

WOMAN'S ATHLETIC CLUB



CARRYOUT GUIDE

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DELIVERY INSTRUCTIONS

WAC, in partnership with Uber Connect, offers home delivery for all your favorite menu items.

Delivery rates apply, based on distance up to 30 miles. Please ask for delivery fees when placing your order.

ORDERING INSTRUCTIONS

It is best to order as far in advance as possible, ideally at least 48 hours' notice. Holidays and peak times create special demand and additional notice would be appreciated.

If you have a favorite that is not listed here, we will make every effort to fulfill your request.

All fresh baked goods will be available daily after 12 noon. Orders not picked up will be billed and cannot be guaranteed.

To place an order; please call the carryout line at 312-239-0212 or email your order to carryout@wacchicago.com. Keep in mind, when emailing your order, it is not confirmed until you receive a confirmation email.

A carryout coordinator is staffed Monday - Saturday* from 9:00 am-5:00 pm (Monday - Friday in July and August). Any needs before or after these hours, please reach out directly to concierge at 312-944-6123.

A grab and go menu is available online and on the WAC mobile app. Grab and go is for day of orders and only contains menu items that can be created the same day. You are only able to select times available when carryout is open.

TRADITIONAL SALADS

ENTRÉE SALADS INCLUDE TWO ASSORTED WAC ROLLS

WAC SALAD (ALL GF) | \$12/PINT \$24/QUART CURRY
CHICKEN/CHICKEN/TUNA/EGG/SHRIMP

PASTA SALAD | \$12/PINT
MACARONI/PEPPERS/OLIVES/RED ONION/TOMATO/HERBS

QUINOA GREEK SALAD (GF) | \$15/PINT
PEPPERONCINI/OLIVES/TOMATO/CUCUMBER/FETA CHEESE

BLACKENED CHICKEN SALAD (GF) | \$18
CORN SALAD/TORTILLA/MIXED GREENS/AVOCADO/CUCUMBER
CAJUN DRESSING

ASIAN CHICKEN SALAD (GF) | \$18
GRILLED CHICKEN/CABBAGE/CARROTS/PLUMS/ALMONDS/ CRISPY
RICE NOODLES
WASABI DRESSING*

FRIED CHICKEN SALAD | \$18
CUCUMBER/TOMATO/AVOCADO/GOAT CHEESE/CRISPY ONIONS
ONION MUSTARD DRESSING

CHICKEN COBB SALAD (GF) | \$18
CUCUMBER/TOMATO/AVOCADO/BLUE CHEESE/EGG/BACON
BALSAMIC DRESSING

LO-CAL CAESAR SALAD (GF) | \$18
GRILLED CHICKEN/ROMAINE/PARMESEAN
LOW CALORIE CAESAR DRESSING

GRILLED SHRIMP KALE SALAD (GF) | \$24
YOGURT MARINATED SHRIMP/PISTACHIO/
CANDIED GINGER/BLUEBERRIES
ONION MUSTARD DRESSING

*CONTAINS NUTS

SOUP

PINT | \$9 QUART | \$18

TOMATO BOUILLON (GF)

CREAM OF MUSHROOM (GF)

CORN CHOWDER (V)

SOUP DU JOUR

SIDES

EACH SIDE SERVES EIGHT | \$26/EACH

MASHED POTATOES (GF)

STEAMED BROCCOLI (GF)

STEAMED ASPARAGUS (GF)

GREEN BEANS AMANDINE (GF)

WAC HOUSEMADE CHIPS | \$26

WAC HOUSEMADE CHIPS WITH DIP | \$32

ROASTS

SERVES 10

HALF SPIRAL HAM | \$135

with mustard sauce

WHOLE SLOW ROASTED TURKEY (12-14 LBS) | \$130

with turkey gravy

WHOLE ROASTED BEEF TENDERLOIN | \$325

with horseradish cream and red wine demi-glace

HALF ROASTED BEEF TENDERLOIN | \$145

with horseradish cream and red wine demi-glace

TEA SANDWICHES

PRICED PER DOZEN YOUR CHOICE OF WHITE OR WHEAT BREAD

TUNA SALAD | \$30

EGG SALAD | \$30

CHICKEN SALAD | \$30

CURRY CHICKEN SALAD | \$30

HAM & CHEDDAR DIJON MUSTARD | \$30

SHRIMP SALAD | \$32

SMOKED SALMON | \$32

ROAST BEEF & HORSERADISH | \$34

TEA SANDWICHES CAN BE MADE ON
CUCUMBER ROUNDS OR GLUTEN-FREE BREAD.

COLD APPETIZERS

PRICED PER DOZEN

DEVILED EGGS (GF) | \$20

CALIFORNIA SPRING ROLLS (GF) | \$36

ASIAN VINAIGRETTE

PROSCIUTTO WRAPPED MELON (GF) | \$42

BRIE CHEESE CRISP* | \$36

RAISIN AND NUT CRISP/FIG COMPOTE

ENDIVE LEAVES (GF) | \$36

BOURSIN CHEESE/FRESH BERRIES

SMOKED SALMON ROSETTES (GF) | \$46

SHRIMP COCKTAIL (GF) | \$48

COCKTAIL SAUCE

TUNA TARTAR | \$42

½ PINT/WONTON CRISPS



HOT APPETIZERS

PRICED PER DOZEN

MUSHROOM QUESADILLAS (V) | \$36
PICO DE GALLO

STUFFED MUSHROOM/CRAB MEAT/
SPINACH/ BECHAMEL (GF) | \$36

CURRY CHUTNEY CHEESE PUFFS (V) | \$42

CRISPY MINI SPRING ROLLS(V) | \$36
SWEET AND SOUR SAUCE

CHICKEN POTSTICKERS | \$36
SWEET CHILI SAUCE

SHEPHERDS PIES | \$36

SPINACH & FETA PHYLLO CUPS | \$36

BLEU CHEESE STUFFED DATES
WRAPPED IN BACON (GF) | \$46
BLUE CHEESE CREAM

CHICKEN & PINEAPPLE SKEWER (GF) | \$36
SWEET AND SOUR SAUCE

MINI CRAB CAKE | \$48
CAJUN MAYONNAISE

BACON WRAPPED SHRIMP (GF) | \$48

HEAT & SERVE

INDIVIDUAL FROZEN MEALS FOR ONE

MEATLOAF | \$20

BROWN GRAVY

BEEF RAGU LASAGNA | \$20

VEGETABLE LASAGNA (V) | \$20

BEEF BURGUNDY | \$24

BEEF STROGANOFF | \$24

COQ AU VIN (GF) | \$20

RED WINE-BRAISED CHICKEN/MUSHROOMS/ROASTED POTATOES

CHICKEN POT PIE | \$20

PUFF PASTRY

CHICKEN AND MUSHROOM CRÊPES | \$20

CREAM SAUCE/GREEN BEANS

CHICKEN PICCATA | \$20

LEMON CAPER SAUCE/GREEN BEANS

MEATBALLS MARINARA (GF) | \$20

FAMILY MEALS

FAMILY MEALS SERVE FOUR. WE ARE ABLE TO ACCOMMODATE SMALLER AND LARGER GROUPS. PLEASE INDICATE WHEN ORDERING.

SHRIMP AND GRITS | \$72

BLACKED SHRIMP, ANDOUILLE, GRITS

CHICKEN AND DUMPLING CASSEROLE | \$72

STEAMED VEGETABLE MEDLEY

COQ AU VIN (GF) | \$72

RED WINE-BRAISED CHICKEN/MUSHROOMS/ROASTED POTATOES

CHICKEN POT PIE | \$72

PUFF PASTRY TOP

CRABCAKES | \$100

CAJUN REMOULADE/MIXED GREEN SALAD/
FRESHLY SHAVED VEGETABLES/LEMON

BARBECUE DINNER | \$84

TWO FULL SLABS OF BABY BACK RIBS/POTATOES/
VEGETABLE DU JOUR

CHICKEN PICCATA | \$72

CAPERS/GREEN BEANS/ROASTED POTATO/
LEMON BEURRE BLANC

FRIED CHICKEN DINNER | \$72

12 PIECES/MASHED POTATOES/VEGETABLE DU JOUR/GRAVY

PASTRIES

WAC ROLLS | \$24/DOZEN \$2/EACH

PLAIN

APRICOT JAM

CINNAMON

CINNAMON PECAN*

COCONUT

ORANGE SUGAR

STRAWBERRY JAM

MINI SCONES | \$18/DOZEN

FULL SIZE SCONES | \$24/DOZEN

VANILLA BEAN

CHOCOLATE CHIP

CINNAMON RAISIN

CRANBERRY ORANGE

LEMON

CRACKERS

SEA SALT ROSEMARY CRACKERS 1/2 POUND | \$18

CHEDDAR CHEESE CRACKERS 1/2 POUND | \$18

ENERGY BITES

ENERGY BALLS | \$18/DOZEN

VANILLA NUT LATTE*/LEMON COCONUT

PEANUT BUTTER PROTEIN BARS* | \$18/DOZEN

*CONTAINS NUTS

COOKIES AND BARS

ORDER MINIMUM OF ONE DOZEN FOR ALL COOKIES AND BARS

WAC COOKIES | \$18/DOZEN

CHOCOLATE CHIP

SUGAR

PEANUT BUTTER*

OATMEAL RAISIN

OATMEAL SCOTCHIES

PECAN SANDIES*

LEMON COOLER

COCONUT MACAROONS* (GF)

FRENCH MACARONS (GF) | \$25/DOZEN

VANILLA BEAN/CHOCOLATE CARAMEL/SEASONAL

OLD FASHIONED BROWNIES | \$20/DOZEN

BUTTERSCOTCH BLONDIES | \$20/DOZEN

LEMON BARS | \$20/DOZEN

SALTED CARAMEL PECAN BLONDIES* | \$20/DOZEN

TURTLE BROWNIES* | \$20/DOZEN

ALMOND JAM BAR* | \$20/DOZEN

CUSTOM COOKIES

DECORATED SUGAR COOKIES

Custom or Seasonally Decorated Cookies with Royal Icing

BOXED | \$60/DOZEN

INDIVIDUALLY WRAPPED | \$84/DOZEN

*CONTAINS NUTS

CAKES

6" SERVES 8-10 | \$40

9" SERVES 12-16 | \$56

WAC COCONUT CAKE

WAC CARAMEL CAKE

GRANDMA'S CHOCOLATE CAKE

9" CHEESECAKE | \$56

VANILLA BEAN/TURTLE*/LEMON

ALL CAKES REQUIRES UP TO 48 HOURS' NOTICE

CUSTOM CAKE DECORATIONS SUBJECT TO AN ADDITIONAL CHARGE.
CUSTOM CAKE & FILLING

FLAVORS AVAILABLE. FOR ASSISTANCE CALL AND SPEAK WITH CARRYOUT
COORDINATOR.

PIES

SERVES 8 | \$28

DUTCH APPLE PIE STREUSEL TOPPING*

BLUEBERRY PIE STREUSEL TOPPING*

CHERRY PIE STREUSEL TOPPING*

PECAN*

CREAM PIE WHIPPED CREAM TOPPING

BANANA/COCONUT/CHOCOLATE

KEY LIME

MERINGUE TOPPING/GRAHAM CRACKER CRUST

SEASONAL FLAVOR

PLEASE SPEAK WITH SOMEONE IN CARRYOUT FOR AVAILABILITY

BREAKFAST BREADS AND MUFFINS

MUFFINS | \$28/DOZEN

BANANA

LEMON POPPY-SEED

BLUEBERRY

BANANA WALNUT*

RAISIN BRAN

HEART HEALTHY OAT

CARROT SEASONAL FLAVOR

LOAF OF BREAD | \$20

BANANA

LEMON POPPY-SEED

BLUEBERRY

BANANA WALNUT*

MARBLE

CARROT

SEASONAL FLAVOR

COFFEECAKE

HOMEMADE COFFEECAKE | \$32

COFFEECAKES REQUIRE A 24-HOUR NOTICE

PECAN CINNAMON*

BAVARIAN CREAM

RASPBERRY

APRICOT

STRAWBERRY

CHERRY CREAM CHEESE

GLUTEN FREE

9" FLOURLESS CHOCOLATE CAKE | \$56
CHOCOLATE GANACHE GLAZE

CHOCOLATE BROWNIES | \$24/DOZEN

CHOCOLATE CHIP COOKIES | \$20/DOZEN

COCONUT MACAROONS* | \$25/DOZEN

9" LEMON PISTACHIO CHEESECAKE* | \$56

*CONTAINS NUTS

