

## Daily Specials

### Monday

(Receive a FREE 12 oz. drip coffee when you purchase a yogurt parfait.)

### Tuesday

(Lunch Combo: sandwich, chips, and soda - \$6.99.)

### Wednesday

(Smoothie Day: 25% off all smoothies.)

### Thursday

(Soup & Salad Combo: your choice of any salad/wrap and a cup of our daily soup - \$7.99.)

### Friday

(Pizza Friday: cheese or pepperoni pizza - \$2.99.)

## Breakfast

Yogurt Parfait ★ Bowl of Fruit

Oatmeal with brown sugar,  
raisins, and banana

English Muffins ★ Bagels

Muffins ★ Hard Boiled Eggs

Granola

SERVING BREAKFAST  
MONDAY - FRIDAY

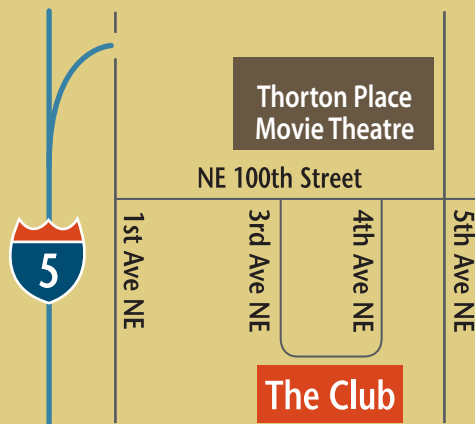


SEATTLE ATHLETIC CLUB  
NORTHGATE

## Cafe Hours

Monday - Friday  
6:00 am - 6:00 pm

Saturday  
8:30 am - 1:00 pm



Seattle Athletic Club Northgate has been proudly  
serving north Seattle communities for over 30 years.

## Phone Orders Welcome

206-522-9400 ext. 203

333 N.E. 97TH STREET  
SEATTLE, 98115



SEATTLE ATHLETIC CLUB  
NORTHGATE

# Café

## Full Gourmet Coffee & Espresso Bar

espresso, cappuccino and  
brewed coffee by 

Cappuccino, Latte, Mocha  
Café Americain, Café Macchiato, and  
Fresh Ground drip coffee (Regular & Decaf)

### Flavoring:

Vanilla (Regular & Sugar Free),  
Hazelnut (Regular & Sugar Free),  
Raspberry, Peppermint,  
Irish Crème and Almond

### Hot Drinks:

Hot Cocoa, Flavored Steamer,  
and Kid's Hot Cocoa

### Teas:

Black, Green, Herbal, Chai Latte,  
and Iced Sport Tea

Plus many other assorted beverages.

333 N.E. 97TH STREET  
SEATTLE, 98115

## Smoothies

Original Fresh Fruit Smoothie



Peanut Butter Smoothie



Fruit Smoothies

- Wild Berry Blast
- Mango Mania
- Strawberry Banana

## Pizza

Cheese ★ Pepperoni ★ Sausage

## Fresh Made Soups

Italian Wedding ★ Chicken Noodle

Tomato Basil w/Ravioli ★ Navy Bean

Cream of Broccoli ★ Cream of Potato

Chicken w/Wild Rice ★ Clam Chowder

Grande Chile w/Beef & Beans

Yankee Pot Roast

SERVING FRESH SANDWICHES  
MONDAY - FRIDAY

## Salads

### Tuscan Tuna Salad

(Tuna with roasted peppers, tomatoes, capers, artichoke hearts, red onion, white beans, hard boiled egg on a bed of mixed greens with oil and vinegar.)



### Greek Salad

(Mixed greens, cucumber, peppers, feta cheese, tomatoes, olives and herb vinaigrette.)



### Spinach Salad

(Baby spinach, chicken breast, hard-boiled egg, cheddar cheese, bacon, red onion and herb vinaigrette.)



### Asian Delight

(Edamame, shredded carrot, peppers, cucumber, bean sprouts, wild greens and ginger vinaigrette.)



### Caesar Salad

(Hearts of romaine with roasted chicken, croutons and asiago cheese with Caesar dressing.)



### Market Salad

(Mixed greens, tomato, raisins, apricots, blue cheese, spiced pecans and chicken with balsamic dressing.)



### Salmon Caesar Salad

(Salmon, hearts of romaine, asiago cheese, croutons, with Caesar Dressing.)

SERVING FRESH SALADS  
MONDAY - FRIDAY

## Sandwiches

### House Roast Beef Sandwich

(House roasted beef, blue cheese, balsamic onion spread and arugula on olive bread.)



### Almond Chicken Sandwich

(Almond chicken salad with raisins, green onion, tarragon, mayo, lettuce and tomato on a croissant.)



### House Roast Turkey Sandwich

(House roasted turkey, havarti, alfalfa sprouts, avocado, red onion and tomato on sourdough.)



### Mozzarella/Pesto Sandwich

(Fresh Mozzarella, roasted tomato puree, basil pesto and arugula on a bolo roll.)



### Roast Pork Loin Sandwich

(Roast Pork Loin with goat cheese spread, red onion marmalade and arugula on a bolo roll.)



### Pike Place Sandwich

(Genoa salami, Italian dry salami, mortadella, pepper relish, provolone, lettuce and tomato on a baguette.)



### Chicken Caesar Wrap

(Roasted chicken, asiago cheese, romaine lettuce, wrapped in a spinach tortilla.)

SERVING FRESH SANDWICHES  
MONDAY - FRIDAY