

C A F E M E N U

S A N D W I C H E S

served with chips, pretzels, or french fries

Seared Turkey Burger **\$6.25**

Turkey burger seared to perfection served with crisp romaine and fresh tomato.

Seared Chicken Sandwich **\$6.25**

Marinated and seared chicken breast served with crisp romaine and fresh tomato.

Black Bean Burger **\$6.50**

Morning Star black bean patty seared and served with crisp romaine and fresh tomato.

Fresh Turkey Sandwich **\$4.95**

Oven roasted sliced turkey breast served with crisp romaine and fresh tomato.

BLT **\$5.50**

Crispy bacon, fresh romaine, plump tomato on toasted whole grain bread.

Classic Beef Burger **\$6.50**

100% all beef burger, seared to perfection and served with crisp romaine and fresh tomato.

Patty Melt **\$6.25**

Homemade tuna salad served open face on a whole wheat English muffin topped with fresh tomato and your choice of melted cheese.

Add cheese .50

Add bacon .75

S I D E S

Steamed Vegetables **\$3.00**

French Fries **\$1.50**

Steamed Broccoli **\$3.00**

Baked Chili Lime Parmesan Fries **\$1.50**

K I D S

All items **\$3.50**

Chicken Tenders

Hot Dogs

Grilled Cheese

English Muffin Pizza

Uncrustables (Stuffed PB& J)

S M O O T H I E S

16 oz. **\$3.50** 24 oz. **\$5.50**

Banana Blueberry Bananas, blueberries, fat free yogurt, and concord grape juice.

Basic Fruit Strawberries, banana, blueberries, orange juice.

Chocolate Banana Banana, frozen yogurt, Hershey's chocolate syrup, and fat free milk.

Purple Passion Banana, blueberries, strawberries, yogurt, and concord grape juice.

Strawberry Banana Banana, strawberries, skim milk, and yogurt.

Strawberry Blueberry Blueberries, strawberries, concord grape juice, and yogurt.

P O W E R P R O T E I N S H A K E S

16 oz. **\$3.50** 24 oz. **\$5.50**

Berry Blast Strawberries and blueberries with concord grape juice and strawberry protein blend.

Strawberries and Cream Strawberries and vanilla protein blend with your choice of juices, water, or 1% milk.

Peanut Butter and Chocolate Delight Peanut butter, chocolate protein blend with your choice of water or milk.

Create your own Power Shake Your choice of 2 fruits and choice of juice with any protein blend.

D R I N K S

Fountain Drinks 12 oz. **\$1.35** 16 oz. **\$1.75**
Diet Coke, Coke, Sprite, Mr. Pibb, Orange Fanta

Bottled Drinks **\$1.75**
Powerade, Vitamin Water, Bottle Water

Bottled Soda 20 oz. **\$1.50**

Beer Pitcher **\$14.00** 12 oz. **\$ 3.25** 16 oz. **\$3.75**

Wine by the Glass **\$5.50**

Appetizers, Wraps, Entrees & Salads on other side of menu.



C A F E M E N U

A P P E T I Z E R S

Fried Chicken Fingers **\$6.95**

White meat chicken tenders breaded and fried in canola oil to a golden crisp finish.

Santa Fe Rolls **\$6.95**

Spinach tortilla stuffed with seasoned and seared chicken breast, roasted red pepper, baby greens, red bean puree, corn salsa, and lime sour cream then rolled and cut like sushi. Served with habanero dip and salsa.

Baked Lime Chile Parmesan Fries **\$3.99**

Shoestring fries seasoned with lime juice, chile, and parmesan cheese.

Caesar Salad Pizza **\$6.95**

10 inch thin crust pizza baked with homemade pizza sauce and topped with a yogurt based Caesar salad with a dash of lemon juice and parmesan cheese.

Quesadilla **\$4.95**

Whole wheat tortilla stuffed with shredded cheddar and toasted to perfection Served with salsa and lime sour cream.

Homemade Soups Cup **\$3.50** Bowl **\$4.95** (seasonal with crackers)

E N T R E E S

Chicken Breast Platter **\$5.50**

Seared chicken breast with steamed broccoli and seasoned brown rice.

Baked Lemon Salmon Platter **\$11.95**

Salmon fillet baked with fresh lemon slices, white wine, and olive oil served with seasonal vegetable mix and brown rice.

Chicken Tender Platter **\$5.50**

White meat chicken tenders breaded and fried in canola oil until golden brown served with shoestring french fries.

W R A P S

served with chips, pretzels, or french fries

Veggie **\$7.50**

Steamed seasonal veggies with romaine, baby greens, shredded cheddar, sliced tomato, and corn salsa in a whole wheat tortilla.

Chicken Caesar **\$6.50**

Fresh cut romaine lettuce, marinated and seared chicken breast, dash of lemon and parmesan cheese tossed in a yogurt Caesar dressing then wrapped in a spinach tortilla.

Buffalo Chicken **\$6.95**

Golden fried chicken tenders with romaine and baby greens, mozzarella, sliced tomato, blue cheese crumbles in spicy buffalo sauce wrapped in a white tortilla.

Asian **\$7.50**

Marinated and seared chicken breast, romaine and baby greens, dry sesame noodles, carrot, celery tossed in Thai peanut sauce and wrapped in a white corn tortilla.

Totally Turkey **\$6.50**

Oven roasted turkey breast, romaine, baby greens, cucumbers, tomatoes, and corn salsa in a whole wheat tortilla.

S A L A D S

House **\$4.95**

Romaine, baby greens, red onions, olives, cucumbers, tomato, and croutons.

Caesar **\$6.95**

Fresh cut romaine with a zest of fresh lemon, parmesan cheese, and croutons in a yogurt based Caesar dressing.

Asian **\$7.95**

Romaine, baby greens, dry sesame noodles, carrots, celery, mandarin oranges, and toasted slivered almonds with ginger sesame dressing.



Sandwiches, Sides, Kids' Menu,
Smoothies, Shakes & Drinks
on other side of menu.