



Cafe Hours:

Mon - Thurs 6am - 8pm
Saturday 8am - 5pm

Friday 6am - 7pm
Sunday 8am - 4pm

BREAKFAST

Served all day long!

Egg Sandwich \$7
Your choice of bread, meat, and cheese. Served with fresh cut fruit or home fries.

Mary's Morning Mix Up \$8
Eggs, shredded Monterey cheese, red onions, peppers, home fries, bacon.

Egg BLT \$8
Fried egg, wheat toast, bacon, lettuce, tomato, mayo.

Wraps/Omelets \$8

Good Morning: egg whites, feta cheese, steamed spinach, tomatoes.

Western: eggs, shredded Monterey cheese, peppers, onions, salsa.

Garden Lovers: eggs, zucchini, peppers, onion, tomato, mushrooms, goat cheese, kale.

Roasted Pepper Egg White: egg whites, roasted red peppers, goat cheese, steamed kale, sun-dried tomato pesto.

Turkey Provolone: egg whites, turkey, provolone cheese, avocado, peppers.

Buttermilk Pancakes \$8
Served fresh cut fruit or home fries. Add strawberries, blueberries, or chocolate chips - \$2 each.

Oatmeal \$4.50
Choose 2 ingredients: apples, dried cranberries, raisins, brown sugar, walnuts, almonds.



Fit Options - Less than 550 calories, less than 75g carbs, and less than 20g fat.

SANDWICHES

Served with your choice of chips or seasonal cut fruit.

BLT \$7
Wheat toast, bacon, lettuce, tomato, mayo.

Chicken Salad \$8.50
Wheat toast, chicken salad, lettuce, tomato.

Tuna Salad \$8.50
Wheat toast, tuna salad, lettuce, tomato.

Turkey Club \$8.50
Wheat, rye or white toast, turkey, bacon, lettuce, tomato, mayo.

Fish Tacos \$9

Fresh seasonal white fish, pineapple, avocado, cusabi slaw, thai chili sauce in soft shell tacos. Blackened upon request.

Wraps

Buffalo Chicken | \$8.50: crispy chicken, hot sauce, green leaf lettuce, tomato, blue cheese dressing. Pressed on panini.

Salmon | \$9: baby spinach, avocado, tomato, chipotle mayo

Roasted Vegetable | \$8.25: baby spinach, broccoli, roasted bell peppers, mushrooms, onions, cheddar cheese, mayo and balsamic vinaigrette.

Chicken Avocado | \$8.50: grilled chicken, avocado, green leaf lettuce, tomato, chipotle mayo. Pressed on panini.

Turkey Avocado Club | \$8.50: turkey, provolone cheese, avocado, green leaf lettuce, tomato, mayo.

Paninis \$8.50

Chipotle Turkey: turkey, chipotle mayo, pepper jack cheese, avocado, tomatoes.

Bacon BBQ Chicken: grilled chicken, bacon, lettuce, tomato, cheddar cheese, BBQ sauce.

Italian: pepperoni, salami, ham, mozzarella cheese with tomato sauce.

Southwest Grill: ham, cheddar, dijon mustard.

Substitute with gluten-free bread or wrap for \$1.00.

SOUP & SALADS

Mesclun Walnut \$8.50
Spring mix, walnuts, dried cranberries, grape tomatoes, blue cheese crumbles.

acac Power Salad \$8.50
Baby kale, apricot, almonds, berries, basil, feta, balsamic basil vinaigrette dressing.

Chicken Caesar \$8
Romaine, parmesan cheese, croutons, caesar dressing.

Cobb Salad \$9
Lettuce, blue cheese, bacon, grilled chicken, tomatoes, hardboiled egg, avocado.

Mango Salsa Chicken \$9
Mango-salsa chicken salad, almonds Opal apple, bibb lettuce, crispy noodles, cilantro lime dressing.

Create Your Own Garden Salad \$9

Soup of the Day \$4.25

SMOOTHIES

Small \$5.50 | Large \$6.50 | Add Protein \$1.50

- Strawberry Banana**
- Peanut Butter Banana**
- Mint Chocolate Chip**
- Four Berry**
- Peanut Butter Cup**
- Peanut Butter Kale Crush**

pure fruit smoothies:

- Pineapple Carrot Crunch**
- Strawberry Pineapple**
- Tropical Green**
- Peanut Butter Apple**

SPECIALTIES

Chicken Tenders \$7.50

Veggie Quesadilla \$8
Wheat tortilla with tomatoes, broccoli, peppers, onion, melted Monterey cheese. Served with sour cream & salsa.

Chicken Quesadilla \$8.25
Wheat tortilla with chicken breast, onions, peppers, Monterey cheese. Served with sour cream & salsa.

Quinoa Black Bean \$8.50
Quinoa, black beans, zucchini, mushrooms, tomatoes, feta cheese. Served with a small side salad.

Flatbread Pizza \$9
Fontanini flatbread with mozzarella and tomato sauce or with pepperoni or vegetables.

Grilled Salmon with Kale \$9
Kale blend, wild wonder tomato with balsamic vinaigrette.

Grilled Salmon with Arugula \$10
Wild wonders, fresh asparagus and balsamic dressing.

Build your own burger:

- 6 oz. Certified Angus Beef® Burger \$8.25**
- Vegetarian Burger \$8**
- Simply Grilled Chicken Breast \$8**

Choose your toppings: Lettuce, tomato, pickle, sliced red onions, BBQ, mayo, cheddar, American, pepper jack or provolone cheese

Add: Bacon, sautéed mushrooms or avocado - additional \$1.50

KIDS MENU

Served with your choice of a side and a drink.

- PB & J \$5**
- Mac and Cheese \$5**
- Grilled Cheese \$5**
- Hot Dog \$5**
- Hamburger \$6**
- Add cheese \$1.50**
- Pancakes \$5**
- Chicken Tenders \$7**
- Quesadilla \$7**

Side Options:

- Apple slices
- Chips
- Fruit
- Cookies
- Oatmeal

Drink Options:

- Juice box
- Fountain soda
- Milk

Add fries or sweet potato fries for \$1.00.