

BREAKFAST

All eggs are organic!

- CROISSANT EGG SANDWICH**
Ham, eggs, and cheddar cheese on a grilled croissant. **\$7**
- EGG SANDWICH**
Two scrambled eggs on wheat toast. Served with fresh fruit. **\$6**
- VEGGIE OMELET *gf**
Regular or egg-white only. With sautéed bell peppers, tomato, onion, squash, spinach, and zucchini. **\$8**
- BREAKFAST COMBO**
Two eggs any style, two pieces of bacon, and two pieces of wheat toast. **\$6**
- BREAKFAST BURRITO**
Add chopped curly fries \$1
Choice of Veggie, Ham, or Bacon
Scrambled eggs, melted jack & cheddar cheese, grilled onions, and bell peppers. All in a flour tortilla. **\$7**
- Seasonal House Made Bread** **\$3**
- Plain Bagel w/ Cream Cheese** **\$2.5**
- Gluten Free Bagel w/ Cream Cheese *gf** **\$4**
- Milk w/ Cereal** **\$4**
- Cereal** **\$1.5**
- Hard Boiled Egg** **\$1**

- Open 7 Days A Week
- Eat In or Take Out
- Open To The Public
- Daily Specials & Soups

Events

Let the Oasis Grille cater your club event! We have the perfect menu and setting for any occasion! Our chef and special events director will work together with you to arrange all the details of your event so you can focus on enjoying your celebration!



Call 805.595.7600 ex 102 For Take Out
www.avilabayclub.com



Menu



Salads, Burgers, Sandwiches, Wraps, Breakfast, Kids' Menu, Beer & Wine, Snacks, and Fresh Smoothies. We are thrilled to offer a variety of gluten free options.

Oasis Grille

SALADS

With choice of house made dressing: Ranch, bleu cheese, caesar *gf, balsamic vinaigrette *gf, lemon vinaigrette *gf.
ADD CHICKEN \$3.5 / WILD SALMON \$5.5

QUINOA COBB SALAD *gf \$8
Mixed greens, hardboiled egg, tomato, bacon, avocado, cheddar jack cheese, quinoa.

CLASSIC CAESAR *gf version \$7
Crisp chopped romaine lettuce, tossed w/ tomatoes, parmesan cheese, croutons, and classic Caesar dressing. (For *gf ask for no croutons.)

BEET SALAD *gf \$9
Roasted beets, toasted hazelnuts, mandarin oranges, blue cheese, avocado, mixed greens.

CHIPOTLE BLACK BEAN *gf \$8
Chipotle aioli, black beans, diced tomatoes, caramelized onions, avocado, cheddar jack cheese, romaine.

JOBIE'S KALE SALAD *gf \$7
Organic Kale, parmesan cheese, cranberries, lemon vinaigrette, green onion

QUINOA SALAD *gf \$7
Spinach, tomatoes, caramelized onion, cranberries, quinoa

KIDS' STUFF

Kids' Chicken Tender (1) & Fries \$5

Chicken Tenders (2) & Fries \$7.5

Grilled Chicken & Veggies *gf \$5.5

Corn Dog or Nitrite Free Hot Dog & Fries \$5

Kraft Macaroni & Cheese \$4

Peanut Butter, Banana, & Organic Jelly Sand \$5

Grilled Cheese on Wheat Bread & Fries \$5

Cheese Quesadilla (Add Chicken \$3.5) \$4

HANDHELDS

Served with choice of salad, fries, or 1/2 cup soup. Fruit, extra bacon, avocado, cheese, or curly fries, add \$1.

GRILLED CHICKEN CHIPOTLE SANDWICH \$10
Chicken, lettuce, avocado, tomatoes, provolone cheese, chipotle aioli, and grilled onions on asiago focaccia bread.

CHICKEN CLUB SANDWICH \$10
Grilled chicken, bacon, tomato, avocado, lettuce, on whole wheat.

GRILLED CHICKEN BALSAMIC WRAP \$10
Flour tortilla, spinach, chicken breast, dried cranberries, avocado, mandarin oranges, and balsamic vinaigrette dressing.

GREEK SALMON WRAP \$11
Grilled wild caught salmon, flour tortilla, sundried tomato aioli, cucumber, sliced red onion, Kalamata olives, romaine lettuce.

À la carte handhelds

BEER-BATTERED COD TACOS (two) \$8
Beer-battered cod fillet, corn tortillas, shredded lettuce, cheese, chipotle aioli.

BOWLS

BRUSSELS SPROUT *gf \$8
Brown rice, Brussels Sprouts, cranberries, walnuts, Parmesan cheese, lemon vinaigrette

TENNIS PRO *gf \$10
Quinoa, broccoli, tamari salmon, sesame, avocado.

TRIATHLETE *gf \$8
Chicken, sweet potato, black bean, brown rice, cilantro cream

BURGERS

Served with choice of salad, fries, or 1/2 cup soup. Fruit, extra bacon, avocado, cheese, or curly fries, add \$1.

CLASSIC BURGER \$8
1/3 lb. beef patty, lettuce, onion, tomato, and pickles.

BLACK BEAN \$10.5
Chipotle aioli, caramelized onion, avocado, provolone cheese, lettuce, tomato.

THE STEAKHOUSE BURGER \$13.5
Beef patty, bacon, sunnyside up egg, blue cheese, avocado, caramelized onion.

*gf is Gluten Free. Please note all items are cooked in a kitchen that shares equipment with other items containing gluten, so be careful with gluten allergies. French fries share the same oil the curly fries are cooked in.

SNACKS & SIDES

Peanut Butter & Organic Apples *gf \$3.5

String Cheese \$0.75

Hard Boiled Egg *gf \$1

Chips & Salsa *gf \$3

Fresh Mixed Fruit \$4

Carrots & Celery w/ Ranch (*gf no Ranch) \$3

Frozen Greek Yogurt Stick *gf \$1.25

French Fries *gf Sm. \$3 / Lg. \$4.5

Curly Fries Sm. \$3.25 / Lg. \$4.5