

## CAFÉ MENU

### SOUPS AND STARTERS

#### SOUP OF THE DAY

cup \$3  
bowl \$5  
to-go \$4

#### JUMBO WINGS

fried or baked

*choice of sauce: lemon pepper, hickory bbq, teriyaki, sweet and sour, ranch, blue cheese or texas pete buffalo sauce*

**\$10**

#### SESAME GINGER PARMESAN FRIES

**\$4**

#### SIGNATURE PITA CHIPS

**\$6**

*choice of dip: buffalo chicken, hummus, spinach, or bacon blue cheese*

#### PROTEIN POWER BOWL

**\$8**

homestyle tuna or chicken salad with chopped hard-boiled eggs

#### FLAT BREAD PIZZA

**\$7**

##### ITALIAN

homemade marinara, mozzarella & parmesan, pepperoni

##### GREEK

basil pesto, diced tomatoes, spinach, red onion, feta

##### HAWAIIAN

hickory bbq sauce, ham, red onions, pineapple

##### MEXICAN

spicy salsa, monterey jack, corn, black beans, jalapeños

##### ASIAN

teriyaki sauce, bacon, grilled all-natural chicken, pineapple

#### CREATE YOUR OWN FLAT BREAD PIZZA

**\$6**

*saucers: homemade marinara, hickory bbq, teriyaki, texas pete buffalo sauce*

*cheeses: monterey jack, mozzarella, parmesan, blue*

*toppings: (\$.50 each) ham, turkey, chicken, pineapple, tomatoes, red onions, jalapeños, black beans, spinach*

### SALADS

*add to any salad: all-natural, hormone-free grilled chicken breast or panko-breaded fried chicken for \$3, USDA prime steak or fresh-cut grilled salmon for \$4*

*dressing options: caesar, balsamic vinaigrette, ranch, cilantro lime, sesame ginger, honey mustard, chipotle ranch*

#### WINDY HILL HARVEST SALAD

**\$7**

crisp romaine topped with garbanzo beans, cucumbers, tomatoes, gorgonzola, served with a side of ranch dressing

#### MEXI-KALE SALAD

**\$9**

kale topped with diced tomatoes, fresh hass avocado, feta, black beans, corn, served with a side of cilantro lime vinaigrette

#### CAESAR SALAD

**\$7**

crisp romaine garnished with parmesan, herb croutons, served with a side of caesar dressing

#### BLUE SPINACH SALAD

**\$8**

spinach with red grapes, sunflower seeds, gorgonzola, served with a side of blue cheese dressing

#### COBB SALAD

**\$10**

crisp romaine with rows of tomatoes, gorgonzola, hard-boiled egg, bacon, fresh hass avocado, turkey, red onion, served with a side of ranch dressing

#### ASIAN KALE SALAD

**\$9**

kale with mandarin oranges, dried cranberries, walnuts, served with a side of sesame ginger dressing

#### GREEN APPLE SALAD

**\$10**

green apple slices on a bed of spinach, with sunflower seeds, feta, mandarin oranges, dried cranberries, served with a side of balsamic vinaigrette dressing

## SANDWICHES AND MORE

*all sandwiches served with choice of side salad (caesar or garden), our signature pita chips, french fries, sweet potato fries (add \$1) or fresh fruit salad (add \$1)*

### WINDY HILL BLACK ANGUS BURGER **\$10**

black angus beef topped with crisp romaine, sliced tomato, red onion, served on a toasted bakery bun

*add cheese (\$.50) or bacon for (\$.150)*

*add extra black angus beef patty (\$.250)*

*add hickory bbq sauce or jamaican jerk seasoning (\$.50)*

### BUFFALO CHICKEN SANDWICH OR WRAP **\$9**

all-natural grilled chicken breast or panko-breaded fried chicken with texas pete buffalo sauce, romaine, sliced tomato, blue cheese or ranch dressing

### PRIME STEAK SANDWICH **\$12**

grilled USDA prime steak, mozzarella, red onion, served on a toasted bakery bun

*add bacon (\$.150)*

*add hickory bbq sauce or jamaican jerk seasoning (\$.50)*

### HUMMUS WRAP **\$8**

spinach, chopped cucumbers, diced tomatoes, homemade hummus, served in a whole wheat or tomato basil tortilla

### WINDY HILL CLUB **\$11**

roasted turkey breast, bacon, romaine, sliced tomato, fresh hass avocado, mozzarella served on toasted bakery bread

### CALIFORNIA SALMON WRAP **\$11**

fresh grilled salmon with romaine, hass avocado, diced tomato, monterey jack, ranch dressing, wrapped in a tomato basil or wheat tortilla

### SOUTHWEST CHICKEN WRAP **\$10**

grilled all-natural chicken breast with black beans, red onions, romaine, diced tomato, cheddar jack and chipotle ranch dressing

### TOASTED HAM AND CHEESE **\$8**

sliced cheddar melted over smoked ham, topped with sliced tomato, romaine, served on toasted bakery bread

### TUNA MELT **\$9**

traditional tuna salad with melted cheddar cheese served on toasted bakery bread

### THE ATL **\$8**

stacked hass avocado, sliced tomato, crisp romaine, served on toasted bakery bread with choice of dressing

### CHICKEN TENDERS **\$11**

fried or baked

*choice of sauce: honey mustard, hickory bbq, teriyaki, ranch, texas pete buffalo sauce*

*add extra sauce (\$.50)*

## BREAKFAST

### TOASTED BAGEL WITH CREAM CHEESE **\$3**

strawberry, plain, or vegetable cream cheese

### MUFFIN **\$3**

### ON-THE-GO GRANOLA **\$5**

cinnamon granola with almond milk or 2% milk

*choice of toppings: blueberries, mixed berries, strawberries, pineapple, mandarin oranges, honey*

### CREATE YOUR OWN PARFAIT

greek vanilla non-fat yogurt

one topping: \$4

two toppings: \$5

granola, blueberries, berry medley, strawberries, pineapple, mandarin oranges

### STEAK AND EGGS **\$9**

grilled USDA prime steak and scrambled eggs

### BEC-FAST SANDWICH **\$7**

bacon, egg, cheddar, served on a bagel or toast

### BREAKFAST BURRITO **\$7**

wheat or tomato basil tortilla

*add all-natural grilled chicken (\$3)*

*add grilled USDA prime steak (\$4)*

### WINDY HILL

scrambled eggs, ham, onion, monterey jack & cheddar

### SOUTHWEST

scrambled eggs, tomato, black beans, mozzarella

### VEGGIE

scrambled eggs, tomato, spinach, hass avocado, parmesan