

**Cafe Hours:**

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

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

**BREAKFAST**

*Served all day long! All items come with a side of fresh cut fruit.*

**Egg Sandwich 6**  
Your choice of bread or bagel and cheese.

**Egg BLT 8**  
Whole wheat toast, over easy egg, bacon, lettuce, tomato, and mayo.

**Good Morning Wrap/Omelet 8**  
Egg white, feta cheese, sauteed kale, and tomatoes.

**Garden Lovers Wrap/Omelet 8**  
Egg, zucchini, pepper, onion, tomato, and goat cheese.

**Roasted Pepper Egg White Wrap/Omelet 8**  
Egg white, roasted red pepper, sauteed kale, and goat cheese.

**Buttermilk Pancakes 7**  
3 buttermilk pancakes. Add strawberries, blueberries, or chocolate chips for \$1.50 each.

**Power Breakfast Bowl 7.25**  
Egg, bell peppers, red onion, avocado, salsa, sausage, and shredded cheese.

**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 Avocado Club 8.50**  
Rye toast, turkey, bacon, lettuce, tomato, avocado, and mayo.

**Grilled Chicken Avocado Wrap 8.50**  
Grilled antibiotic free chicken, chipotle ranch, lettuce, tomato, and avocado in a whole wheat wrap.

**Grilled Chicken Caesar Wrap 8.00**  
Grilled antibiotic free chicken, asiago-romano blend, leaf lettuce and Caesar dressing in a whole wheat wrap.

**Buffalo Chicken Wrap 8.50**  
Spicy buffalo chicken, leaf lettuce, tomato, and blue cheese dressing in a whole wheat wrap.

**Beef or Chicken Tacos 8.50**  
Grilled, antibiotic-free chicken breast, cucumber wasabi slaw, avocado, minced red onion, and shredded lettuce on two soft tacos.

**SALADS & BOWLS**

*Served with a fresh baked roll.*

**Mesclun Walnut Salad 8.50**  
Spring mix, walnuts, dried cranberries, grape tomatoes, blue cheese crumbles. Blue cheese dressing on the side.

**acac Power Salad 8.50**  
Baby arugula, dried apricot, almonds, berries, basil, feta, balsamic basil vinaigrette dressing.

**Caesar Salad 8**  
Romaine, asiago-romano blend cheese, homemade croutons, caesar dressing.

**Greek Salad 8**  
Spring mix, feta cheese, kalamata olives, red onion, grape tomato, and cucumber. Greek feta dressing on the side.

**Soup of the Day 4.25**

**Brown Rice Black Bean Bowl 7.25**  
Brown rice, black beans, zucchini, roasted red peppers, cilantro lime vinaigrette, tomato, and a sprinkle of feta cheese. Fresh cilantro and lime drizzle.

**Chicken Curry Bowl 7.25**  
Curried grilled chicken, bell peppers, onion, julienned carrots, and brown rice.

**Chicken, Avocado, and Brown Rice Bowl 7.25**  
Herbed chicken, bell peppers, brown rice, avocado, sauteed onion, and garnished with a chipotle ranch drizzle.

**SPECIALTIES**

**Chicken Tenders 8**  
5 piece chicken tenders served with fries.

**Veggie Quesadilla 8**  
Southwest seasoned tomato, bell pepper, broccoli, red onion, and melted cheddar jack cheese. Served with a side of sour cream and salsa.

**Chipotle Chicken Quesadilla 8.25**  
Southwest seasoned chicken, bell pepper, red onion, and a drizzle of chipotle ranch. Served with a side of sour cream and salsa.

**BBQ Chicken Flatbread Pizza 9**  
Grilled chicken, sauteed onion, BBQ sauce, melted cheddar jack cheese, and avocado. All served on a thin crust flatbread.

**Chicken Pesto Flatbread 10**  
Herbed chicken, pesto sauce, tomato, and mozzarella cheese. All served on a crispy thin crust flatbread.

**Grilled Salmon 10**  
Grilled salmon filet, cusabi slaw, fresh made grape tomato salad.

**Fresh 6oz Angus Beef Burger 8.25**  
Served on a toasted brioche bun with lettuce, tomato, and melted American cheese with a side of fries. Option to add red onion, pickle, BBQ sauce, cheddar cheese, or pepper jack.  
*Add bacon or avocado 1.00*  
*Substitute veggie burger or grilled chicken breast 8.00*

**KIDS MENU**

*Served with your choice of a side and a drink.*

**Chicken Tender Meal 7**  
**Cheeseburger Meal 6.25**  
**Hot Dog Meal 5.25**  
**Mac & Cheese Meal 5.25**  
**Grilled Cheese Meal 5.25**  
**Quesadilla Meal 7**

*Side Options: apple slices, French fries, or fresh cut fruit.*  
*Drink Options: apple juice, white milk, or chocolate milk.*

**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:*
- Strawberry Pineapple**
- Tropical Green**
- Island Berry**

**build your own smoothie:**

1. Pick your base:
  - orange juice    soy milk
  - almond milk    skim milk
2. Choose 3 ingredients:
  - banana    honey    carrot
  - strawberry    apple    chocolate chips
  - blueberry    kale    pineapple
  - peanut butter    creme de menthe
3. Add protein (\$1.50):
  - vanilla    chocolate



**Lighter Fare**

Less than 550 calories,  
75g carbs, and 20g fat.