

Low - Fat Smoothies

CREATE YOUR OWN SMOOTHIE

Additional Whey Protein \$.70
(22 grams protein per serving)

Additional Fruit or Yogurt \$.50

Guava Cooler	\$2.99
Guava & Pineapple Juices Raspberries & Banana Yogurt & Ice (20 oz.)	
Instant Vigor	\$2.99
Raspberry Juice Raspberries & Banana Yogurt & Ice (20 oz.)	
Hawaiian Treat	\$2.99
Papaya Juice Strawberries & Banana Yogurt (20 oz.)	
Mango Madness	\$2.99
Mango, Peach & Strawberries Yogurt & Ice (20 oz.)	
Pineapple Treat	\$2.99
Papaya Juice Banana & Pineapple Ice (20 oz.)	
Cocktail Punch	\$2.99
Guava, Papaya & Pineapple Juices Banana & Strawberries Ice (20 oz.)	
Finish Line	\$2.99
Apple, Orange & Pineapple Juices Banana & Strawberries Yogurt & Ice (20 oz.)	
Berry Berry Plus	\$3.99
Strawberry, Blueberry, Raspberry, Apple, Protein, Honey and Skim Milk or Soy (24 oz.)	
Metroplex Myoplex	\$4.62
Any two fruits with Water or Milk or Juice	

972 - 560 - 3883

Call for a Quick Pick Up To Go Order.

When calling from the Downtown YMCA
telephone dial 3883.

When placing a catering order for a business
breakfast or luncheon,
please give 24 hours advance notification.



Operating Hours:

Monday - Thursday 6:30 AM - 9:00 PM	Saturday 10:00 AM - 3:00 PM
Friday 6:30 AM - 6:00 PM	Sunday Closed

Location:
601 N. Akard Street
Dallas, Texas 75201
972-560-3883

Between Ross Ave and San Jacinto on Akard.
Located on the first floor of the YMCA.

Breakfast

Premium Coffees:	\$1.29	- Croissant Breakfast Sandwiches -	
<i>French Roast, Vanilla Nut & Hazelnut</i>		Egg & Cheese	\$2.59
Fresh Squeezed 12oz:	\$2.25	Ham & Egg	\$2.99
<i>Orange Juice or Grapefruit Juice</i>		Ham, Egg & Cheese	\$3.25
Fresh Fruit Cup	\$3.00	- Bagel Breakfast Sandwiches -	
Muffin, Turnovers, Croissant, Bear Claw,	\$1.60	Egg & Cheese	\$2.99
Bagel/Croissant Plain	\$.99	Egg, Ham & Cheese	\$3.29
Mini Muffin	\$.99	Peanut Butter & Honey	\$2.49
Danish	\$1.60	Breakfast Burrito	\$2.59
Bagel with Cream Cheese	\$1.50	Breakfast Burrito on a spinach wrap	\$2.99
Add Coffee Or Tea with any Breakfast	\$.99		
Breakfast is served until 10:00 AM		9 oz Juice with any Breakfast Sandwich	\$1.75

Power - Punched Smoothies

The PowerHouse	\$3.79	Busy Body	\$3.99
Guava & Papaya Juice Raspberries & Banana Apple, Strawberries & Blueberries Yogurt & Ice (24 oz.)		Your Choice of Juice Banana & Apple Whey Protein Powder (24 oz.)	
YMCA Classic	\$3.29	Peanut Butter	\$3.99
Strawberries or Apple & Banana Skim Milk, Protein Powder Honey & Ice (24 oz.)		Apple & Banana Skim Milk, Peanut Butter, Whey Protein Powder, Honey & Ice (24 oz.)	
The Big "Y" Guy	\$3.29	The Big "Y" Guy Plus	\$3.99
Apple & Cranberry Juices Strawberries, Raspberries Blue berries & Banana Yogurt & Ice (24 oz.)		Apple & Cranberry Juices Strawberries, Raspberries Blueberries & Banana Whey Protein Powder, Yogurt & Ice (24 oz.)	

Make it a 32 oz for just \$1 more!

Sandwiches & Wraps

Served Hot \$3.99 - 8 to 9 inches

Choose One
Roast Beef - Pastrami - Ham - Ham Salami - Turkey
Turkey Pastrami - Meatball - Salami

Grilled Chicken Wrap or Sandwich	\$4.29
Turkey Wrap	\$4.29
1/4 Muffaletta or Club Sandwich	\$4.99
Philly Cheese Steak Sandwich	\$4.99
Grilled Chicken Wrap served hot w/Chips & Soda	\$5.69
Chicken Salad or Tuna Fish	\$3.99
Veggie / Cheese	\$2.99
Peanut Butter & Jelly	\$2.49
For Pretzel or Focaccia Breads	add \$.30
Make It A Box Meal Add Bowl of Fruits Vegetables with Lay's / Side Ranch	\$1.75

Soup & Salad

Fresh vegetables gathered from the
Farmer's Market daily

Soup & Salad Bar - All You Can Eat	\$6.59
Single Serving Soup & Salad	\$5.49
Single Serving Salad	\$3.99
Single Serving Soup	\$1.99
Add a salad to your sandwich order	\$3.29
Add a soup to your sandwich order	\$1.50
- Seasonal - Baked Potatoes	
Plain - Cheese, butter and sour cream	\$3.99
Loaded - Choice of meat & any condiments	\$5.99

Specialty Salads

Ceasar Salad	\$3.99
Greek salad	\$5.49
House Salad with Turkey	\$5.99

Nonfat Yogurt

Vanilla, Chocolate or Swirl

8 oz	\$1.45
12 oz	\$1.85