HEALTH • WELLNESS
THE MONARCH GYM
COMMUNITY

November Menu

Monthly Drinks

ORANGE CARDAMOM LATTE

A classic latte with a house-made orange cardamom simple syrup. Perfect for any chilly November day!

BROWN SUGAR MOCHA

A drink perfect for chilly mornings, a mocha with housemade brown suagr syrup.

SALTED CARAMEL CHOCOLATE SMOOTHIE

A smoothie with banana, cocoa powder, avocado, a pinch of salt, and Transparent Labs salted chocolate caramel protein powder.

11/1 - 11/7

BAKERY OF THE WEEK

CINNAMON ROLLS

Soft cinnamon rolls swirled with sweet cinnamon sugar and topped with a smooth, creamy icing.

10:30AM - 2:30PM

MARRY ME CHICKEN SOUP

Creamy gnocchi soup with chicken, spinach, sun-dried tomatoes, and parmesan cheese.

CINNAMON FRUIT SALAD

Fruit salad with chopped apples, fresh blackberries, grapes, and pecans with a oragnce cinnamon dressing.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

11/8 - 11/14

BAKERY OF THE WEEK

MACADAMIA NUT COOKIE

A soft, buttery cookie filled with macadamia nuts for a rich, nutty flavor in every bite.

10:30AM - 2:30PM

CRANBERRY ROSEMARY CHICKEN BOWL

Roasted chicken with a cranberry rosemary marinade, served on garlic roasted potatoes.

PUMPKIN PIE PROTEIN BALLS

Classic peanut butter protein balls with pumpkin puree and pumpkin spice for a fall twist!

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

11/15 - 11/21

BAKERY OF THE WEEK

BANANA BREAD

Soft banana bread with a hint of cinnamon and other warm spices. Perfect for any November morning!

10:30AM - 2:30PM

BEEF STEW

A classic, hearty house-made beef stew featuring tender beef, carrots, potatoes, onions, and celery in a warmly spiced broth.

BUTTERNUT SQUASH WHIPPED FETA

A snack pack with fresh seasonal vegtables and a homemade butternut squash whipped feta.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.

11/22 - 11/28

BAKERY OF THE WEEK

OATMEAL RAISIN COOKIE

A soft, chewy oatmeal cookie filled with sweet raisins and a hint of cinnamon.

10:30AM - 2:30PM

THANKSGIVING BOWL

Roasted turkey served on mashed potatoes, with roasted green beans and a house-made cranberry sauce.

MAPLE & SPICE HARVEST SALAD

A dark green salad with chicken, roasted sweet potato, pecans, feta, pomegranate. Served with a cinnamon cider vinaigrette.

2:30PM - 7:00PM

PROTEIN - TO - GO

Protein grilled to perfection and ready to reheat. Great alone or as an easy add-on to any meal.