

SOUPS & CHILIS – ALL HOMEMADE

8 oz cup of soup \$3.95, 16oz cup of soup \$5.95 (Veggie Bean “VEG” or Soup of the Day Changes daily)

8oz cup of Veggie chili \$4.75 Turkey Chili \$4.95, 16oz cup of Veggie chili \$6.95 Turkey Chili \$7.25 Veggie Chili is “VEG”

STARTERS Served all day long

Vegetarian Pizza vgt \$7.50 Mozzarella, Bruschetta, spinach, mushrooms, peppers, squash, onions on a white tortilla.

Buffalo Thai Chicken Tenders \$7.50 Four Breaded chicken tenders that are baked with hot sauce, celery sticks with our Thai Sauce & Buffalo Blue Cheese for dipping.

Chicken Quesadilla \$7.50 A white tortilla with Mexican cheese, grilled chicken & tomato, served with salsa & sour cream.

Veggie Quesadilla vgt \$7.50 A white tortilla with Mexican cheese, peppers, refried beans, onion and tomato served with salsa and sour cream.

Mexican Pizza vgt \$7.50 A white tortilla topped with salsa, Mexican cheese, onion, tomato & black olives.

Hummus Appetizer vgt, veg \$7.50 Fresh veggies and bagel chips with our homemade hummus.

White, Red & Green Pizza vgt \$7.50 A white tortilla topped with mozzarella cheese, spinach and bruschetta.

Chicken Tenders \$7.95 Six Tenders(baked not fried)served with choice of dipping sauce, BBQ, Honey Dijon or ketchup.

FRESH & FAMOUS SALADS

Served with a wedge of bread. Choice of homemade dressings include: Garlic Herb Vinaigrette (lite), Garlic Parmesan, Honey Dijon (low fat), Raspberry Vinaigrette (lite), Creamy Cucumber Lemon Dill, Balsamic Vinaigrette (lite) & Traditional Ranch. Extra dressing .50. All vinaigrettes are made with extra virgin olive oil. Plate share charge \$1.00.

CAFÉ HOUSE SALAD veg, vgt \$9.25 Spring mix with tomatoes, onions, cucumbers, carrots, peppers, sprouts & homemade croutons. A smaller version is \$7.95. A side salad (lettuce, tomato, cucumber, carrot & sprouts) is \$2.75.

CAESAR SALAD vgt \$9.25 Crisp romaine tossed with our homemade garlic parmesan dressing, homemade croutons, and freshly grated parmesan cheese. A smaller version is \$7.95

GREEK SALAD vgt \$9.95 Spring Mix with peppers, onions, tomatoes, black sliced olives & feta cheese served with Garlic Herb Vinaigrette. A smaller version is \$7.95

MEXICAN TACO SALAD \$9.95 Mixed greens with tomatoes, onion & Mexican cheese topped with your choice of either refried beans or taco meat made with lean ground turkey served with organic taco shells and salsa.

MEDITERRANEAN SALAD vgt \$9.95 Spring Mix with tomatoes, red onions, feta cheese, walnuts, homemade roasted peppers, black olives and chick peas. A smaller version is \$7.95

Add any of the following: Grilled Chicken or Blackened \$2.50, Turkey bacon \$1.95, Tuna \$2.25, Hummus \$2.25, Refried beans \$2.25, Turkey Almond \$2.25, Chick Peas \$1.50, Cheese .75, Roasted Peppers .75. 6oz baked Salmon Filet \$5.00

FOR OUR CHILDREN age 12 & UNDER All are served with fresh fruit, coleslaw or unsweetened applesauce.

CHICKEN TENDERS \$6.50 Three baked tenders that are served with your choice of BBQ, Honey Dijon or ketchup.

SLOPPY TURKEY JOES \$6.50 Ground turkey seasoned to perfection and served on a white kaiser.

KIDDIE TACOS \$6.75 Choice of : two hard or two soft shells served with Mexican cheese, lettuce, tomato and choice of seasoned ground turkey or refried beans, salsa on the side to finish it off.

RICE & BEAN BURRITO vgt, veg \$6.25 One homemade burrito stuffed with brown rice, peppers, onions & homemade refried beans served with salsa.

PEANUT BUTTER & BANANA vgt, veg \$5.25 Served on sliced whole wheat or white bread (you may substitute grape jelly for banana).

GRILLED CHEESE vgt \$5.50 Your choice of cheese served on whole wheat or white bread(add turkey bacon \$1.50).

KIDDIE QUESADILLA \$5.50 A small white tortilla with Mexican cheese served with salsa. Add chicken \$2.00.

TURKEY & CHEESE PLEASE \$6.50 Home backed sliced turkey with American cheese served on white or wheat bread.