

THE Cafe

starters

chicken wings	15
buffalo, BBQ, lemon pepper, or jamaican jerk, served with ranch or bleu cheese <i>ask about our seasonal flavor</i>	
flatbread	12
choice of BBQ chicken or greek	
southwest eggrolls	9
choice of chicken or veggie	
mozzarella stix	8
6 pieces of fried mozzarella sticks	
beef & cilantro empanada	9
served with jalapeño ranch	
blackened salmon tacos	14
blackened salmon, spring mix, tomato, onion, avocado, sesame ginger	
soup (cup)	6
<i>Seasonal</i>	

salads

twisted caesar*	10
kale, parmesan, croutons, caesar dressing	
asian kale	11
kale, orange, apple, raisin, carrot, pecan, sesame ginger	
greek	11
spring mix, cucumber, onion, tomato, olives, banana pepper, feta, greek dressing	
cobb	12
spring mix, turkey, bacon, bleu cheese, tomato, onion, avocado, egg, ranch	
summer breeze	15
spinach, strawberry, mandarin orange, apple, pecan, goat cheese, raspberry vinaigrette	
harvest	11
spring mix, tomato, onion, cucumber, bacon, croutons, monterey jack cheese, ranch	

add grilled or fried chicken (\$5), grilled salmon (\$6), or ahi tuna (\$7)*

add ranch, bleu cheese, balsamic, greek, honey mustard, raspberry vinaigrette, cucumber wasabi, caesar (\$.50)*

entrees

salmon wrap	13
salmon, spring mix, carrot, raisin, apple, sesame ginger dressing	
buffalo chicken wrap	12
fried buffalo chicken, spring mix, tomato, onion, bleu cheese, ranch	
southwest chicken wrap	12
grilled chicken, spring mix, tomato, onion, corn, black bean, monterey jack cheese, ranch	
hummus & veggies wrap	12
red pepper hummus, spring mix, tomato, onion, cucumber, carrot	
Windy Hill Athletic club	12
wheatberry bread, chicken or turkey, bacon, spring mix, tomato, cheddar cheese, avocado	
chicken tenders	13
5 pieces, choice of dipping sauce	
quinoa & chicken	14
grilled chicken, korean bbq spices, red & white quinoa, garbanzo bean, red pepper, yellow squash, garlic	
aloha poke bowl*	15
ahi tuna, quinoa blend, avocado, tomato, onion, edamame, corn, black bean, cucumber wasabi	

burgers *substitute vegan patty/gluten-free bun (\$2)*

the hill	12
cheddar, lettuce, tomato, onion, pickle	
EBF	12
bleu cheese, bacon, lettuce, tomato, onion, pickle	
backyard burger	12
cheddar, bacon, grilled onion, bbq sauce	
the turf	12
avocado, spinach, cheddar, tomato	

sides

french fries, chips, steamed broccoli, side garden
salad, side twisted caesar salad, sweet potato fries
(\$2), fruit salad (\$2)

**consuming raw or undercooked meats, poultry, seafood,
shellfish, or eggs may increase your risk of food borne
illnesses. especially if you have certain medical conditions.*

THE *Cafe*

entrees

midtown breakfast	10
cage free scrambled eggs, bacon or turkey sausage, potatoes, toast	
breakfast sandwich	9
cage free scrambled eggs, bacon or turkey sausage, cheddar cheese on toasted everything bagel	
veggie scramble	10
cage free scrambled eggs, spinach, tomato, onion, black bean, monterey jack, avocado	
avocado toast	8
wheatberry bread, avocado mash, tomato, fried egg*	
superfood toast	8
wheatberry bread, creamy almond butter, fresh fruit, agave	
french toast	10
white bread, topped with powdered sugar. syrup on side	
chicken & waffles	10
light & crisp waffles. served with fried chicken	
early rise	11
cage free scrambled egg whites, avocado, fresh fruit	

sides

toasted bagel (plain or everything)	6
wheatberry toast	3
avocado	3
breakfast potato	4
fresh fruit	5
bacon	3
turkey sausage	4
cage free eggs (2)	4
hard boiled eggs	3
coffee	3
2 leaves & a bud hot tea	4

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