

SIMPLE SAUTÉ

Create your own made to order Sauté by choosing from these options:

GF PROTEIN

CHOOSE ONE:

- Chicken
- Ground Turkey
- Steak Medallions

BASE

CHOOSE ONE:

- Brown Rice
- Butternut Squash Voodles
- Pasta
- Quinoa

GF SAUCE

CHOOSE ONE:

- Olive Oil & Herbs
- Sesame Peanut
- Smoky Chipotle
- Sweet Teriyaki

GF VEGETABLES

CHOOSE THREE:

(Vegetarian option choose five)

- Broccoli
- Carrots
- Celery
- Edamame Beans
- Green Peppers
- Mushrooms
- Pea Pods
- Pineapple
- Red Onions
- Red Pepper
- Spinach
- Water Chestnuts

HALF SAUTÉ 7.25

FULL SAUTÉ..... 9.25



DELI SANDWICHES

Deli Sandwiches include your choice of apple, applesauce, banana, chips or grapes. Sub a cup of soup, mixed fruit, or pasta salad for 2.25

1) WORKOUT

Oven roasted turkey, provolone cheese, Italian herb, avocado, cucumbers & spinach on multigrain breadHALF 6.50 WHOLE 9.25



2) EGG SALAD SANDWICH

Classic egg salad, lettuce & tomato on croissant WHOLE 8.25

5) ADULT PB&J

Creamy peanut butter & Michigan cherry jam on croissantWHOLE 6.50

3) SLAM DUNK

Smoked ham, Swiss cheese, mayo, lettuce & tomato on pretzel roll
HALF 6.75 WHOLE 9.25

6) THE VEG

Avocado, provolone cheese, Italian herb, black olives, cucumbers, red peppers, spinach & tomatoes on vegetable bread
HALF 6.25 WHOLE 8.25

4) CALIFORNIA BLT

Bacon, lettuce, tomato, avocado & mayo on toasted vegetable breadHALF 6.50 WHOLE 9.25

7) THE FARM

Ham, turkey, bacon, cheddar cheese, mayo, lettuce, pickles, tomato & onion on hoagie roll WHOLE 9.95

SOUP

Cup..... 4.25
Bowl 5.95
Quart 11.75

LETTUCE SALAD

Garden 5.25
 Greek
Salad 7.95

PASTA SALAD

½ Pint 4.95
Pint 7.95
Quart 14.95

MIXED FRUIT

½ Pint 4.95
Pint 7.95
Quart 14.95

MEMBER FAVORITE

NO BAKE PROTEIN BAR

RAC's own special recipe1.50



CLASSICS

Classics include apple, applesauce, banana, grapes, or RAC fries. Sub a cup of soup, mixed fruit, or pasta salad for 2.25

CHEESEBURGER

1/3 lb ground beef, cheddar cheese, lettuce, onion & tomato on hamburger bun9.95
Add bacon.....1.25

CHICKEN SANDWICH

Grilled chicken breast, lettuce, onion & tomato on multigrain bread9.95

CHICKEN TENDERS

5 pieces of fried chicken strips with your choice of sauce9.95

GRILLED CHEESE

Cheddar & provolone cheese on multigrain bread7.95

TURKEY BURGER

Grilled turkey burger, lettuce, onion & tomato on multigrain bread9.95

VEGGIE BURGER

Beyond Burger patty, lettuce, onion, & tomato on multigrain bread9.75
Add cheese50¢

MORE FAVORITES

QUINOA BOWL

Quinoa, flax seeds, rolled oats, dried fruit & skim milk warmed & topped with Greek yogurt & fresh berries.....7.25

RAC FRIES

Bowl of fries.....4.25

KIDS MENU

Kids meals include applesauce, banana, grapes or RAC fries

CHEESEBURGER

1/6 lb ground beef & cheddar cheese on hamburger bun6.25

CHICKEN TENDERS

3 pieces of fried chicken strips....6.75

GRILLED CHEESE

Melted cheddar & provolone on white bread4.95

GRILLED CHICKEN SKEWER

Served with ranch dipping sauce.....4.95

MAC-N-CHEESE

It's the cheesiest Mac & Cheese.....4.95

PASTA

Buttered noodles.....4.25

PB & J

Peanut butter & jelly on white bread4.75



SHAKES & SMOOTHIES

STRAWBERRY CHEESECAKE SHAKE

4.95

CALI DREAMING

4.95

OREO PROTEIN SHAKE

4.95

PEANUT BUTTER BANANA

4.95

SPA LA LA

4.95

TRADITIONAL CHOCOLATE OR VANILLA SHAKE

3.95

TRADITIONAL PROTEIN SHAKE

4.95

V8 FUSION SMOOTHIES

Peach Mango, Strawberry Banana, Tropical Fruit and Watermelon Raspberry 3.95

