

THE Cafe

starters

- chicken wings** 15
buffalo, BBQ, lemon pepper, or jamaican jerk,
served with ranch or bleu cheese
ask about our seasonal flavor
- greek flatbread** 12
pesto, spinach, tomato, onion, olives,
feta cheese, balsamic vinger
- bbq chicken flatbread** 12
chicken, bacon, onion, monterey cheese, chives
- southwest eggrolls** 9
choice of chicken or veggie
- beef & cilantro empanada** 9
served with jalapeño ranch

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
- 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)*

sides

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

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
- pesto chicken sandwich** 12
wheatberry bread, grilled chicken, pesto, mozzarella cheese, tomato
- 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** 13
bleu cheese, bacon, lettuce, tomato, onion, pickle
- backyard burger** 13
cheddar, bacon, grilled onion, bbq sauce
- the turf** 13
avocado, spinach, cheddar, tomato

**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.*