



## QUICK BITES

<b>BRIE &amp; BAGUETTE</b>	<b>\$8.95</b>	<b>CHEESE TEQUENOS (5)</b>	<b>\$5.95</b>
french baby brie topped by a warm cranberry-pecan compote		<b>ORGANIC CHICKEN TENDERS (5)</b>	<b>\$6.25</b>
<b>JAPANESE POTSTICKERS-GYOZA (5)</b>	<b>\$5.95</b>	<b>SIGNATURE SWEET POTATO FRIES</b>	<b>\$4.95</b>
served with homemade dipping sauce		<b>BEER BATTERED ONION RINGS</b>	<b>\$4.95</b>
<b>SESAME CRUSTED AHI TUNA</b>	<b>\$10.95</b>	<b>CHICKEN &amp; CHEESE QUESADILLAS</b>	<b>\$5.95</b>
wakame seaweed-edemame salad		served with salsa and avocado crème	

## SALADS

*dressing choices:*

*honey balsamic, blue cheese, caesar, ranch, sesame ginger*

*protein extras:*

*organic chicken breast \$2.95 roasted turkey breast \$2.00 poached alaskan salmon \$3.95 veggie burger \$3.95  
albacore tuna-yogurt salad \$2.95 egg white-egg salad \$2.95*

### CUSTOM SALAD CREATIONS

design your own salad with a variety of fresh ingredients

### RITZ CARLTON WEDGE SALAD **\$9.95**

chilled iceberg lettuce, apple wood smoked bacon & vine ripened tomato topped with homemade chunky blue cheese dressing

### STEAK SALAD **\$14.95**

grilled skirt steak, three lettuce blend, blue cheese, cucumber, vine ripe tomato, & crispy onion rings

### AHI TUNA SALAD **\$14.95**

seared sashimi grade tuna, toasted almonds, vine ripe tomato, mandarin oranges & edemame

### SALMON SALAD **\$12.95**

poached alaskan salmon, mixed greens, spinach, green apple & sundried cranberries tossed with light sesame ginger dressing

### SKINNY SCOOPS SALAD **\$11.95**

albacore tuna-yogurt salad scoop, egg white-egg salad scoop fresh greens with carrot, tomato & cucumber

### CAPRESE CHOP SALAD **\$10.95**

chopped & tossed-organic tomatoes, buffalo mozzarella cheese, fresh basil, garlic infused olive oil served on a bed of arugula

### HARVEST SALAD **\$9.95**

gorgonzola cheese, sunflower seeds, garbanzo beans, sundried cranberries, carrots, spanish cucumber & green apple

### CAESAR SALAD **\$8.95**

crisp romaine, parmesan cheese, herb croutons & caesar dressing

## SANDWICHES & WRAPS

Served with choice of Side Salad, French Fries, Chips, Fresh Fruit

Sweet Potato Fries (add \$1.50) Side Caesar Salad (add \$1.50) Bowl of Soup (add \$2.00)

### FRENCH DIP \$10.95

grain fed-aged roast beef, swiss cheese, roasted red peppers, sautéed onion, horseradish crème, homemade au-jus on artisan sourdough ciabatta

### CALIFORNIA CLUB \$10.95

all natural turkey breast, apple wood bacon, avocado, fresh greens, tomato, avocado crème on artisan sourdough ciabatta

### MAHI SANDWICH \$11.95

grilled mahi, asian slaw, tomato on artisan sourdough ciabatta

### SALMON WRAP \$9.95

poached alaskan salmon, organic spinach, green apple, sundried cranberries & light sesame ginger dressing wrapped in a black bean-whole grain wrap

### TURKEY DEL SOL PANINI \$9.95

all natural turkey breast, light mozzarella cheese, spinach & sundried tomato spread on protein rich whole grain bread

### CAPRESE PANINI \$9.95

organic vine ripe tomato, low-fat buffalo mozzarella, spinach, basil pesto on artisan sourdough ciabatta

### CAESAR SALAD WRAP \$8.95

crisp romaine, tomato, parmesan cheese, light caesar dressing wrapped in a black bean-whole grain wrap

### VEGGIE WRAP \$8.95

organic hummus, crisp romaine, tomato, cucumber, roasted red peppers wrapped in a black bean-whole grain wrap

### DELI SANDWICHES \$8.95

turkey • blt • albacore tuna salad • egg white-egg salad served with tomato, fresh greens & cheese choose whole grain bread or black bean whole grain wrap

## FAVORITE CREATIONS

### CEDAR PLANK SALMON

\$14.95

wild sushi grade salmon grilled in a pink sea salt rub served with organic garden vegetables & choice of japanese brown rice or organic quinoa

### HAWAIIAN MAHI MAHI

\$14.95

sesame-ginger marinated and grilled fillet served with organic garden vegetables & choice of japanese brown rice or organic quinoa

### MAHI MAHI FISH TACOS (3)

\$12.95

hawaiian mahi-beer battered, served on corn tortillas with choice of side

### ASIAN SHORT RIBS

\$14.95

marinated & grilled beef short ribs served with coconut rice & grilled pineapple

### QUINOA AND SHRIMP

\$12.95

organic aztec & ivory quinoa tossed with organic seasonal vegetables & grilled shrimp

### CHURASCO STEAK

\$14.95

8oz grass fed prime skirt steak served with the ritz carlton wedge salad & chimichurri sauce

### PASTA AL POMODORO

\$9.95

multigrain penne, vine ripe tomato, buffalo mozzarella & fresh basil

### GREEN GODDESS PASTA

\$9.95

multigrain penne, basil pesto & freshly grated parmesan cheese

### TRAINERS PLATE 6OZ \$10.95 / 12OZ

\$13.95

organic chicken breast, organic grilled vegetables & protein enriched japanese brown rice

### TEX MEX CHICKEN PLATE

\$12.95

organic chicken breast, with protein enriched japanese brown rice sautéed with black beans, spanish onion & roasted red peppers, topped by cheddar cheese & crispy tortillas

### GARDEN QUESADILLAS

\$9.95

organic tomato, organic spinach & light mozzarella cheese

## BURGER BAR

*made with our 8oz black angus-brisket burger. served with choice of side salad, french fries, chips, fresh fruit  
sweet potato fries (add \$1.50) side caesar salad (add \$1.50) bowl of soup (add \$2.00)*

### M-CAFÉ SIGNATURE BURGER

**\$11.95**

lettuce, tomato, onion, pickle

### THE PARISIAN BURGER

**\$14.95**

french baby brie, apple wood bacon jam, truffle aioli

### BLACK-N-BLUE

**\$12.95**

italian gorgonzola cheese, caramelized onion,  
sautéed mushroom

### SPICY CRUNCHY BURGER

**\$11.95**

cheddar jack cheese, chipotle aioli, crispy onion rings

### RISE & SHINE BURGER

**\$12.95**

fried egg, swiss cheese, apple wood smoked bacon

### THE ITALIAN BURGER

**\$13.95**

buffalo mozzarella, vine ripe tomato, basil pesto,  
balsamic

### CALIFORNIA BURGER

**\$12.95**

avocado, avocado crème, lettuce, tomato, bacon,  
swiss cheese

### VEGGIE BURGER

**\$9.95**

veggie burger with spinach, tomato, light feta  
cheese, greek tzatziki

## KIDS MENU \$6.55

### MAIN ITEMS (CHOOSE ONE)

ORGANIC CHICKEN TENDERS (3)

HAMBURGER / CHEESEBURGER

MAC-N-CHEESE

MULTIGRAIN PENNE PASTA WITH GRILLED CHICKEN

BREAST AND MARINARA

CHEESE TEQUENOS (3)

GRILLED CHEESE SANDWICH

GRILLED CHICKEN BREAST SANDWICH

TURKEY SANDWICH

CHICKEN CAESAR SALAD

BAGEL WITH CREAM CHEESE OR BUTTER

### SIDES (CHOOSE ONE)

FRESH FRUIT

ORGANIC VANILLA YOGURT

CARROTS & CELERY

FRENCH FRIES

BAKED KETTLE CHIPS

PRETZELS

CHOCOLATE CHIP COOKIE

### DRINKS (CHOOSE ONE)

APPLE JUICE

LEMONADE

CHOCOLATE MILK

MIDTOWN WATER BOTTLE

# BREAKFAST

*Served until 11:30am Daily*

## **CUSTOM OMELET CREATIONS**

design your own omelet with a variety of organic ingredients

## **GLUTEN FREE POWER PANCAKES \$8.95**

made with greek yogurt, low carb-vanilla whey protein, oatmeal, almond milk & egg whites

## **WILDBERRY BAKED OATMEAL \$5.45**

made with steel cut oats, florida citrus & tahitian vanilla. served with organic vanilla yogurt

## **MULTIGRAIN BELGIAN WAFFLES \$7.95**

## **BREAKFAST EXPRESS \$8.45**

three scrambled eggs, hash browns, whole wheat toast with choice of turkey sausage or apple wood smoked bacon

## **BREAKFAST WRAP #1 \$8.45**

organic egg whites, spinach, roasted red peppers, light feta cheese & sundried tomato pesto

## **BREAKFAST WRAP #2 \$8.45**

organic whole eggs, cheddar jack cheese made with choice of turkey sausage, bacon or roasted turkey breast

## **CROISSANT SANDWICH \$8.45**

organic scrambled eggs, aged cheddar & apple wood smoked bacon served on a french butter croissant

## **BAGEL/TOAST \$2.45**

## **FRENCH BUTTER CROISSANT \$3.25**

## **APPLE WOOD SMOKED BACON \$3.95**

## **TURKEY SAUSAGE \$2.95**

## **HASHBROWNS \$2.95**