



Woman's Athletic Club of Chicago

EXECUTIVE CHEF NICK SUTTON

SOUPS AND STARTERS

CUP | 7 BOWL | 9

SOUP DU JOUR

CHICKEN NOODLE SOUP

TOMATO BOUILLON 

CREAM OF MUSHROOM 

GAZPACHO WITH LUMP CRAB MEAT 

HOUSE SALAD   

carrots, radish, tomatoes, cucumber, balsamic vinaigrette

LO-CAL CAESAR SALAD

romaine, Parmesan, lo-cal Caesar dressing, croutons

 Gluten free without croutons

HUMMUS WITH GRILLED NAAN   

served with fresh carrots, cucumber and bell peppers, pickled green beans, squash and cauliflower, and lavash

 Gluten free served with rice crackers

SPINACH FETA ARTICHOKE DIP

served with pita and lavash

 Gluten free served with rice crackers

MARGHERITA FLATBREAD 

mozzarella, roasted tomatoes, pesto

CLASSIC SMASH BEEF SLIDERS (3) 

garlic aioli, American cheese, tomato relish, housemade pickles

CAULIFLOWER BUFFALO BITES  

buffalo-tossed cauliflower, served with carrots, celery and ranch dressing

HANDCUT POMME FRITES  

Parmesan, truffle oil, parsley




BLACKENED CHICKEN QUESADILLA  





gluten-free flour tortilla, Chihuahua cheese, diced poblano peppers, avocado crema, pico de gallo, sour cream


ENTRÉE SALADS


HALF | FULL




Substitute any protein with grilled marinated tofu for a protein-rich vegetarian option.




BLACKENED CHICKEN SALAD    13 | 18
mixed greens, corn, cucumber, tomato, avocado, grilled chicken breast, tortilla strips, Cajun dressing


ASIAN CHICKEN SALAD     13 | 18
mixed greens, cabbage, carrot, plum, peanut, almond, grilled chicken breast, crisp rice noodles, wasabi dressing




FRIED CHICKEN SALAD  13 | 18
mixed greens, cucumber, tomato, avocado, fried chicken breast, goat cheese, crispy onions, onion mustard dressing

AUTUMN CHOPPED SALAD   13 | 18
romaine, roasted squash, pear, baby mozzarella, bleu cheese, almonds, tandoori-rubbed chicken, dark rye crumb, citrus vinaigrette

SALMON DETOX SALAD    16 | 24
kale, radicchio, 6-ounce grilled salmon, sunflower seeds, almonds, carrots, cranberries, raisins, curried cauliflower, wasabi dressing

LIME GRILLED SHRIMP SALAD    16 | 24
romaine, radicchio, grilled shrimp, crisp garlic, lime segments, charred sourdough crumb, soy-honey lime dressing

LO-CAL CHICKEN CAESAR SALAD  13 | 18
romaine, grilled chicken breast, Parmesan, lo-cal Caesar dressing, croutons

COBB SALAD    13 | 18
romaine, grilled chicken breast, cucumber, tomato, avocado, bleu cheese, hardboiled egg, bacon, balsamic dressing










MEDITERRANEAN SALAD   13 | 18
radicchio, romaine, diced grilled chicken breast, red peppers, cucumbers, grape tomatoes, feta, Kalamata olives, Italian dressing

BOWLS

HALF | FULL







- MOROCCAN-SPICED CHICKEN    13 | 18
 HUMMUS BOWL
 cucumber tomato salad, mint, marinated chickpeas,
 Kalamata olives, marinated artichokes
- AHI TUNA POKE BOWL     16 | 24
 cucumbers, edamame, brown rice, sesame, soy-honey lime
 dressing, furikake, apple mustard, carrots, watermelon radish,
 crispy rice, mango, avocado, microgreens
- HARVEST BOWL    13 | 18
 kale, romaine, fresh apples, sunflower seeds, cranberries,
 goat cheese, soy-roasted Brussels sprouts, yogurt chicken,
 almonds, wild rice, sweet potato, citrus vinaigrette




ENTRÉES

- CHICKEN POT PIE  18
 carrots, peas, tarragon, chicken breast, cream, puff pastry,
 parsley
- RED WINE-BRAISED WAGYU SHORTRIB    32
 6-ounce shortrib, mushrooms, Brussels sprouts,
 parsnip purée, sherry sauce
- FAROE ISLAND SALMON     30
 potatoes, lemon velouté, mushrooms, steamed asparagus
- CHICKEN MILANESE  24
 arugula, grated Parmesan, charred lemon

SANDWICHES

Choice of House or Caesar side salad, fries, fruit or housemade chips.

- FRENCH ONION GRUYÈRE GRILLED CHEESE 16
 au jus, fontina, cheddar, caramelized onions
- WAC CHEESEBURGER  17
 two 4-ounce patties (or substitute turkey), American cheese,
 brioche bun, garlic aioli, housemade pickles, lettuce, tomato
 ADD BACON | 3 ADD AVOCADO | 3
 Dairy free upon request
 Substitute cheddar, Swiss, provolone or bleu cheese.
- ROASTED TURKEY CLUB   16
 croissant, roasted turkey, bacon, tomatoes, mixed greens,
 garlic aioli, avocado
- TRADITIONAL WAC SALAD OR SANDWICH   16
 choice of: chicken, tuna, egg, shrimp, curry chicken
 served with sliced fresh fruit and berries
 optional choice of bread: sourdough, white, wheat, dark rye,
 multigrain, croissant

CATCH OF THE DAY    Market Price
 Enjoy our seasonal catch as a salad with arcadian greens,
 carrots, radish and lemon or enjoy as an entrée with your choice
 of two sides.

SIDES

- | | | | |
|------------------------|---|--------------------------|---|
| STEAMED BROCCOLI | 6 | STEAMED ASPARAGUS | 6 |
| ROASTED SWEET POTATOES | 6 | ROASTED FOREST MUSHROOMS | 8 |
| SAUTÉED SPINACH | 6 | ISRAELI COUSCOUS | 6 |



DAIRY FREE



GLUTEN FREE



CONTAINS
NUTS



MEAT FREE



FIBER RICH



PROTEIN RICH

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.