



MON-FRI: 8:00AM – 8:00PM & SAT-SUN: 8:30AM – 4:00PM

All menu items are available to go. Private party menu available upon request.
Contact Dan Sava at dan.sava@midtown.com

WRAPS AND SANDWICHES \$8

*served with choice of chips, salad, carrots and celery, and french fries or sweet potato fries
add bacon or guacamole \$1. add a fountain drink or bottled water \$1*

BREAD CHOICES:

WHEAT BREAD

120 cal/24g carb/4g pro/1.5g fat

FLATBREAD

292 cal/55 carb/8g pro/4g fat

KAISER ROLL

180 cal/33g carb/6g pro/2.5g fat

HONEY WHEAT WRAP

330 cal/56g carb/7g pro/8g fat

LOW CARB WRAP

80 cal/18 carb/8g pro/3g fat

TURKEY GUACAMOLE

roasted turkey, guacamole, romaine lettuce, tomato and mozzarella
252 cal/10g carb/28g pro/11g fat

BAJA CHICKEN

cajun chicken breast, grilled peppers and onions, spinach, mozzarella and cucumber ranch dressing
346 cal/6g carb/49g pro/13g fat

SPINACH MARGHARITA

spinach, tomato, peppers, mozzarella cheese and basil pesto spread
161 cal/7g carb/9g pro/11g fat

VEGETARIAN

romaine lettuce, cucumber, tomato, red peppers and hummus
35 cal/8g carb/1.5g pro/2g fat

DEL-SOL

choose chicken, roasted turkey or salmon - with spinach, mozzarella and sun dried tomato pesto spread
281 cal/28g carb/29g pro/38g fat

GRILLED CHICKEN

chicken breast, cheddar cheese, bacon, lettuce, tomato and mayo
489 cal/5g carb/56 pro/25g fat

CAFÉ CLUB

turkey, bacon, lettuce, tomato, dijon mustard and mayo
253 cal/9g carb/27g pro/12g fat

M CAFÉ TUNA

tuna, walnuts, cranberries, raisins, celery and apples mixed into tzatziki sauce with lettuce and tomato
284 cal/16g carb/22g pro/16g fat

CAFÉ BREADED FISH

beer battered cod; served with homemade tartar sauce and american cheese
261 cal/18g carb/14g pro/14g fat

GARDEN TURKEY

roasted turkey breast, red peppers, tomato, cucumbers, romaine lettuce and mozzarella
218 cal/12g carb/28g pro/6g fat

GREEK CHICKEN

seasoned chicken breast, lettuce, tomato and tzatziki sauce
300 cal/10g carb/43g pro/6g fat

BUFFALO CHICKEN

buffalo tossed chicken with ranch dressing, lettuce and tomato
139 cal/6g carb/22g pro/3g fat

SOUTHWEST CHICKEN

chicken breast, sweet corn, black beans, red peppers, tomato, lettuce and chipotle sauce
270 cal/23g carb/25g pro/8g fat

CHICKEN QUESADILLA

chicken, mozzarella, tomato, spinach and side of salsa
187 cal/8g carb/29g pro/13g fat

CAFÉ COMBO

choose two half-sandwich & half-salad, half-sandwich & cup of soup, cup of soup & half-salad (excludes m café burger)

SALMON

grilled salmon, spinach, apples, dried cranberries and sesame ginger dressing
246 cal/34g carb/22g pro/4.5g fat

M CAFÉ BURGER

half pound, certified angus beef burger; served with your choice of toppings
280 cal/2g carb/15g pro/24g fat

SALADS \$8

add a fountain drink or bottled water \$1

DRESSING CHOICES:

balsamic vinaigrette, blue cheese, caesar, chipotle ranch, cucumber ranch, lemon dijon, low fat ranch, sesame ginger

CAFÉ CHOPPED

chicken breast, romaine lettuce, tomato, cucumbers, carrots and corn, served with your choice of dressing
181 cal/16g carb/23g pro/3g fat

CHICKEN CAESAR

grilled chicken breast, romaine lettuce, croutons, parmesan cheese, with a side of caesar dressing
373 cal/21g carb/35g pro/16g fat

BUFFALO CHICKEN

buffalo chicken, romaine lettuce, celery, carrots, blue cheese and cucumbers
169 cal/13g carb/23g pro/3g fat

HARVEST

spinach, walnuts, dried cranberries, bleu cheese and lemon-dijon dressing
378 cal/29g carb/11g pro/27g fat

TUNA

romaine lettuce, tomato and cucumber topped with our tuna salad and balsamic vinaigrette dressing
162 cal/11g carb/11g pro/8g fat

SALMON

sesame ginger salmon, spinach, apples, cranberries, chow mein noodles and lemon-dijon dressing
396 cal/50g carb/25g pro/13g fat

TWO TUNA SCOOPS WITH TOAST AND FRUIT \$8

284 cal/16g carb/22g pro/16 g fat

TUNA SCOOP WITH CARROTS AND CELERY \$4

142 cal/8g carb/11g pro/8g fat

SMALL SIDE SALAD \$3

romaine, tomato, and cucumber

HOMEMADE SOUPS AND CHILI

CUP \$4 BOWL \$6

BREAKFAST

Served with Seasonal Fruit. Mon-Fri: 8:00 - 11:00am Sat-Sun: 8:30 - 11:00am

EGG CREATIONS \$8

omelet, egg white omelet or scramble
choose 3 ingredients (additional ingredients \$.50 each):
tomato, red pepper, onion, black beans, spinach, mushroom, artichoke, chicken, bacon, sausage, turkey, potato, pepper jack, cheddar, swiss, american, mozzarella, bleu, parmesan or feta

TWO EGGS \$4

served with whole wheat toast
204 cal/13g carb/14g pro/11g fat

BREAKFAST WRAP \$8

eggs, bacon, mozzarella cheese, tomato, spinach, red peppers and basil pesto
368 cal/8g carb/29g pro/25g fat

BREAKFAST WRAP LITE \$8

egg whites, feta cheese, tomato and spinach
92cal/1g carb/12g pro/2g fat

OATMEAL \$5

served with walnuts, dried cranberries and brown sugar
150 cal/27g carb/5g pro/3g fat

BAGEL \$3

plain or wheat

9-GRAIN TOAST \$2

SIDE OF BACON \$3

POTATOES \$3

HARD-BOILED EGG \$1

SAUSAGE LINKS \$3

DRINKS \$2

COKE, DIET COKE, SPRITE, ORANGE FANTA, LEMONADE, CRANBERRY JUICE, UNSWEETENED ICED TEA