

THE Cafe

starters

chicken tenders	11
<i>honey bbq sauce or honey mustard</i>	
chicken quesadillas	9
<i>lime cilantro garlic sauce</i>	
cheese tequeños	8
<i>lime cilantro garlic sauce</i>	
mini beef empanadas	9
<i>lime cilantro garlic sauce</i>	
classic french fries	6
sweet potato fries	6
house truffle french fries	8
fresh mixed fruit (oi) (gf)	6
roasted garlic tomato soup	6
broccoli cheddar soup*	7
garden salad (oi) (gf)	6
caesar salad (oi) (gf)	7

salads

spinach caesar salad	12
<i>romaine, baby spinach, tomato, romano cheese, multigrain croutons, caesar (oi)</i>	
custom salad	12
<i>choose your bed of greens and six ingredients (oi) (gf)</i> (Fill out sheet the front counter)	
salmon salad	17
<i>baby spinach, spring mix, grilled salmon, dried cranberries, walnuts, carrots, apple, sesame ginger (oi) (gf)</i>	
cobb salad	14
<i>mixed greens, bacon, gorgonzola cheese, tomato, onion, avocado, corn, cucumber, egg, poblano avocado ranch (oi) (gf)</i>	
harvest salad	13
<i>lettuce, carrots, cucumbers, apples, sunflower seeds, dried cranberries, gorgonzola cheese, honey balsamic (oi) (gf)</i>	

add grilled or fried chicken (\$6), grilled salmon (\$10), signature burger (\$6), black bean burger (\$4), turkey breast (\$6), skirt steak (\$12) or grilled shrimp (\$10)

entrees

sesame ginger salmon wrap	15
<i>grilled salmon, baby spinach, raisin, apple, sesame ginger</i>	
buffalo chicken wrap	13
<i>grilled buffalo chicken, lettuce, tomato, bleu cheese, gorgonzola cheese</i>	
southwest chicken wrap	13
<i>grilled chicken, greens, tomato, onion, corn, black bean, cheddar jack cheese, ancho chipotle</i>	
grilled chicken caesar wrap	13
<i>grilled chicken, romaine, tomato, romano cheese, caesar</i>	
hummus & veggies wrap	12
<i>hummus, red pepper, greens, tomato, onion, cucumber, carrot</i>	
midtown club	14
<i>multigrain bread, turkey breast, bacon, greens, tomato, mozzarella cheese, avocado</i>	
steak sandwich	17
<i>toasted ciabatta, skirt steak, sauteed onions & mushrooms, mozzarella, gorgonzola cheese</i>	
grilled chicken sandwich	13
<i>grilled chicken, greens, tomato, onion, mozzarella cheese</i>	
custom stir fry bowl	12
(Fill out sheet the front counter)	
lomo saltado	24
<i>skirt steak lomo saltado sauce, onion, tomato, french fries, white rice, cilantro</i>	

**consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illnesses. gluten free (gf), organic ingredients (oi), & seasonal item (*)*

entrees

sesame ginger plate

brown rice, grilled pineapple, sesame ginger
grilled chicken 14
grilled salmon 18

southwest plate

black beans, corn, onion, peppers, white rice, tortilla chips, chipotle cheese sauce
grilled chicken 16
skirt steak 21

the churrasco

white rice, chimichurri, plantains
grilled chicken 15
skirt steak 21

margherita pasta

penne pasta, romano cheese, dried basil, tomato, garlic, baby spinach
veggie 11
chicken 17
salmon 21
shrimp 21

baja quesadillas

black beans, corn, onion, peppers, mixed cheese, ancho chipotle
veggie 13
grilled chicken 15
skirt steak 21

garden quesadillas

baby spinach, mozzarella cheese, tomato
veggie 13
grilled chicken 14
skirt steak 21

taco bar

veggie 13
black beans, tomato, avocado, onion, peppers, cilantro lime garlic

chicken 16
grilled chicken, avocado, greens, tomato, poblano avocado ranch

steak 20
skirt steak, feta, tomato, onion, poblano avocado ranch

shrimp 21
shrimp, red cabbage, tomato, cilantro lime garlic

salmon 21
salmon, red cabbage, carrots, cilantro lime garlic

burgers gluten-free bun & bread substitutions are available

turkey burger 15
greens, tomato, onion, and cheese

signature burger 17
greens, tomato, onion, and cheese

black bean burger 14
greens, tomato, onion, and cheese

sides

french fries, mixed fruit, side garden salad, side caesar salad (\$2), sweet potato fries (\$2), soup of the day (\$3)

kids' menu

(Fill out sheet at the front counter)

THE Cafe

breakfast

monday thru friday---serving until 12pm

saturday ----serving all-day until 4pm

sunday-----serving all-day until 3pm

french toast	12
<i>multigrain bread and cinnamon custard</i>	
<i>serve mixed berries</i>	
belgian waffle	12
<i>french vanilla belgian waffle served with mixed berries</i>	
wild berry oatmeal muffin	8
<i>oats, cinnamon & mixed berries served with low fat vanilla yogurt</i>	
lean egg white wrap	12
<i>egg whites, peppers, baby spinach, feta, sun dried tomato pesto, served with mixed fruit (oi)</i>	
wake me up wrap	12
<i>whole eggs, cheddar jack cheese, turkey sausage or bacon, served with mixed fruit</i>	
<i>scrambled egg whites</i>	9
<i>two eggs</i>	6
<i>three eggs</i>	8
<i>multigrain toast</i>	5
<i>multigrain bagel</i>	5
<i>butter croissant</i>	5
<i>turkey sausage links</i>	6
<i>turkey breast</i>	6
<i>applewood bacon</i>	5
<i>chicken breast</i>	7
<i>roasted potatoes</i>	5
<i>avocado (oi)</i>	3

avocado toast **12**
multigrain bread, whole eggs, tomato, avocado, cilantro (oi)

egg & queso bagel sandwich **13**
whole eggs, american cheese, tomato, baby spinach, avocado, multigrain bagel, served with mixed fruit (oi)

midtown omelet **13**
whole eggs, mushrooms, onion, tomato, baby spinach & cheese, served with toast and mixed fruit (oi)

midtown protein pancakes **13**
whey protein, low fat yogurt, almond milk, whole eggs, cinnamon, served with mixed berries (oi)(gf)

midtown breakfast **14**
scrambled whole eggs, potatoes, toast, turkey sausage or bacon

beverages

<i>drip coffee</i>	3/4
<i>americano</i>	4/5
<i>cortadito</i>	4/5
<i>espresso</i>	4/5
<i>iced coffee</i>	4
<i>latte</i>	4
<i>cappuccino</i>	5
<i>hot chocolate</i>	4
<i>mighty leaf tea</i>	4
<i>orange juice</i>	4/6

add-ons (\$1)

*french vanilla / caramel / sugar-free vanilla
almond milk / oat milk / soy milk*

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THE Cafe

wines and beers

Sparkling

BTL only

ruffini	9/30	
<i>a crisp, clean, and delicate prosecco with peach and golden apple flavors from france</i>		
cavit	25	
<i>fruity, bright, light, and subtle prosecco with peach and golden apple flavors from france</i>		
1913 rosé brut	25	
<i>strawberry, raspberry, cranberry sparkling wine from Brazil</i>		

Reds

	Glass	BTL
l' esprit de la cité	8	30
<i>merlot from france</i>		
4 estaciones winter	9	34
<i>cabernet sauvignon from argentina</i>		
réthoré davy	11	42
<i>le chapitre pinot noir from france</i>		
duquesa de la vitoria	11	42
<i>crianza spanish rioja from spain in 2015</i>		
sangria	6	24
<i>from spain</i>		

Whites

Glass BTL

4 estaciones icon summer	9	32
<i>light, dry argentinian chardonnay</i>		
delle venezie	10	35
<i>made from organic grapes, doc, bio vegan pinot grigio</i>		
o.b sauvignon blanc	9	30
<i>from new zealand</i>		
yllera sauvignon blanc	8	30
<i>light, dry wine from rueda, spain</i>		
oyster bay pinot gris	9	30
<i>from new zealand</i>		

Beers

domestic & import

<i>yuengling</i>	5
<i>michelob ultra</i>	5
<i>stella artois</i>	6
<i>corona extra</i>	6
<i>modelo especial</i>	6
<i>seltzer</i>	5

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THE Cafe

grab-n-go

delicious retail options to take on the go!!

monday thru friday 8am-8pm

saturday 8am-4pm

sunday 8am-3pm

low-fat greek chia pudding \$6

low fat Greek yogurt, chia seeds, & coconut milk

fruit & honey granola parfaits \$6

peach, organic mixed berries & strawberry

organic wild berry oatmeal muffin \$8

oats, cinnamon & mixed berries served with low fat vanilla yogurt

crudites & hummus \$5

assorted veggies sticks served with hummus

hummus and pretzel \$5

blend of chickpeas, garlic, and ground sesame seeds & served with pretzel crisps

black bean hummus & tortilla chips \$6

blend of black beans, garlic, and ground sesame seeds & served with tortilla chips

hummus & veggie wrap \$6

hummus, red pepper, greens, tomato, onion, cucumber & carrot

grilled chicken caesar wrap \$7

grilled chicken, romaine, tomato, romano cheese & caesar

bacon grilled chicken caesar wrap \$7

grilled chicken, bacon, romaine, tomato, romano cheese & Caesar

overnight oats \$6

oats, chia seeds, Greek yogurt, milk & honey

protein bites \$6

oats, chis seeds, almond or peanut butter, cranberries & semi chocolate chips

mini garden salad \$6

mini caesar salad \$6

paleo muffin \$4

add ons:

avocado \$3

grilled chicken breast \$6

deli turkey \$6

THE Cafe

Poolside

grab-n-go

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saturday—8am-4pm

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low-fat greek chia pudding \$6

low fat Greek yogurt, chia seeds, & coconut milk

fruit & honey granola parfaits \$6

peach, organic mixed berries & strawberry

organic wild berry oatmeal muffin \$8

oats, cinnamon & mixed berries served with low fat vanilla yogurt

crudites & hummus \$5

assorted veggies sticks served with hummus

hummus and pretzel \$5

blend of chickpeas, garlic, and ground sesame seeds & served with pretzel crisps

black bean hummus & tortilla chips \$6

blend of black beans, garlic, and ground sesame seeds & served with tortilla chips

hummus & veggie wrap \$6

hummus, red pepper, greens, tomato, onion, cucumber & carrot

grilled chicken caesar wrap \$7

grilled chicken, romaine, tomato, romano cheese & caesar

bacon grilled chicken caesar wrap \$7

grilled chicken, bacon, romaine, tomato, romano cheese & Caesar

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oats, chia seeds, greek yogurt, milk & honey

protein bites \$6

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avocado \$3

grilled chicken breast \$6

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