



QUICK BITES

BAKED BRIE BOARD french baby brie & red raspberry-fig compote	\$10
JAPANESE GYOZA POTSTICKERS served with homemade dipping sauce	\$6
CHICKEN & CHEESE QUESADILLAS served with salsa and avocado crème	\$6

SALADS & SOUP

ROASTED GARLIC TOMATO SOUP	\$5
DAILY HAND CRAFTED SOUP	\$5
CUSTOM SALAD CREATIONS design your own salad with organic & fresh ingredients	
GREEK SALAD mixed greens, cucumber, greek olives, artichoke, tomato, roasted peppers, red onion, feta cheese. served with wheat pita bread.	\$11
SALMON SALAD mixed greens, grilled wild salmon, spinach, green apple, sundried cranberries	\$14
SKINNY SCOOPS SALAD fresh greens, albacore tuna-yogurt scoop, egg whites scoop with carrot, tomato, cucumber	\$11
HARVEST SALAD fresh greens, danish gorgonzola cheese, sunflower seeds, carrots, garbanzo beans, sundried cranberries, green apple, spanish cucumber	\$11
CAESAR SALAD crisp romaine, parmesan cheese, herb croutons	\$10

DRESSING CHOICES

raspberry vinaigrette
honey balsamic
caesar
greek vinaigrette
ranch
sesame ginger

PROTEIN EXTRAS

organic chicken breast	\$3
roasted turkey breast	\$3
wild salmon	\$6
albacore tuna salad	\$3
egg white salad	\$3
grilled steak	\$7
grilled bay shrimp	\$7
red quinoa burger	\$4

CHEESE TEQUENOS	\$6
ORGANIC CHICKEN TENDERS	\$7
SIGNATURE SWEET POTATO WEDGES with cinnamon-chipotle seasoning	\$6
FRENCH FRIES	\$4

SANDWICHES & WRAPS

served with choice of side salad, french fries, fresh fruit, chips, sweet potato fries, side caesar salad, or bowl of soup (add \$2)

BLACK ANGUS STEAK PRESS grilled black angus "1855" steak, danish blue cheese, sautéed wild mushrooms, onion	\$13
GREEK CHICKEN PITA grilled organic chicken breast, romaine, tomato, red onion, greek yogurt, feta cheese	\$11
SOUTHWEST CHICKEN WRAP grilled organic chicken breast, black beans, red onion, roasted peppers, romaine, cheddar-jack cheese, ancho-chipotle bbq sauce	\$11
CALIFORNIA CLUB all natural turkey breast with applewood bacon, mozzarella cheese, greens, tomato, avocado crème, served on an artisan sourdough ciabatta.	\$11
SALMON WRAP grilled wild salmon, organic spinach, green apple, cranberries, light sesame ginger dressing.	\$12
TURKEY DEL SOL PANINI all natural turkey breast, light mozzarella cheese, spinach, sundried tomato spread, served on whole grain bread.	\$11
CAPRESE PANINI organic vine ripe tomato, low-fat buffalo mozzarella, spinach, basil pesto, served on an artisan sourdough ciabatta.	\$10
CHICKEN SANDWICH grilled organic chicken breast, mozzarella cheese fresh greens, tomato, served on a brioche bun.	\$11
CHICKEN CAESAR SALAD WRAP grilled organic chicken breast, crisp romaine, parmesan cheese, tomato, light caesar dressing	\$12
VEGGIE WRAP organic hummus, crisp romaine, tomato, cucumber, roasted peppers	\$9
DELI SANDWICHES turkey • blt • albacore tuna salad • egg white salad served with tomato, fresh greens, cheese. choose from whole grain bread, croissant, or wheat wrap.	\$9

CHEF'S CREATIONS

PASTA

conchiglie (shell) pasta with organic spinach, sundried tomatoes, parmesan pecorino romano

ORGANIC CHICKEN BREAST \$12
SHRIMP \$15

SESAME GINGER SALMON \$14

wild sushi grade salmon, brown rice, grilled pineapple

STEAK \$15

"1855" signature certified black angus steak. served with brown rice, sautéed black beans, onion, roasted peppers

QUINOA PROTEIN PLATE

organic aztec & ivory quinoa from peru, organic seasonal vegetables, homemade ponzu

VEGETARIAN \$10
ORGANIC CHICKEN BREAST \$12
SHRIMP \$15
GRILLED STEAK \$15
WILD SALMON \$15

TRAINERS PLATE

organic grilled vegetables, japanese brown rice

ORGANIC CHICKEN BREAST \$12
WILD SALMON \$15

SOUTHWEST CHICKEN PLATE \$13

organic chicken breast with protein enriched japanese brown rice, sautéed with black beans, onion, roasted peppers, topped by ancho-chipotle bbq sauce, cheddar cheese, crispy tortilla chips

GARDEN QUESADILLAS

organic tomato, spinach, light mozzarella cheese

VEGETARIAN \$10
ORGANIC CHICKEN BREAST \$12
GRILLED STEAK \$15

BAJA QUESADILLAS

black beans, roasted peppers, onion, cheddar cheese, ancho-chipotle bbq sauce

VEGETARIAN \$10
ORGANIC CHICKEN BREAST \$12
GRILLED STEAK \$15

BURGER BAR

made with our 1/2 lb. black angus-brisket burger. served with choice of side salad, french fries, fresh fruit or chips. sweet potato fries, side caesar salad, bowl of soup (add \$2)

M-CAFÉ SIGNATURE BURGER \$11

lettuce, tomato, onion, pickle, choice of cheese

CHOP HOUSE BURGER \$14

truffle oil infused wild mushrooms, swiss cheese

THE FRENCH BURGER \$15

baby french brie, wildberry-bacon jam, petite greens

RISE & SHINE BURGER \$13

fried egg, american cheese, applewood bacon

CALIFORNIA BURGER \$13

avocado crème, lettuce, tomato, bacon, swiss cheese

BACON CHEESEBURGER \$13

american cheese, applewood smoked bacon

RED QUINOA BURGER \$10

spinach, tomato, red onion, wild mushrooms

KID'S MENU \$6.50

MAIN ITEMS

(choose one)

organic chicken tenders

hamburger

cheeseburger

grilled chicken breast sandwich

turkey and cheese sandwich

mac-n-cheese

cheese tequenos

grilled cheese sandwich

caesar salad with organic grilled chicken breast

pasta with marinara sauce & organic grilled chicken breast

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 daily until 11:30am

CUSTOM OMELET CREATIONS

design your own omelet with a variety of organic ingredients

GLUTEN FREE POWER PANCAKES

\$9

made with greek yogurt, low carb-vanilla whey protein, steel cut oats, almond milk & egg whites. served with fresh fruit or tomato & cucumber.

WILDBERRY BAKED OATMEAL

\$6

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

MULTIGRAIN BELGIAN WAFFLES

\$8

ACAI BOWL

\$9

quinoa granola, organic vanilla yogurt, fresh fruit, and an acai shooter.

BREAKFAST EXPRESS

\$9

three scrambled eggs, home fries, whole wheat toast, choice of turkey sausage or apple wood bacon. served with fresh fruit or tomato & cucumber.

BREAKFAST WRAP #1

\$9

organic egg whites, spinach, roasted peppers, light feta cheese, sundried tomato pesto. served with fresh fruit or tomato & cucumber.

BREAKFAST WRAP #2

\$9

organic whole eggs, cheddar jack cheese, with choice of turkey sausage, bacon or roasted turkey breast. served with fresh fruit or tomato & cucumber.

CROISSANT SANDWICH

\$9

organic scrambled eggs, aged cheddar, applewood smoked bacon. served with fresh fruit or tomato & cucumber.

SMOOTHIES & ORGANIC JUICES

try one of our delicious smoothies or freshly squeezed organic juices with breakfast.