

# **Your Healthy Living Destination!**

## **Copper Island Beach Club, Inc.**

“Let food be your medicine.” ~ Hippocrates, 406 B.C.

<b>Mostly plant based items:</b>	
<b>Italian</b>	(Choice of) Bean pasta with marinara or alfredo sauce & spinach
<b>Mexican</b>	Bean quesadilla, bean or chili nacho platter, black bean burrito
<b>Cajun</b>	Jambalaya, chili, chili with brown rice, spicy cabbage
<b>Egyptian</b>	Falafel, fava bean dip, hummus and pita bread
<b>Sandwiches</b>	Chickpea walnut burger, veggie wrap, avakraut , PB & B panini
<b>Salads</b>	Chef, spinach, taco, salmon, side salad
<b>Other items</b>	Chips & salsa, soup, cashew fudge, energy bar, smoothies (a.k.a. refueling shakes)

“...switching from a meat-based to a plant-based diet would do more to curb and reverse global warming than any other initiative.” *WHOLE*, p. 167

“If you seek a pleasant peninsula, look about you.”

General Lewis Cass, 1835

Red Wines: Cabernet Sauvignon, Great Lakes Red, Pinor Noir, Merlot, Shiraz, Gluhwein

White Wines: Chardonnay, Pinor Grigio, Peisporter, Reisling; Zinfandel.

*Full bar along with our own Copper Island Ice Tea & Island Elixir*

Sund ay	Mond ay	Tuesd ay	Wed.	Thur s.	Frida y	Sat.
3-8pm	11-9pm	11-9pm	11-9pm	11-9pm	11-9pm	11-9pm
Cribbage league, 4pm	Men’s day, 4-7pm	Ping pong, 2pm	Women’s day, 4-7pm  Dog Days, 4pm	Book Club, 7pm	Happy hour, 4-7pm	Ping pong, 2pm

**Therapy available daily; relax, breath,  
enjoy! 😊**

**M-F: “Jeopardize your evening,” 7pm**

**Lunch Loop: order, walk to marina and back, refuel.**

**Be active, be happy (endorphins are the body's morphine!)**

## **Healthy living made easy at the Copper Island Beach Club**