

NEW

The \$5.95 Kids Menu

(12 YEARS AND YOUNGER ONLY)

All selections **now** include sliced apples and a drink box.

GRILLED CHEESE A LA MAISON

American cheese melted in between multi-grain bread with or without tomato.

CHICKEN FINGERS

Two Strips of chicken breast tossed in seasoned bread crumbs and baked. Served with your choice of BBQ or Honey Mustard dipping sauce.

P. B. & J.

Natural peanut butter plus grape jelly on multi-grain bread.

PEANUT BUTTER AND BANANA

Natural peanut butter and fresh banana slices drizzled with honey and served on whole grain bread.

MINI PIZZA NEW

A personal size classico pizza with marinara and mozzarella.

MEXI QUESADILLA NEW

Salsa and Mexican cheese blend grilled crisp.

KIDS WRAP NEW

Any of our wraps in a kid-friendly size.

Beverages

- Deer Park Water (Sport Top) \$2
- Smart Water (Sport Top) \$2.25
- Fiji Water (half-liter and liter) \$2.25/\$3.25
- Vitamin Water \$2.25
- Honest Tea \$2.50
- Honey-Ginger Elixir \$2.75
- Lemon-Black Tea \$2
- Horizon Organic Chocolate Milk \$2.25
- Tropicana Apple Juice \$2.25
- Gatorade 'G' and 'G2' \$2.25
- Sparkling San Pellegrino (500ml) \$3
- V8 (Low-Sodium) \$2
- Red Bull Energy Drink (Sugar-Free) \$3

The Café by:



Personal Chef Service

Hours:

Monday-Thursday 10am-2pm and 4pm-8pm

Friday 10am-2pm

Saturday 9am-1pm

Subject to change without notice.

Smoothies

Fruit Only: \$3.75

Fruit and Protein Powder: \$4.50

Speciality Smoothies (S): \$6.00

THE BUZZ OR BUZZ LITE (DECAF) (S)

Espresso, Banana, Peanut Butter
with Chocolate Protein

GO GREEN (S)

Kiwi, Kale, Banana, Orange Juice, Dates and
Protein Powder

POM-BERRY (S)

Pomegranet Juice, Strawberry, Blueberry, Yogurt
and Chocolate Protein Powder

MAUI MONKEY

Banana, Pineapple, Peanut Butter
with Chocolate Protein

ReCHARGE

Blueberry and Banana with Peanut Butter and
Protein Powder

TROPICAL

Banana, Pineapple and Mango
with Vanilla Protein

CHOCOLATE COVERED STRAWBERRY

Strawberries with Chocolate Protein

BANANA SPLIT

Banana, Strawberry, Pineapple with Chocolate and
Vanilla Protein


FRUIT SALAD

A little bit of everything and your choice of
protein powder

BANANA BERRY

Banana and your choice of Strawberry or
Blueberry with Protein Powder

Enhance your smoothie with a shot of:

Coconut Water, Flax Meal, Acai, Espresso,
 Yogurt, Skim Milk, Extra Protein or
Peanut Butter
\$.75/each

As always...feel free to create your own!

Salads, Soups and More...



CHICKEN SOBA NOODLE SALAD

Poached chicken breast tossed with Japanese soba noodles, carrots, red onion
and fresh basil in a mildly sweet vinaigrette topped with chopped peanuts and
fresh lime. \$8

SALAD MAISON

Mixed greens tossed in a balsamic vinaigrette topped with dried cranberries,
toasted walnuts and goat cheese. \$8.95 With chicken. \$11.95

GARDEN SALAD

Mixed greens topped with fresh cucumber, tomato, edamame, carrots, egg,
peppers and cheddar cheese with a balsamic vinaigrette dressing \$8
With chicken. \$11

CHICKEN SALAD

Solo or atop mixed greens with tomato. \$5.75/6.75

QUINOA SALAD

Quinoa grain tossed with a seasonal selection of ingredients. \$5

SOUP du JOUR

Homemade meat and vegetarian selections changing often.
Bowl: \$5.95 Quart: \$9.95

ITALIAN EGG CUPS

Vegetarian and With Ham \$3.95 with greens: \$4.95

SOUP AND SANDWICH/SALAD COMBO

A bowl of our soup du jour and your choice of a side garden salad or 1/2
sandwich (chicken salad or deli sandwich) \$7.95

GROWN-UP GRILLED CHEESE

Changes seasonally, see chalkboard for selection. Served with greens: \$6.95

TURKEY MELT

Multi-grain bread panini pressed with turkey and white american. \$6

SPECIAL SANDWICH

Offering changes monthly, see chalkboard for selection.

Pizza

CLASSICO

Tomato sauce, oregano and mozzarella. \$7

MARGHERITA

Garlic, oregano, San Marzano tomatoes, fresh mozzarella, fresh basil. \$7.50

BBQ CHICKEN

BBQ sauce, chicken, mozzarella, parmesan and red onion. \$8

Cold Wraps and Paninis

TURKEY HUMMUS WRAP

Smoked turkey, goat cheese, romaine lettuce, cucumber,
tomato and hummus in a whole wheat wrap. \$8.75
Also available vegetarian. \$7

CHICKEN SALAD WRAP OR SANDWICH

Chicken breast, shallots, red grapes, light mayo and
herbs. Your choice of multi-grain bread or wrap. \$8.50

MEDITERRANEAN WRAP

Roasted chicken, goat cheese, sundried tomato, spinach,
hardboiled egg and balsamic. \$8.75

DELI WRAP

Ham or turkey, lettuce, tomato, cucumber, dijon
and mayo. \$8

CALIFORNIA WRAP

Turkey, avocado, spinach, cucumber, goat cheese,
mixed greens, hardboiled egg and mayo. \$8.50

CHICKEN WRAP

Roast chicken, romaine, cheddar, tomato and balsamic.
\$8

BAKED CHICKEN CHIMICHANGA

Chicken, refried beans, seasonings and cheese stuffed in
a whole wheat tortilla. Served with avocado and salsa.
\$8.75

BBQ CHICKEN PANINI

Choice of roasted or breaded and baked chicken, bbq
sauce, green onions and jack cheese. \$7.95

CHICKEN PARMESAN PANINI

Roasted chicken, marinara, parmesan, mozzarella and
oregano. \$7.95

Snacks

FRESH-BAKED MUFFINS \$2.25

FRESH BAKED PROTEIN BAR \$3

OATMEAL \$3

GREEK YOGURT \$2.25

FRESH FRUIT \$1.25

GOLDFISH, PRETZELS, VEGGIE CHIPS \$1.25