

Fresh Fruit Smoothies

Small | \$6.10

Large | \$7.50

Verry Berry

Strawberry, Blueberry, Raspberry,
Apple Juice, Vanilla Protein

Mango Tango

Mango, Strawberry, Raspberry, 2%
Milk, Honey, Vanilla Protein

Trainer's Delight

Peanut Butter, Banana, Skim Milk,
Chocolate Protein

Mocha Blast

Coffee, Banana, Skim Milk, Vanilla
Syrup, Chocolate Protein

Peach Pineapple Plunge

Pineapple, Peaches, Pineapple Juice,
Vanilla Protein

Additional Protein Powder

Chocolate, Vanilla, Strawberry
Per Scoop
\$1.00

Strawberry-Banana Blast

Strawberry, Banana, Skim Milk,
Non-Fat Yogurt, Vanilla Protein

Orange Breeze

Mango, Orange Juice,
Vanilla Protein

Chai Elixir

Chai Tea, Soy Milk, Banana,
Vanilla Protein Powder

Fruit Razzmatazz

Mango, Strawberry, Orange Juice,
Pineapple Juice, Non-Fat Yogurt

Popeye's Punch

Organic Baby Spinach, Mango,
Pineapple Juice, Vanilla Protein

Additional Fruits

Banana, Strawberry, Blueberry,
Mango, Pineapple \$0.75
Acai Boost \$1.50

Vegetable Juice Bar

Select Up To Five | \$7.95

Apple - Celery - Beets - Ginger - Carrots - Parsley

Cold Beverages

16oz Poland Springs	\$1.50
500ml Fiji Water	\$1.95
1 Lt Fiji Water	\$2.95
24oz Smart Water	\$2.50
Gatorade / Vitamin Water	\$2.50
Honest Tea	\$2.50
O Water	\$2.50
Sparkling Water	\$2.50
VitaCoco Water	\$2.75
Tropicana OJ	\$2.75
Fresh OJ / Grapefruit	\$3.95
House Brewed Iced Tea	\$3.95
Protein Drinks	\$4.95

Hot Beverages

Coffee	Sm. \$1.75	Lg. \$2.25
Iced Coffee	Sm. \$1.75	Lg. \$2.25
Herbal Tea	Sm. \$1.75	Lg. \$2.25
Iced Tea	Sm. \$1.75	Lg. \$2.25
Espresso	Sm. \$2.25	Lg. \$3.25
Hot Chocolate	Sm. \$2.25	Lg. \$3.25
Mochaccino	Sm. \$3.25	Lg. \$3.95
Cappuccino	Sm. \$3.25	Lg. \$3.95
Café Latte	Sm. \$3.25	Lg. \$3.95
Café Aulait	Sm. \$3.25	Lg. \$3.95
Americano	Sm. \$3.25	Lg. \$3.95
Chai Latte	Sm. \$3.50	Lg. \$4.25



Corporate Catering Available

Café Menu

Blu Café located at The Sports Club/LA
1170 22nd St NW | M Street | Washington DC 20037
202.974.6603 www.blurestaurant.com/dc

Café Hours

Monday - Friday | 6:30am - 10:00pm
Saturday - Sunday | 8:30am - 7:00pm
Breakfast - Lunch - Dinner

Café Contact

Yolanda Hawthorne - General Manager
yolanda@blurestaurant.com
202.974.6603

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www.blurestaurantcatering.com



Breakfast

Three-Egg Omelet	\$4.95
Choice of Three Toppings, With Toast (Sub Egg Whites \$1.50)	
Breakfast Burrito	\$4.95
Eggs, Peppers, Mushrooms, Onion, Tomato Honey Wheat & Pico de Gallo (Sub Egg Whites \$1.50)	
Three-Eggs Scrambled	\$4.95
Served with Toast (Sub Egg Whites \$1.50)	
Breakfast Panini - On The Run	\$5.50
Scrambled Egg Whites on Multi-Grain Bread with Cheese and Side of Fresh Fruit	
Breakfast Sandwich	\$4.95
Eggs with Choice of Cheese, Bacon, Ham or Turkey Sausage on Roll or Bagel	
The Continental	\$6.95
Three Eggs Anystyle choice of Bacon or Ham served with Hash Browns or Toast	
Six-Grain Pancakes	\$7.95
Fresh Berries, Maple Syrup	
Bagel	\$1.50
Assorted Fresh Bagels With Cream Cheese or Peanut Butter Strawberry or Grape Jelly	
Zen Breakfast Parfait	\$6.00
Roasted Oats, Fresh Fruits, Coconut and Roasted Nuts, Choice of Non-Fat Yogurt Milk or Soy Milk	
Hot Oatmeal w/One Topping	
16oz Large	\$3.95
Additional Toppings	\$0.50
Additional Fresh Fruit	\$1.00
Fruit Salad Bowl	\$4.95
Sides	
Hash Browns	\$2.25
Bacon	\$2.75
Turkey Bacon	\$2.75
Chicken Sausages	\$2.75
Hard-Boiled Egg	\$1.00
Toast (White, Semolina, 8-Grain, Wheat)	\$2.00
Snacks	
Yogurt Parfait 8 oz	\$3.95
Assorted Fresh Baked Muffins	\$3.95
Bag of Chips	\$1.75
Protein / Nutritional Bars	\$2.95
Quinoa-Oatmeal Porridge	\$3.95
Cereal Cup w/Milk	\$2.95

Sandwiches

Sandwiches Include Choice of Side:	
Spicy Slaw (No Mayo), Fries, Selected Chips or Crudités: Carrots and Celery, Sub Sweet Potato Fries \$1.50	
The Club's Club	\$9.95
Grilled Chicken, Crispy Bacon, Plum Tomato, Bibb Lettuce, Herb Mayo	
Mexican Grilled Chicken Wrap	\$9.95
Grilled Chicken, Tomato, Sweet Corn, Red Beans, Rice Romaine Lettuce & Salsa Fresca wrapped in a Honey-Wheat Tortilla	
The Acropolis	\$9.95
Smoked Turkey Breast, Feta, Kalamata Olive, Tomato, Shredded Romaine, & Non-fat Yogurt Sauce on Pita	
The Caprese	\$8.95
Roma Tomatoes, Fresh Mozzarella, Basil, Pesto Spread on Focaccia Add Chicken \$1.00	
Sandwich of the Day	\$10.95
Healthy Choice Sandwich	
Create Your Own Sandwich	
1 Meat, 1 Cheese, 2 Toppings	
Full Sandwich	\$8.95
Half Sandwich	\$5.95
Sandwich Combos	
Assorted Sliders and Small Soup	\$9.95
Assorted Sliders and Half Salad	\$9.95
Grab N' Go Sandwiches	
Smoked Turkey on Focaccia	\$6.95
Light Tuna on Pita Bread	\$6.95
Grilled Chicken Wrap	\$6.95
Tarragon Chicken Salad	\$6.95
Daily Bowl of Soup	
16oz Vegetable	\$5.00
16oz Protein	\$6.00
Entrée Food Case Priced Per Pound	\$12.00
Salmon Entrée Per Piece:	\$14.00
Steak Entrée Per Piece:	\$15.00
Chicken Entrée Per Piece:	\$10.00
Add Sides (Each Additional)	\$2.00
Children's Menu	
w/Milk or Juice, Choice of Fries, Chips or Crudités: Carrots and Celery	
Chicken Fingers	\$5.75
Grilled Cheese Sandwich	\$5.75
Peanut Butter & Jelly	\$5.75
French Fries	\$3.50

The Grill

Sandwiches Include Choice of Side:	
Spicy Slaw (No Mayo), Fries, Selected Chips or Crudités: Carrots and Celery, Sub Sweet Potato Fries \$1.50	
Veggie Burger	\$8.95
Field Greens, Tomatoes, Grilled Zucchini, Hummus Spread on Kaiser Roll	
Grilled Turkey Burger	\$9.95
Roasted Peppers, Onion, Tomatoes, Herb Mayo Spread on a Kaiser Roll	
Lemon Butterfly Chicken Sandwich	\$9.95
Alfalfa Sprouts, Roma Tomato, Bibb Lettuce, Dill Yogurt on Kaiser Roll	
Grilled American Angus Burger	\$9.95
Alfalfa Sprouts, Roma Tomato, Bibb Lettuce, Herb Mayo on Multi-Grain Bread Add Cheese \$1.00	
Grilled Spicy Buffalo Burger	\$10.95
Plum Tomato, Balsamic Caramelized Onions, Bibb Lettuce	
Sizzling Teriyaki Stir-Fry	\$9.95
Vegetable, Chicken, Steak, or Tofu Served with Brown Rice	
Hot Pressed Panini	\$8.95
St. Tropez Veggie Delight, On The Riviera Monte Cristo, Mediterranean	
Quesadillas	\$8.95
Chicken Black Bean Cheese Served with Sour Cream and Salsa	
Soft Tacos (3)	\$9.95
Chicken, Pepper Jack Cheese, Chipotle Pico De Gallo and Lime Chive Sour Cream	
Chicken Tenders	\$8.95
Honey Mustard, Barbeque, & French Fries	
Hot & Spicy Buffalo Wings	\$8.95
Bleu Cheese Dressing, Celery, Carrots	
Miniature Crab Cakes	\$8.95
Field Greens and Old Bay Remoulade	
Grilled Pita Pizza	\$6.95
Mozzarella, Marinara, Parmesan Fresh Mozzarella, Basil, Pesto	
Grilled Chicken Pita Pizza	\$7.95
BBQ Grilled Chicken, Mozzarella, Veggies	

Fresh Salads

Fresh Grab N' Go Selections	
High Protein Lentil Salad	\$3.25
Curry Chicken Salad	\$4.50
Garden Cherry Beet Salad	\$4.50
Light Tuna Salad w/Crudités	\$4.50
Salad Combos	
House Salad and Small Soup	\$9.95
House Salad and Assorted Slider	\$9.95
Design Your Own Salad	
Unlimited Toppings Priced Per Pound	\$8.25
Greens	
Romaine, Mixed Greens, Spinach, or Bibb	
Toppings	
Peppers, Chick Peas, Carrots, Broccoli, Cucum- bers, Tomatoes, Sunflower Seeds, Homemade Croutons, Mushrooms, Olives, Golden Raisins, Hard-Boiled Egg, Tofu, Red Onions, Mandarin Oranges, Baby Corn, Green Peas	
Cheeses	
Parmesan, Feta, Bleu, Cheddar-Jack	
Meats	
Grilled Chicken, Shrimp, Salmon	
Extras	
Flaxseeds	\$1.00
Walnuts	\$1.95
Dressings	
Balsamic Vinaigrette, Asian Sesame Ginger, Ranch, Bleu Cheese, Honey Dijon, Creamy Caesar, Light Italian, Low-Fat Raspberry, Oil & Vinegar, Non-Fat Herb Yogurt	

Sides	
French Fries	\$3.50
Sweet Potato Fries	\$3.95
Spicy Slaw (No Mayo)	\$3.50
Tarragon Chicken Salad Scoop	\$3.75
Tuna Salad Scoop	\$3.75

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