



## Breakfast · Lunch · Dinner

Monday-Friday: 8:00am-8:00pm  
 Saturday and Sunday: 8:30am-4:00pm  
 (847) 496-2604

### breakfast

Monday-Friday: 8:00am-11:00am  
 Saturday-Sunday: 8:30am-11:00am

- egg creation** 9  
 omelet, egg white omelet or scramble. choose 3 ingredients.  
*(additional ingredients \$.50):* tomato, avocado, red pepper, onion, black beans, spinach, mushroom, chicken, bacon, sausage, turkey, diced potato, pepper jack, cheddar, swiss, american, mozzarella, bleu, parmesan, goat or feta
- breakfast wrap** 9  
 eggs, bacon, mozzarella cheese, tomato, spinach, red peppers and basil pesto
- breakfast wrap lite** 9  
 egg whites, feta cheese, tomato and spinach
- two eggs** 5  
 2 eggs any style, served with wheat toast
- breakfast burrito** *new* 9  
 eggs, sausage, cheddar cheese, tomato and black beans
- skillet** *new* 9  
 2 eggs any style, diced potatoes, red peppers, tomato, spinach, mushroom and choice of bacon or sausage
- oatmeal** 6  
 served with walnuts, dried cranberries, and brown sugar
- bagel** (plain or wheat) 3
- 9-grain toast** 3
- side of bacon or sausage** 3
- hard boiled egg** 1

### coffee, chai & tea

- espresso** 1.75
- latte** sm. 3.50/lg. 4.50
- americano** sm. 3/lg. 4
- cappuccino** sm. 3.25/lg. 4.50
- café mocha** sm. 3.50/lg. 4.50
- rishi tumeric & ginger or masala chai** sm. 3.50/lg. 4.50
- coffee/tea** sm. 2/lg. 2.50

### salads

*dressing choices:* balsamic vinaigrette, bleu cheese, caesar, chipotle ranch, cucumber ranch, lemon dijon, low fat ranch, sesame ginger or vinegar & oil

*add bacon or avocado:* 1  
*add fountain drink or bottled water:* 1

- café chopped** 9  
 chicken breast, romaine lettuce, tomato, cucumbers, carrots and corn
- chicken caesar** 9  
 chicken breast, romaine lettuce, croutons, parmesan cheese with a side of caesar dressing
- buffalo chicken** 9  
 buffalo chicken, romaine lettuce, celery, carrots, bleu cheese crumbles and cucumbers
- tuna salad salad** 9  
 romaine lettuce, tomato and cucumber topped with our tuna salad and a side of balsamic vinaigrette dressing
- café cobb** *new* 9  
 chicken breast, romaine lettuce, tomato, hardboiled egg, bacon, avocado and shredded cheddar
- strawberry spinach** *new* 9  
 spinach, strawberries, pecans, red onion, and goat cheese with a side of balsamic vinaigrette dressing
- harvest** *new* 9  
 choice of salmon, chicken or quinoa, walnuts, dried cranberries, bleu cheese crumbles and a side of lemon-dijon dressing

- scoop** 5  
 choice of tuna, chicken or egg salad, served with carrots & celery
- scoop duo** 9  
 choice of 2 scoops of tuna, chicken or egg salad, served toast and fruit
- small side salad** 3  
 lettuce, tomato and cucumber



## wraps and sandwiches

*choice of side:* chips, salad, carrots & celery, fries, sweet potato fries, or fresh fruit

*add bacon or avocado:*

*add fountain drink or bottled water:*

*substitute cup of soup:*

*bread choices:* wheat bread, white bread, flatbread, kaiser roll, sourdough, artisan roll, honey wheat wrap, or low carb wrap

*cheese choices:* american, cheddar, swiss, mozzarella, pepper jack, bleu, goat or feta

*fountain drink:* coke, diet coke, sprite, cranberry juice, lemonade or iced tea

### turkey guacamole

roasted turkey, guacamole, romaine lettuce, tomato and mozzarella

### vegetarian

romaine lettuce, cucumber, tomato, red peppers and hummus

### café club

choice of turkey or chicken, bacon, romaine lettuce, tomato, dijon mustard and mayonnaise

### southwest chicken

chicken breast, sweet corn, black beans, red peppers, tomato, romaine lettuce, and chipotle ranch

### salmon

grilled salmon, spinach, apples, dried cranberries, and sesame ginger dressing

### baja chicken

cajun chicken breast, grilled red peppers and onions, spinach, mozzarella, and cucumber ranch dressing

### del-sol

choice of salmon, chicken or turkey, spinach, mozzarella, and sun-dried tomato pesto spread

### m café tuna

tuna, walnuts, dried cranberries, raisins, celery, apples mixed into tzatziki sauce served with romaine lettuce and tomato

### chicken salad *new*

chicken breast, walnuts, celery, red grapes, and mayonnaise

### egg salad *new*

hardboiled eggs, celery, pickles, mustard and mayonnaise

### chicken caesar wrap *new*

chicken breast, romaine lettuce, parmesan cheese, caesar dressing

### spring chicken *new*

chicken breast, sliced strawberries, red onion, spinach, goat cheese and balsamic glaze on an artisan roll

### buffalo chicken

buffalo tossed chicken, romaine lettuce, tomato, and ranch dressing

### quinoa wrap *new*

quinoa, roasted beets, oregano and kale in a honey wheat wrap

### old school turkey *new*

roasted turkey, lettuce, tomato, your choice of cheese, your choice of bread and mustard or mayonnaise

### turkey panini *new*

roasted turkey, garlic aioli, tomato, spinach and mozzarella on sourdough pressed

### fresh mozzarella panini *new*

fresh basil, fresh mozzarella, and roasted tomato, on a flatbread pressed

### classic BLT *new*

bacon, lettuce, and tomato

### grilled chicken

chicken breast, cheddar cheese, bacon, lettuce, tomato and mayonnaise

### quesadilla *new*

choice of chicken or avocado, tomato, spinach, and chihuahua cheese

### m café burger

half pound, certified angus burger; served with your choice of toppings

## snacks and soups

### fruit cup

seasonal fruit

### carrots & celery

### parfait *new*

yogurt, fruit and granola

### power snack *new*

hard-boiled egg, cheese cubes and red grapes

### soup/chili

cup

6 bowl