



The Sporting Club Café

8930 UNIVERSITY CENTER LANE
SAN DIEGO CALIFORNIA 92122
(858) 202-7325

Delicious Organic Eatery



RAWESSENCE

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The Sporting Club Café

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Catering to Your Health!

Ask about out catering and free deliveries

JUICES

FRESH VEGETABLE & FRUIT JUICES \$4 - \$5

FRESH CELERY BLEND

Celery, carrots, cucumber & squeeze of lemon/lime

GOOD MORNING DELIGHT

Carrots, apple, cucumber, strawberries & ginger

CUCUMBER COOLER

Cucumber, apple, strawberries

GINGER KISS

Red pepper, cucumber, carrot, apple, ginger

POPEYE'S SECRET

Spinach, celery, carrots, tomatoes, parsley

MEAN & GREEN

Spinach, cucumber, parsley, apple, mint

THREE AMIGOS

Green apple, cucumber, carrot

FOUR SOME MORE

Green apple, carrots, red cabbage, ginger

FIVE ALIVE

Red pepper, carrot, celery, cucumber, squeeze of lime

IMMUNITY SHOT

Celery, cucumber, carrot, apple, ginger, garlic

THE CURE

Carrots, parsley, celeries, cucumbers, spinach, garlic, ginger, squeeze of lemon

COLD BUSTER

Orange, grapefruit, strawberries, ginger

HAPPY HANGOVER

Wheat grass, cucumber, apple, ginger

APPLE/ORANGE/GRAPEFRUIT/MELON JUICE

Due to the season, some supplies will and can be substituted

SMOOTHIES

PROTEIN SMOOTHIE

24 oz \$4.85 - \$5.50

32 oz \$5.56 - \$6.95

STRAWBERRY FATE BURNER/BLUEBERRY ENERGY

Strawberries/blueberries, bananas, flax seeds, vanilla whey protein, stevia and pure water

BLUE MANGO MUSCLE

Blueberries, mango, bananas, juice of choice, flax seed & vanilla whey protein

ACAI SMOOTHIE

Pure acai, bananas, blueberries, strawberries & juice

PEACHES & CREAM/STRAWBERRIES & CREAM

Peaches/strawberries, bananas, flax seed, skim milk, & vanilla whey protein

TROPICAL KNOCK OUT

Pineapple, mango, bananas, coconut, orange juice, whey protein

CHOCOLATE MONKEY

Milk, bananas, peanut butter, carob powder and chocolate whey protein

CHUNKY MONKEY

Milk, bananas, peanut butter, whey protein, flaxseeds

CHOCOLATE COVERED STRAWBERRIES

Strawberries, bananas, chocolate protein, carob powder, flax seeds

LEAN & WIRED

2 shot espresso, chocolate whey protein, flaxseeds, Xylitol

PUMP YOU UP!

2 shots espresso, milk, flax seed, 1 scoop chocolate protein, xylitol, carob powder

COCONUT DATE SHAKE

Bananas, dates, coconut, vanilla protein, flaxseeds, sweet dairy whey, skim milk

TOO GOOD TO B-GREEN

Bananas, avocado, coconut, vanilla protein, flaxseeds, sweet dairy whey, milk

STARTERS & SIDES

PEANUT BUTTER & BANANA SANDWICH	5
Organic peanut butter topped with sliced bananas and drizzled with agave	
YOGURT & FRUIT	5
Our fresh fruit topped with vanilla/plain yogurt	
COTTAGE CHEESE & FRESH FRUIT	6
Our fresh fruit topped with cottage cheese	
VEGETABLE & HOMEMADE HUMMUS PLATTER	6
Your choice of our fresh vegetables and a scoop of our hummus	
VEGAN	6
Hummus, avocado, tomatoes, lettuce, sprouts, onions, cucumbers and peppers in sprouted bread or wrap	
RAW CHEESE & FRUIT	7
4 oz combinations of our raw cheese and fresh/dried fruit	
AVOCADO MELT	7
Hummus, avocado, tomatoes and melted cheese on sprouted toast	
SOUP OF THE DAY	4.5
Served with a slice of sprouted toast	

HEALTHY STARTERS

STEAMED EGG CREATIONS

Made with 2 whole organic eggs, high in omega-3 and the rest egg whites topped with our homemade salsa, sliced avocado and a drizzle of our secret sauce. Come with a side of in season fruit(s) and sprouted toast

BROCCOLI & RAW CHEESE PLEASE **7.95**

Broccoli, onions & topped with raw cheddar

POPEYE'S BREAKFAST **7.95**

Spinach & onions sprinkled with raw blue cheese

THE PATRIOT **7.95**

Red peppers, onions and topped with blue cheese

ALL THE VEGGIES PLEASE! **8.25**

All of your favorite veggies and your choice of cheese

CHICKEN FAJITA WRAP **8.50**

Chicken & eggs (doesn't matter which came first), onions, peppers and sliced avocado, wrapped in a sprouted wrap.

Add cheese for extra \$1

MAKE YOUR OWN CREATION

Just Steamed Eggs	4
Just Egg Whites	Extra 2
2 oz Chicken, Beef, Turkey	3
Vegetables	1
Toast/Wrap	1.5
Avocado	3
Salsa	1

SPECIALTY SALAD & SPECIALS

\$10 - \$15

The ingredients in our specialty products are not always available and can be substituted

ALBACORE ASIAN SALAD **11.15**

Tuna, avocado, kelp noodles, romaine, tomatoes, carrots, broccoli, mint and sweet ginger sesame sauce

WILD SALMON SPINACH SALAD **12.50**

Salmon, raw feta/blue, spinach, tomatoes, onions, secret sauce

CURRY CHICKEN SALAD **11**

Curried chicken, mixed greens, tomatoes, onions and orange Dijon sauce

GRASS-FED BEEF CABBAGE SALAD **11.50**

Beef, greens, cabbage, onions, apple, kelp noodles, secret sauce

TURKEY COBBLER SALAD **12**

Turkey, avocado, romaine, black beans, sweet corn, tomatoes, cucumber and creamy avocado sauce

*Additional sauce for \$1

Daily specials are made by our chef that morning which usually consist of one of our quality protein source, seasonal vegetables, organic grains and comes with side of soup and salad. This is usually a sampling of what our weekly food program consist of cause it is healthy, specially made and it's usually something out of our menu.

SANDWICHES/WRAP/SALADS

All of our sprouted sandwiches/wraps and salads can be customized according to your taste. Our meats are hormone free and/or free range and we use organic and seasonal local pesticide free vegetables and fruit whenever possible. All comes with our fresh choice of soup or salad made with love. Put it in 2 seaweed nori roll for a carb conscientious meal for an extra \$1

BEEF CAKE **9.25**

Grass-fed roast beef mixed with cabbage, tomatoes, onions and avocado, marinated in a secret sauce

THE IRON(WO)MAN **9.50**

Natural turkey, grass-fed beef, avocado, sprouts, peppers, cucumbers, onions and secret sauce

SPIN WRAP **9.85**

Natural turkey, raw cheddar, homemade hummus, tomatoes, lettuce & avocados

TRIATHLETE ROLL **9.75**

Natural turkey, turkey bacon, avocados, honey mustard, tomatoes, lettuce, cucumber and onion

CHUNKY HERBED CHICKEN **9.25**

Oven roasted free range chicken mixed with fresh herbs and your choice of our homemade dressing topped with peppers, tomatoes and cucumbers

Add cheese for \$.50

THE GOBBLER **9.25**

Natural turkey, avocados, tomatoes, cucumbers, lettuce, sprouts and your choice of sauce

TUNA MELT **9.25**

Albacore topped with raw cheese, healthy homemade mayo, honey mustard, avocados, onions, peppers and sprouts

MAKE YOUR OWN CREATION

Turkey, Chicken	1.25/oz
Roast Beef	1.5/oz
Turkey Bacon	1/slice
Specialty Items	2/oz
Raw Cheese	1.5/oz
Organic Veggies	1
Avocado Slices	2
Whole Avocado	3
Sprouted Wrap/Toast	1.5

SAUCES

Orange Honey Mustard, Wasabi Mayo, Ginger Tahini, Secret Sauce

“CATERING” TO YOUR HEALTH

LUNCHEONS	PER PERSON	FOR 10-15
Wraps	10	100
Mixed Sandwiches	12	20
Salads	10-14	varies

FINGER FOODS

Hummus & Vegetables	50
Babaganouch	70
Raw Cheese & Fruit Platter	80

FRESH PRESSED JUICES 100

FRESHLY BLENDED SMOOTHIES

Let us blend something special especially for you

Young Coconut
Fresh Juices
Acai
Fresh Berries
Goji Berries
Protein
Raw Nuts
Peanut Butter
Dried Fruits
Fresh Season Fruit
Raw Agave
Carob Chips/Powder
Banana
Apple
Honey
Freshly Grounded Flaxseeds
Shredded Coconut
Organic Egg

RAWESSENCE

We are dedicated to providing you with the highest quality and healthiest of what food have to offer. We use a combination of the best way to eat your vegetables and fruit that are best eaten raw in combination with eating the healthiest meats, poultry and fish and eggs and whole grains. Eating fruits and vegetables in its uncooked state will provide you with all its natural enzymes to assist your body in breaking it down and giving your body the nutrition that you need.

We serve organic products whenever possible and use seasonal fruits and vegetables as much as we can. We will continue to create and serve the most diverse health oriented menu here. All of our foods and dressings are made fresh to your plate. We use no artificial sugars or flavors in our foods and believe that everything we serve you is superior to nutrition to your body. We will make it our priority to improve your health in the most delicious way we know how. I guarantee you will love something in our menu.

WHAT IS RAW FOOD NUTRITION?

If you know anything about nutrition, you know that there are amazing vitamins and minerals in the foods that you see everyday. The sad news is that we as a society are finding new ways to destroy these health healing properties in food out of mass production, convenience, false taste and deception.

Raw food nutrition simple means that for the most part, food in its most natural original state is usually at its most nutritious state. The whole concept that of not simply heating food over 120 degrees means that vital enzymatic properties are being destroyed above this amount of heat. For most properties, this holds true not excluded to vegetables and fruits only, but also meats, dairy and fats as well.

High amounts of heat can slowly destroy not only enzymes in foods, but also vitamins are being cooked away and the molecular properties of foods are being changed. This can be detrimental when it comes to good fatty oils that we learn are good for us like mono and poly unsaturated fats, but can change to a saturated fat because of its instability. Now, even though this holds true for most food, there are foods out there that do need to be slightly cooked for our bodies to absorb the nutrients that it offers and our bodies to break down the fibrous content of the food. Foods like legumes, quinoa, rice and many grains have to be cooked a certain way for us to comfortably ingest them properly. There are other vegetables that also need to be steamed for us to absorb the most nutrients in them like spinach for its iron and even kale for its calcium.

It's a great start and slowly adding something raw with every meal you eat.