SOUPS & STARTERS

SOUP OF THE DAY $4.95
SESAME GINGER PARMESAN FRIES $3.50
EDAMAME $5.95
Served Salted
CHICKEN TENDERS $6.95
Panko Breaded
JUMBO WINGS $8.95
CHICKEN SLIDERS $7.95
CINNAMON-CHIPOTLE SWEET POTATO FRIES $4.25
QUESADILLAS $5.95
Mozzarella Cheese, served with Sour Cream and Salsa
ADD Seasonal Vegetables $1.00
ADD Grilled Chicken $2.00
ADD Steak $3.00
FRESH TORTILLA CHIPS & SALSA $4.95
CAFÉ NACHOS $6.95
ADD Chicken $1.00
ADD Steak $2.00
MINI TACOS
Chicken $5.95
Salmon or Steak $6.95
PROTEIN POWER PLATE $7.95
Hard Boiled Egg White Halves Filled with Skinny Chicken and Skinny Tuna Salad

SALADS

SKINNY SCOOPS SALAD $8.95
Chicken Salad & Albacore Tuna Salad
Mixed Greens, Carrot, Tomato & Cucumber

HARVEST SALAD $7.95
Add Grilled Chicken $2.00, Salmon or Steak $3.00
Mixed Greens, Gorgonzola Cheese, Sunflower Seeds, Apples, Garbanzo Beans, Dried Cranberries, Shredded Carrot, Cucumber

CAESAR SALAD $6.95
Add Grilled Chicken $2.00, Salmon or Steak $3.00
Crisp Romaine, Parmesan Cheese, Herb Croutons & Caesar Dressing

SPINACH SALAD $7.95
Add Grilled Chicken $2.00, Salmon or Steak $3.00
Crisp Romaine, Grilled Chicken, Red Onions, Tortilla Strips, Black Beans, Sweet Corn, Citrus Lime Vinaigrette Dressing

ASIAN CHICKEN SALAD $8.95
Crisp Romaine, Grilled Chicken, Mandarin Oranges, Crispy Wontons, Shredded Carrot, Red onions, Sesame Ginger Dressing

CUSTOM CREATIONS SALAD $7.95
Choose from a Variety of Fresh Ingredients from our Custom Creations Order Sheet

BREAKFAST

HOT CEREAL $4.95
Oats and Quinoa with your choice of toppings
BREAKFAST SANDWICH $4.95
Eggs, Cheddar Cheese with Bacon
BAGEL WITH CREAM CHEESE OR BUTTER $1.95
MUFFIN $2.95
Double Chocolate Chip, Blueberry, or Banana Nut
YOGURT PARFAIT
Granola $3.95
Fruit $3.95
Granola & Fruit $4.95

BREAKFAST SCRAMBLE $7.95
Egg Scramble with your Favorite Toppings Over a Bed of Spinach or Made into a Wrap. Served with a Piece of Fresh Fruit. Egg Whites Available.

MIDTOWN – Scrambled Eggs, Bacon or Turkey, Monterey Jack Cheese
SOUTHWEST – Scrambled Eggs, Turkey, Black Beans, Monterey Jack Cheese
VEGGIE – Scrambled Eggs, Tomato, Black Olives, Feta Cheese
SANDWICHES AND MORE

Served with Side Salad (Garden or Caesar), French Fries, Chips, Pita Chips, Fresh Fruit (Add $1.00), Sweet Potato Fries (Add $1.00), or Bowl of Soup (Add $2.00)

SALMON WRAP $8.95
Alaskan Salmon, Spinach, Apple, Dried Cranberries, Light Sesame Ginger Dressing

M CAFÉ CLUB $8.95
Roasted Turkey Breast, Bacon, Fresh Greens, Tomato, Avocado & Mozzarella Cheese

CAESAR WRAP $7.95
Add Grilled Chicken $2.00 or Salmon $3.00
Crisp Romaine, Parmesan Cheese & Light Caesar Dressing

SOUTHWEST CHICKEN WRAP $8.95
Grilled Chicken Breast, Black Beans, Roasted Red Pepper, Crisp Romaine, Tomato, Cheddar Jack Cheese & Chipotle Ranch

HUMMUS AND VEGGIE WRAP $7.95
Add Grilled Chicken $2.00 or Salmon $3.00
Hummus, Crisp Romaine, Tomato, Cucumber & Roasted Red Peppers

CHICKEN CAPRESE PANINI $8.95
Grilled Chicken, Fresh Tomato Slices, Mozzarella Cheese, Basil Pesto & Balsamic Vinaigrette

BUFFALO CHICKEN WRAP $8.95
Grilled or Fried Buffalo Chicken, Crisp Romaine, Tomato, Onion, Carrots & Ranch Dressing

TURKEY RIO $8.95
Roasted Turkey Breast, Romaine, Roasted Vegetables & Honey Mustard Dressing

FRENCH DIP $9.95
French Baguette, Marinated Steak & Mozzarella Cheese

PROTEIN AND VEGGIE BOWL (Side not Included)
Choose Your Protein and Enjoy with Grilled Vegetables and Quinoa
Chicken $7.95
Salmon or Steak $8.95

PESTO DOG $8.95
All Beef Hot Dog with Basil Pesto, Tomatoes & Parmesan Cheese

BUFFALO DOG $8.95
All Beef Hot Dog Topped with Buffalo Sauce, Onions, Crumbled Bleu Cheese & Tomatoes

KIDS MENU $4.95
Choose One of Each: Main Item, Side and Drink

MAIN ITEMS
- Chicken Tenders
- Hamburger
- Cheeseburger
- Grilled Cheese Sandwich
- Deli Turkey & Cheese Sandwich

SIDES
- Whole Fruit
- Chocolate Chip Cookie
- French Fries
- Chips
- Sweet Potato Fries (Add $1.00)

DRINKS
- Apple Juice
- Lemonade
- Milk