

Fresh Fruit Smoothies

Small 16oz - \$5.00 Large 24oz - \$6.20

Very Berry

OJ, White Grape Juice
Strawberry Puree, Blueberry,
Raspberry, Non-Fat Vanilla Yogurt

Sports Club LA

OJ, Strawberry, Banana,
Non-Fat Vanilla Yogurt

Monkey See Monkey Drink

Skim Milk, Banana,
Peanut Butter, Chocolate Syrup

Deep Blu Passion

Pineapple Juice, Pineapple,
Blueberry, Banana, Passion Fruit,
Coco Lopez

Mango Madness

White Grape Juice, Mango,
Non-Fat Vanilla Yogurt

Orange Creamsicle

Orange Juice, Apricot,
Non-Fat Vanilla Yogurt

Additional Protein Powder

Chocolate, Vanilla, Strawberry
Per Scoop
\$1.00

Recovery

Soy Milk, Strawberry, Blueberry,
Non-Fat Vanilla Yogurt,
Chocolate Protein (Add \$1)

Chuck Special

Banana, Ice, Water
Choice of Flavor Protein Scoops

Green Monster

Spinach, Pineapple, Pineapple Juice,
Mango, Vanilla Protein (Add \$1)

Tropical Delight

Pineapple Juice, Pineapple, Strawberry
Puree, Banana, Mango, Passion Fruit,
Coco Lopez

Nutty Java Blast

Espresso Cubes, Cocoa Powder, Nutella,
Skim Milk, Chocolate Protein (Add \$1)

Pina Colada

Pineapple Juice, Pineapple,
Coco Lopez, Skim Milk, Banana

Additional Fruits

Banana, Strawberry, Blueberry,
Mango, Pineapple
\$0.75

Fresh Juice Bar

12oz - \$6.75 16oz - \$8.50

Apple - Celery - Beets - Ginger - Carrots - Orange - Lemon - Pineapple

Cold Beverages

16oz Poland Springs	\$1.50
24oz Poland Springs	\$2.25
20oz Soda Bottles	\$2.35
Sobe Water	\$2.50
Gatorade	\$2.50
Function	\$2.50
Protein Drinks	\$5.25
San Pellegrino	\$2.35
VitaCoco Water	\$2.75
Organic Milk	\$2.50
Fresh OJ / Grapefruit	\$2.95
Iced Coffee	Sm. \$2.75 Lg. \$2.95
Iced Tea	Sm. \$2.75 Lg. \$2.95

Hot Beverages

Coffee	Sm. \$1.75	Lg. \$2.25
Espresso	Sm. \$2.25	Lg. \$3.25
Macchiato	Sm. \$2.25	Lg. \$3.25
Cappuccino	Sm. \$3.25	Lg. \$3.95
Latte	Sm. \$3.25	Lg. \$3.95
Chai Latte	Sm. \$3.50	Lg. \$4.25
Café Aulait	Sm. \$2.25	Lg. \$3.25
Mocha	Sm. \$3.50	Lg. \$4.25
Americano	Sm. \$2.50	Lg. \$3.50
Hot Chocolate	Sm. \$2.50	Lg. \$3.50
Mem Teas		\$2.50
Harney Teas		\$2.50



blu



Full-Service Catering Available

Café Menu

In the Heart of the Theatre District
blu Café located at The Sports Club/LA
4 Avery Street, 4th floor Boston MA 02111
617.375.8550 www.blurestaurant.com

Café Hours

Monday - Friday 6:00am - 10:30pm
Saturday - Sunday 7:00am - 7:30pm
Serving Breakfast, Lunch, Dinner
Contemporary American Cuisine

Café Contact

Danyella Borges - GM
dborges@mp-sportsclub.com

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Breakfast

Three-Egg Omelet Choice of Three Toppings, Toast and Home Fries	\$8.95
Breakfast Burrito Choice of Three Toppings, Served with Home Fries	\$8.95
Three-Eggs Scrambled Toast and Home Fries	\$5.75
Breakfast Sandwich Choice of Cheese, Bacon, Ham or Sausage on English Muffin	\$5.25
Bagel / English Muffin Plain, Everything, Sesame, Cinnamon-Raisin, Honey Wheat	\$2.25
Belgian Waffle Fresh Fruit , Syrup and Whipped Cream	\$5.95
Assorted Spreads Light Plain, Light Chives, Light Vegetable, Light Cinnamon Walnut Cream Cheeses, and Peanut Butter	\$0.75
Strawberry or Grape Jelly	\$0.50
Breakfast Parfait Choice of Low-Fat Vanilla, Strawberry Yogurt, or Low-Fat Cottage Cheese Served with Granola and Fresh Berries	\$5.25
Hot Oatmeal 12oz Small 16oz Large Additional Toppings Additional Fresh Fruit	\$2.95 \$3.95 \$0.50 \$1.00
Fruit Salad Bowl	\$5.25
Sides Homefries Baguette Hard-Boiled Egg Toast (Multi-Grain or White)	\$2.50 \$2.15 \$1.25 \$1.25
Snacks Small Cookie Large Cookie Yogurt Cup Yogurt Parfait 8 oz Assorted Fresh Baked Muffins Bag of Chips Home Made Coffee Cake and Banana Bread Fresh Baked Croissants and Scones Protein Bars	\$1.25 \$2.25 \$1.95 \$3.95 \$1.95 \$1.75 \$3.15 \$3.15 \$2.95

Lunch / Dinner

Daily Bowl of Soup Vegetable or Vegan Protein or Poultry	\$5.50 \$6.50
Poultry Salad Entrée Poultry w/One Side Poultry w/Two Sides	\$6.50 \$11.45 \$13.50
Seafood Entrée Seafood w/One Side Seafood w/Two Sides	\$7.95 \$12.90 \$14.95
Rotisserie Entrée Rotisserie w/One Side Rotisserie w/Two Sides	\$8.50 \$13.45 \$15.50
Steak Entrée Steak w/One Side Steak w/Two Sides	\$8.95 \$13.90 \$15.95
Side Dishes Grain, Legume, Pasta, Vegetable, Tofu Hummus - 8oz Guacamole - 8oz	Full 8oz \$4.95 Half 4oz \$2.95 \$4.00 \$5.00
Tasting Trio of Daily Sides Pick Three Sides - Half Portions	\$8.75
Hot Pressed Panini BBQ Chicken, Chicken Marinara, Turkey Pesto, Ham & Salami	\$8.95
Pasta Bar Choice of Pasta, Sauce, and Up to Four Toppings	\$9.95
Veggie Burger Lettuce, Tomato, Choice of Bun or Toast with Chips	\$8.95
Sizzling Teriyaki Stir-Fry Vegetable, Chicken, or Steak Served with Brown Rice	\$11.95
Quesadillas Chicken, Pepper Jack Cheese, Chipotle Served with Sour Cream and Salsa	\$9.95
Children's Menu Chicken Fingers Grilled Cheese Sandwich Peanut Butter & Jelly French Fries	\$6.75 \$5.75 \$5.75 \$3.00

Sandwich/Wraps

Create Your Own Sandwich Up to 4 toppings Full Sandwich Half Sandwich	\$8.95 \$5.95
Sandwich Combos Half Sandwich and Any Bowl of Soup Half Sandwich and Half Salad	\$9.95 \$9.95
Chicken Caesar Wrap Romaine, Parmesan, Croutons, and Caesar Dressing on Tortilla Wrap	\$8.95
Chicken Salad Sandwich Golden Raisins, Lettuce, Tomato, Light Mayo on Toasted Baguette	\$8.95
Oven Roasted Turkey Brie, Apples, Sprouts, Honey Mustard on Toasted Baguette	\$8.95
Italian Combo Capicola, Salami, Ham, Provolone, Lettuce, Tomato, Oil & Vinegar on Toasted Baguette	\$8.95
Curry Chicken Wrap Curry Chicken with Celery, Light Mayo and Lettuce on Tortilla Wrap	\$8.95
Hummus Wrap Feta, Tomato, Cucumber Red Onion on Tortilla Wrap	\$8.95
Egg Salad Sandwich Eggs, Onion, Celery Light Mayo Dijon Mustard on Toasted Multigrain	\$7.95
Cobb Sandwich Turkey, Bleu Cheese, Spinach, Romaine, Guacamole, Bacon, Coleslaw on Tortilla Wrap	\$8.95
Caprese Fresh Mozzarella, Tomato, Basil, EVOO and Aged Balsamic Vinaigrette on Baguette, Cold or Pressed	\$8.95
Steak and Cheese Roast Beef, Caramelized Onions and Peppers, Provolone Cheese and Teriyaki Sauce on Wrap, Pressed	\$8.95
Turkey Mango Melt Turkey, Avocado, Swiss Cheese, Bacon and Mango Vinaigrette on Baguette, Pressed	\$8.95
Tuna Melt Tuna Salad, Provolone, Tomato on Multigrain	\$8.95

Salads

Fresh Tossed Salads Caesar Salad Spinach Salad Cobb Salad Tuna Niscoise Salad Chicken Caesar Salad	\$8.95 \$9.95 \$10.95 \$10.95 \$11.95
Salad Combos Half Salad and Any Bowl of Soup Half Salad and Half Sandwich	\$9.95 \$9.95
Design Your Own Salad Up to Four Toppings	Full \$8.95 Half \$4.95
Greens Romaine, Mixed Greens, or Spinach	
Toppings Roasted Peppers, Chick Peas, Carrots, Broccoli, Cucumbers, Tomatoes, Scallions, Grilled Onions, Green Beans, Potato, Mushrooms, Olives, Sliced Almonds, Dried Cranberries, Croutons, Mandarin Oranges, Water Chestnuts, Crispy Asian Wonton Noodles	
Dressings Caesar, Red Wine Vinaigrette, Honey Dijon, Red- Onion Bacon Vinaigrette, Caper, Low-Fat Honey Dijon, Low-Fat Ranch, Bleu Cheese, Balsamic Vinaigrette, Thousand Island, Sesame Ginger, Light Italian	
Salads Extras Grilled Chicken Chicken Salad Roasted Turkey Stuffed Grape Leaves (3) Avocado Slices (3) Bacon Egg Coleslaw Tuna Salad Salsa Parmesan Cheese Feta Cheese Bleu Cheese Goat Cheese Cottage Cheese	\$3.95 \$3.95 \$3.95 \$3.95 \$2.25 \$2.00 \$1.00 \$1.25 \$3.95 \$1.25 \$1.25 \$1.25 \$1.25 \$1.25 \$1.25

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