



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

Spinach, Roasted Red Peppers, Sunflower Seeds,
Crisp Bacon, Gorgonzola Cheese,
Balsamic Vinaigrette Dressing

COBB SALAD \$9.95

Mixed Greens, Chicken, Red Onion, Bacon, Hard Boiled Egg, Gorgonzola Cheese, Turkey, Tomato

CILANTRO LIME CHICKEN SALAD \$8.95

Crisp Romaine, Grilled Chicken, Red Onions,
Tortilla Strips, Black Beans, Sweet Corn, Cilantro
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

Make any Salad a Wrap (Add \$2.00)

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)

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,
Monterrey Jack Cheese

SOUTHWEST - Scrambled Eggs, Grilled Chicken,
Tomato, Black Beans, Monterrey 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