



The Oak Room

For the Table

FIRECRACKER SHRIMP

Battered petite gulf shrimp in a sweet & spicy sauce 12.50

ROASTED BRUSSELS SPROUTS gf

Truffle honey, smoked sea salt, chopped walnuts, Parmigiano-Reggiano 9.95

CHICKEN WINGS

Chili spiced crispy jumbo wings served your way... buffalo, BBQ, chili lime or naked 10.95

AVOCADO SALSA gf

Served with baked corn chips 8.50

For One

*CAESAR SALAD

Crisp romaine, anchovy dressing, Parmigiano-Reggiano and garlic croutons 6.95 | entrée size 12.95

HOUSE CHOPPED SALAD gf OAKS FITNESS

Tomato, onion, cucumber, crumbled feta and romaine tossed in a Greek vinaigrette 6.50 | entrée size 12.50

Add to any salad:

grilled chicken breast 5.95 |
grilled salmon 8.95 | shrimp 7.95 |
Beyond Burger® 8.50

Entrée Salads

THE NORTH PALM BEACH gf

Jumbo lump crab, shrimp salad, chopped romaine, avocado, roasted corn, sunflower kernels, vine ripe tomato and balsamic vinaigrette 19.95

SAMMY'S SALAD gf OAKS FITNESS

Lightly blackened chicken, greens, edamame, grape tomato, avocado, walnuts, red onion, olives, lemon citrus oil 16.50

Kids Only

Includes choice of French fries, steamed broccoli, carrot sticks or fresh fruit

CHICKEN FINGERS

Five all-natural hand breaded chicken breast strips 11.95

TWO CHEESEBURGER SLIDERS

Hand-pressed, American cheese, brioche bun 9.50

GRILLED CHICKEN BREAST

All-natural breast, lightly seasoned 10.50

SPAGHETTI AND MEATBALLS

Fresh tomato sauce, all beef meatballs and grated parmesan cheese 12.50

FRIED SHRIMP

Lightly battered crispy petite shrimp 12.95

MAC 'n CHEESE

House made cheese sauce with twisted noodles 8.50

GRILLED CHEESE

American cheese, thick sliced bread 5.95

Entrées

7oz FILET MIGNON

Certified Angus Beef, simply seasoned and grilled. Served with asparagus and fingerling potatoes 31.50

HERB ROASTED CHICKEN

All-natural semi-boneless breast and thigh, lemon, fresh herbs, roasted potatoes and brussels sprouts 22.50

SPAGHETTI POMODORO

San Marzano tomato, fresh basil, onion, garlic and grated Parmigiano-Reggiano 12.50

Add: meatballs 4.50 | sautéed jumbo shrimp 7.50 |
chicken parmesan 6.50

Gluten free pasta or zucchini noodles on request

GRILLED SALMON

Lightly seasoned fillet, served over zucchini noodles, broccoli, grape tomato and lemon caper sauce 25.95

PJ'S SIMPLY FIT BOWL OAKS FITNESS

Cauliflower rice, spring mix, olive oil and roasted vegetables 9.95

Add: grilled chicken 5.95 | shrimp 7.95 | grilled salmon 8.95

Handhelds

Served with choice of one side item

gf Gluten free bun, gluten free wrap or lettuce wrap available upon request

MAHI TACOS gf

Lightly blackened, jalapeño slaw, fresh pico, citrus aioli, corn tortillas 13.95

*OAK ROOM CHEESEBURGER

Hand-pressed fresh Certified Angus Beef topped with melted Tillamook cheddar 13.50

Add: bacon 1.95 | sautéed onions 1.95 | surf 'n turf style 6.95

CHICKEN AVOCADO WRAP

Grilled chopped chicken, avocado, roasted corn, chipotle mayonnaise and pico de gallo, rolled in a sundried tomato tortilla 14.50

THE YARDBIRD BBQ

Chicken breast, Tillamook cheddar, applewood bacon, crispy onions and lettuce on a toasted bun 13.95

CLASSIC BLT

Thick sliced challah bread, smoked bacon, tomato, lettuce and mayo 10.95

Add: sliced Tillamook cheddar cheese 2.50

VEGGIE BURGER

Plant based Beyond Burger®, lettuce and tomato on a challah bun 13.95

SIDES – \$3.95ea.

BRUSSELS SPROUTS | FINGERLING POTATOES | ASPARAGUS |

BROCCOLI | FRENCH FRIES | CAULIFLOWER RICE |

ROASTED VEGETABLES | FRESH FRUIT | ZUCCHINI NOODLES |

SWEET POTATO FRIES | QUINOA SALAD

gf Indicates a gluten-free item

OAKS FITNESS Indicates fitness approved

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Prices and menu items are subject to change.



Oak Room Features

Soup

NEW ENGLAND CLAM CHOWDER 6.95

Appetizers

SHRIMP COCKTAIL

Jumbo poached shrimp with bloody-mary cocktail sauce 14.50

ZUCCHINI FRITTERS

Crispy nugget of fried zucchini with pesto cream dipping sauce 9.95

Salad

THE HOT HOUSE

Beefsteak tomato, fresh dill, shaved parmesan, red onion, chopped bacon and buttermilk ranch 12.50

Handhelds

TUNA SALAD

Albacore tuna salad, celery, mayo, lettuce, tomato on hearty white bread 13.50

Try it as a melt with swiss on toasted rye!

SLOPPY JOE

Ground beef simmered in a sweet and tangy sauce with melted American cheese piled high on a toasted challah bun 13.50

Entrée

BLACKENED MAHI

Stewed okra and tomatoes on cheddar grits 26.50

16OZ PRIME PORTERHOUSE

USDA prime, baked potato, broccoli and demi-glaze 45.50

CHICKEN PENNE ALLA VODKA

chicken breast, penne pasta tossed in a vodka pink sauce 18.95

Substitute with shrimp 23.95

Sides

Baked Potato 3.95

Cheddar grits 3.95

Stewed okra and tomatoes 3.95

Desserts

CHEESECAKE

Weekly Flavor: Berry Compote 6.95

BROWNIE SUNDAE

Ghirardelli brownies, vanilla ice cream, whipped cream, chocolate sauce and cherries 8.50

APPLE TARTIN

Cinnamon and sugar and vanilla ice cream 5.95

ICE CREAM AND SORBET 3.95

ALL NATURAL PALETERIA POPSICLES 4.50



Libations

Cocktails

- DIRTY MARTINI** | Tito's vodka, olive juice, blue cheese stuffed olives 12.50
- CHOCOLATE MARTINI** | Van Gogh chocolate vodka, Baileys, Godiva chocolate liqueur 12.95
- CUCUMBER COCKTAIL** | Ketel One vodka, Cointreau, cucumber, mint, lime, soda water 10.50
- COUNTRY THYME LEMONADE** | Tito's vodka, fresh lemon juice, agave, muddled blueberries, thyme 10.95
- OAK ROOM OLD FASHIONED** | Makers Mark Bourbon, aromatic bitters, orange, amarena wild cherry 11.95
- JALAPENO MARGARITA** | Don Julio Silver tequila, lime, muddled jalapeno, soda water, sriracha rim 13.50
- RED SANGRIA** | Red wine, Grand Marnier, Peach Schnapps, fresh fruit 9.95

Wines

	GLASS	BOTTLE
SPARKLING		
Prosecco, Ruffino Brut, split, Italy	8.50	—
Prosecco, Ruffino Rose, split, Italy	8.50	—
Prosecco, Syltbar, Friuli, Italy	—	43.50
Champagne, Veuve Clicquot Yellow Label Brut, France	—	105.95
CHARDONNAY		
Kendall Jackson, Sonoma, California	10.50	31.95
Simi Reserve, Sonoma, California	12.95	38.95
La Crema, Russian River Valley, California	15.00	53.50
Stag's Leap Cellars, Karia Napa Valley, California	17.50	57.95
CLASSIC WHITES		
Sauvignon Blanc, Chateau St. Michelle, Columbia Valley, Washington	8.50	26.50
Sauvignon Blanc, Kim Crawford, New Zealand	10.95	35.95
Pinot Grigio, 152 By Noble Vines, Monterey, California	7.95	25.50
Pinot Grigio, Barone Fini, Alto Ridge, Italy	12.50	43.95
BLUSH		
Whispering Angel, Provence, France	13.95	45.95
La Crema, Pinot Noir Rose, Monterey, California	12.50	44.50
CABERNET SAUVIGNON		
Josh Cellars Craftsman, California	9.50	29.95
Joel Gott, California	12.50	44.50
Black Stallion, Napa Valley, California	15.95	54.95
Stag's Leap Cellars, Napa Valley, California	—	89.95
Caymus, Wagner, Napa Valley, California	—	135.50
PINOT NOIR		
Meiomi, Sonoma Coast, California	12.50	42.50
Flowers, Sonoma County, California	—	69.95
INTERESTING RED		
The Prisoner, Napa Valley, California	—	74.95
Josh, Legacy Red Blend, California	10.50	34.95
Zinfandel, Edmeades Zin, Mendocino, California	11.95	41.50

BEER

- Bud Lite , Michelob Ultra Gold, Yuengling 5
 Heineken, Corona 6
 Rotating drafts 6.50



Rise and Shine - \$10

Banana, Hemp Seed, Cold Brew Coffee, Agave, Almond Milk

Green Goddess - \$10

Kale, Spinach, Avocado, Hemp Seed, Agave, Coconut Water

Immune Booster - \$10

Pineapple, Strawberry, Mango, Orange Juice

Active Recovery - \$10

Banana, Pineapple, Peanut Butter, Protein, Coconut Water

Protein Add-in - \$2

Vanilla Whey Protein (24g Protein)

Naked Pea Protein (27g Protein)