

Breakfast Menu

Served Monday through Friday until 10:30AM

BUILD YOUR OWN

Choose up to five items:

Omelet\$13

Meat (choose 1): ham, bacon, sausage, turkey, chorizo

Burrito/Bowl\$13

Cheese (choose 2): American, cheddar, swiss, feta, provolone, monterey jack, pepperjack, parmesan

Sandwich\$13

Veggies (choose 3): tomato, peppers (red/green), banana peppers, jalapeños, spinach, onion, mushrooms

SPECIALS

Avocado Toast\$12

1/2 Avocado Toast\$7

Brioche bread, avocado spread, diced bacon, caramelized onion, and feta
Optional: Fried egg

MACfast\$12

Eggs any style, choice of meat, home fries and choice of toast

Breakfast Tacos\$11

3 tacos with scrambled eggs, cheese, pico, and salsa verde

Croissant Sandwich\$11

Ham and cheese with a fried egg

Huevos Rancheros\$10

2 corn tortillas, black beans, chorizo, pepper jack cheese, sunny egg with salsa verde and pico

Pancake Sandwich\$12

Pancake, egg, bacon, sausage, and American cheese

Biscuits and Sausage Gravy\$10

SIDES

Hashbrowns \$4 Avocado\$1

Pico \$0.50 Fresh Fruit Cup\$4

Salsa \$0.50 Yogurt\$4

Cottage Cheese\$4



Dessert

Ask about our weekly special!

Smoothies (Regular \$7 • Kids \$5)

Ad ins for an additional charge (\$1):

B12 Spinach

Peanut butter Flaxseed

Protein powder

Options: Whey, Vegan, Chocolate, or Vanilla

REGULAR

Days Sunshine Smoothie

Strawberry, pineapple, peach, mango, yogurt, and carrot juice

Avocado Smoothie

Banana, mango, pineapple, spinach, avocado, yogurt, and almond milk

Recovery Smoothie

Banana, strawberry, pineapple, and apple juice

Chocolate-Covered Raspberry

Yogurt, raspberry, almond milk, chocolate sauce OR chocolate protein

Blueberry Strawberry Banana

Flaxseed, blueberry, strawberry, banana, and water

Immunity

Apple juice, blueberry, raspberry, pineapple, and ice

Muscle Builder

Banana, graham cracker, protein, ice, milk

Strawberry Banana

Banana, strawberry, ice, water, protein

KID-FRIENDLY

Unicorn Smoothie

Strawberry, banana, yogurt, almond milk, whipped cream and sprinkles

Berry Lime

Mango, strawberry, blueberry, lime, cranberry juice

Dinosaur Smoothie

Spinach, banana, yogurt, orange juice

Mango Tango

Mango, pineapple, yogurt, orange juice



MAC | Michigan Athletic Club

COURTSIDE GRILL

MENU



Appetizers

- Loaded Nachos**\$12
Tortilla chips, pepper jack cheese, peppers, black beans, corn, jalapeños, tomato, red onion, served with salsa and sour cream
- Veggie Quesadilla**\$13
Flour tortilla, pepper jack cheese, tomato, red onion, peppers, chipotle ranch, served with salsa and sour cream
- Greek Hummus**\$11
Hummus, blend of kalamata olives, tomato, cucumber, red onion, and feta cheese, served with pita
- Brussel Sprouts**\$10
Deep fried brussel sprouts tossed in Parmesan cheese, served with garlic aioli
- Mozzarella Sticks**\$12
Fried mozzarella sticks served with choice of marinara sauce or ranch
- Boneless Wings**\$13
1 lb. of boneless wings tossed in your choice of BBQ, buffalo, or honey garlic sauce, served with ranch or blue cheese, celery and carrots
- Fried Pickle Spears**\$10
Fried pickle spears, served with side of ranch
- Loaded Tots**\$10
Fried tator tots, pepper jack cheese, chives, and bacon
- Pretzel Bites**\$10
Fried pretzel bites served with queso cheese
- Chicken Tenders**\$10
4 piece tender, served with choice of sauce: BBQ, ranch, or honey mustard

Salads

- Add protein to any salad for \$3 (Chicken, Salmon, Steak, Shrimp)
- House**\$10
Romaine, cheese, tomatoes, cucumber, and red onion
- Caesar**\$10
Romaine, Parmesan cheese, and croutons
- Superfood Salad**\$11
Kale, chickpeas, quinoa, almonds, and feta
- Mediterranean**\$10
Cucumber, tomato, feta, red onion, black olives, and banana pepper
- Michigan Raspberry Almond**\$13
Mixed greens, dried cherries, apples, sugared pecans, and red onions
- Southwest Salad**\$10
Mixed greens, cheddar cheese, black beans, corn, peppers, onions, and tomato

Bowls

- Add protein to any bowl for \$3 (Chicken, Salmon, Steak, Shrimp)
- Bang Bang Bowl**\$10
Wild rice, edamame, tomato, shredded cabbage, shredded carrots, cilantro, and bang bang sauce
- Black Bean Quinoa Bowl**\$10
Black beans, quinoa, tomatoes, avocado, and cilantro

- Greek Bowl**\$10
Quinoa, hummus, garbanzo beans, tomato, peppers, cucumber, black olives, red onion, and Greek sauce
- Olive Bowl**\$10
White rice, tomato, red onion, cilantro, kalamata olives, and olive oil
- Maple Glaze Bowl**\$10
Brown rice, brussel sprouts, bacon, sweet potato, and mayo maple glaze sauce
- Veggie Bowl**\$11
Wild rice, mushrooms, tomato, artichokes, red onion, garbanzo beans, basil, peppers, and olive oil

Burgers

- Add an extra patty for \$5
Served with choice of side
(Gluten free bun available upon request)
- MAC Burger**\$14
1/2lb. Beef patty with your choice of cheddar, provolone, Swiss, American, or pepper jack cheese
Options: Lettuce, tomato, pickles, onion, jalapeño, grilled onion, mushroom; +\$1.50 bacon, +\$1.00 avocado
- Jalapeño Burger**\$15
Jalapeños, bacon, pepper jack cheese, arugula, tomato, onion, and mayo chipotle sauce, served on a brioche bun
- Guacamole Burger**\$15
Guacamole, pepper jack cheese, lettuce, tomato, jalapeños, and mayo chipotle sauce
- Breakfast Burger**\$14
Fried egg, bacon, hashbrown, onion, pepper jack cheese, and sriracha ketchup
- Marsala Mushroom Burger**\$15
Mushroom, onion, Swiss cheese, and marsala sauce, served on an onion bun

Flatbreads

- (Gluten free option available upon request)
- BBQ Flatbread**\$15
Peppers, onions, tomato, mozzarella cheese, and BBQ sauce
- Chipotle Flatbread**\$16
Tomato, bacon, red onion, scallions, arugula, mozzarella cheese, and chipotle mayo sauce
- Pesto Flatbread**\$16
Spinach, mushroom, onion, tomato, Parmesan cheese, mozzarella cheese, and pesto sauce
- Veggie**\$12
Banana pepper, peppers, onion, black olives, artichokes, mushrooms, Parmesan cheese, hummus, and tomatoes

Wraps

- Served with choice of side
- Cajun Caesar Wrap**\$13
Romaine, red onion, tomato, Parmesan cheese, cajun chicken, and caesar dressing

- Salmon Wrap**\$16
Brown rice, spinach, red onion, tomato, salmon, bacon, and balsamic glaze sauce
- Veggie Wrap**\$12
Spinach, portabellos, artichokes, red onion, peppers, tomato, and hummus, served in a flour tortilla
- Club Wrap**\$14
Romaine, tomato, onion, cheddar cheese, bacon, ham, turkey, or chicken
- Bang Bang Wrap**\$14
Shredded slaw, tomato, jalapeño, cilantro, avocado, bang bang shrimp, shallots, and peppers

Handhelds

- Served with choice of side
- Brisket Sandwich**\$15
Hoagie bun, brisket, provolone cheese, red onion, slaw blend, and chipotle mayo sauce
- Salmon Sandwich**\$16
Hoagie bun, salmon, arugula, tomato, red onion, and old bay aioli
- Chicken Fried Sandwich**\$14
Hoagie bun, fried chicken breast, pickles, tomato, leaf lettuce, buffalo and spicy honey sauce, and blue cheese
- Pesto Chicken Sandwich**\$16
Brioche bread, grilled chicken, pesto, tomato, fresh mozzarella cheese, red onion, and spinach
- Ham OR Turkey Croissant Sandwich**\$14
Ham OR Turkey on a croissant with lettuce, tomato, red onion, bacon, mayo, chipotle aioli, and pickles

KIDS (12 AND UNDER)\$10

Includes entree, side, and drink

ENTREES

- Chicken Tenders (3)
Macaroni & Cheese
Burger/Cheeseburger
Grilled Cheese
Cheese Pizza
Chicken Quesadilla

SIDES

- French Fries
Carrots/Celery
Salad
Oranges
Yogurt
Chips
Broccoli

Sides

- Tater Tots**\$5
Sweet Potato Tots\$5
Slaw\$4
Yogurt\$4
Broccoli\$5
French Fries\$5
- Sweet Potato Fries**\$5
Cottage Cheese\$5
Fruit Cup\$4
Side Salad\$5
*House or Caesar