.00, add \$1.00 for Bagel or Croissant instead of Wheat Bread)

Muffins - \$2.00

Omelet- \$5.00

(Side of fruits and bread)

Soups of the Day

Small - \$3.50, Large – \$8.50

Sandwiches and Wraps

Grilled Veggie Wrap - \$5.50

(Grilled vegetables served with homemade hummus)

Smoked Salmon Sandwich - \$7.00

(Cream Cheese, smoked salmon, avocado, onions)

Turkey Pesto Sandwich - \$5.50

(Turkey, pesto sauce, cheese, tomatoes)

Ham Sandwich - \$5.50

(Ham, cheese, tomatoes)

Salads (served with mixed greens)

Turkey Salad - \$6.50

(Turkey, ham, cheese, tomatoes)

Fruit Salad - \$7.00

(Mixed fruits, vanilla yogurt)

Grilled Chicken Salad - \$6.50

(Grilled Chicken, feta cheese, sun dried tomatoes)

Avocado Salad - \$6.50

(Avocado, apple, grapes, homemade hummus)

Beverages (Small 10oz – \$1.25, Large 16oz - \$1.75)

Regular Coffee, Decaf

Tea

Hot Chocolate

Iced Coffee

Tropical Coffee - \$5.00

(Milk, coffee, coconut, cardamom)

Smoothies (Small 12oz - \$3.75, Large 16oz - \$5.00)
(Scoop of Whey protein/Soy protein - \$0.50)

Breakfast Shake
(Banana, cocoa powder, milk, yogurt)
Berry Brightener
(Blueberries, yogurt)
Banapple
(Banana, apple, yogurt)
Spiced Bliss
(Banana, ginger, yogurt)
Berrylicious
(Pineapple, banana, peach, blueberries, yogurt)
Tropical Blend
(Mango, pineapple, coconut)

Juices (Small 12 oz - \$3.00, Large 16 oz - \$4.50)

Green Diva
(Spinach, carrot, cucumber, celery)
Mango Delight
(Mango, orange, banana)
Perky Pineapple
(Pineapples, banana, lime)
Refresher
(Apple, carrot, ginger)
Revitalizer
(Apple, celery)
Energy Explosion
(Banana, apple, cinnamon)

KIDS MENU

Mac n cheese - \$3.00
Peanut Butter n Jelly Sandwich - \$3.00
Grilled Cheese Sandwich - \$3.00
Fruit salad with vanilla ice cream - \$4.00
Peanut buttercup Shake - \$5.00
(Peanut butter, chocolate syrup, vanilla yogurt)
Ballerina - \$5.00
(Strawberry, vanilla yogurt, whipped topping, sprinkles)
Kool Kola - \$5.00
(Cola, vanilla yogurt)