



Breakfast

Bacon, Egg and Cheese Sandwich	\$3.00
Egg, turkey bacon or turkey sausage, American cheese on whole-wheat English muffin	
Egg and Cheese Sandwich	\$2.50
Egg and American cheese on a whole-wheat English muffin	
Egg white Breakfast Special	\$4.00
2 egg whites, provolone cheese, turkey bacon or turkey sausage on whole-wheat English muffin	
2 eggs and 2 bacon	\$4.50
2 eggs, 2 slices of turkey bacon and a slice of wheat toast	
Whole-wheat English muffin	\$1.25
Low-fat muffin of the day	\$1.25
Cereal	\$2.00
Oatmeal	\$2.00
Yogurt	\$1.50
Toast (<i>per slice</i>)	\$0.75

Salads

Café Salad	\$5.00
Mixed greens, carrots, cucumbers and tomato	
Grilled Chicken Caesar Salad	\$6.75
Crisp romaine, grilled chicken strips and grated parmesan cheese	
Spinach Salad	\$5.75
Spinach, walnuts, hardboiled eggs and grated parmesan cheese	
Salad Bar	\$6.99/lbs
Lettuce, tomato, cucumbers, assortment of cheeses, hard-boiled eggs, bacon bits and more.	
<i>Open 10 am–3 pm weekdays; closed Sat. and Sun.</i>	
Cranberry Salad	\$7.00
Spinach, grilled chicken strips, cranberries, walnuts, parmesan cheese	
Dressings	
Balsamic vinaigrette	
Blue cheese	
Caesar	
Poppyseed	
Fat-free French	
Fat-free honey mustard	
Fat-free ranch	
Fat-free raspberry vinaigrette	
Fat Free Italian	



Combos	
Soup & ½ Wrap	\$8.50
Soup & ½ Sandwich	\$8.00
Soup & Café Salad	\$8.50

Sandwiches

Choice of 15-Grain wheat, sourdough, or rye bread. Choice of one side included.



	Whole	Half
Egg Salad	\$6.75	\$4.50
Low-fat egg salad, served with lettuce and tomato		
Chicken Salad	\$6.75	\$4.50
Low-fat chicken salad, served with lettuce and tomato		
Tuna Salad	\$6.75	\$4.50
Low-fat tuna salad, served with lettuce, tomato and onion		
Turkey Club	\$7.00	\$4.50
Smoked turkey, provolone cheese, turkey bacon, lettuce, tomato and light mayo		
Grilled Cheese	\$5.25	\$4.00
Provolone & American cheeses		
Grilled Chicken	\$7.00	n/a
Grilled chicken breast, lettuce, tomato, light mayo and Provolone cheese, served on a whole-wheat Kaiser bun		
Turkey Benedictine	\$7.00	\$4.50
Smoked turkey, low-fat Benedictine, lettuce and tomato		
Black Bean Burger	\$7.00	n/a
Black bean burger, lettuce, tomato, provolone cheese, mustard on whole wheat kaiser bun		
Veggie Burger	\$7.00	n/a
Veggie burger, lettuce, tomato, provolone cheese, mustard, served on a whole-wheat Kaiser bun		
BLT	\$6.75	\$4.50
Turkey bacon, lettuce, tomato and light mayo		
PB&J	\$5.00	n/a
Peanut butter and jelly		
Plain Benedictine	\$6.00	\$4.50
Low-fat benedictine, lettuce and tomato		
Turkey Sandwich	\$6.50	\$4.00
Turkey, lettuce, tomato, cheese, light mayo		
Tuna Melt	\$7.00	n/a
Low-fat tuna salad, provolone and tomato		
Chicken Melt	\$7.00	n/a
Low-fat chicken salad, provolone cheese, tomato		
Turkey Melt	\$7.00	n/a
Smoked turkey, provolone and tomato		
Side Items (<i>when available</i>)		
Apple	\$1.00	
Banana	\$1.00	
Applesauce	\$1.00	
Tabbouli	\$1.50	
Fruit cup	\$1.50	
Pasta Cup	\$1.50	
Carrot sticks	\$1.50	
Chips (<i>sun chips, baked lays, pretzels, or cheetos</i>)	\$1.00	
Cottage Cheese (add \$0.50)	\$1.50	

Soups

Vegetable & Soup of the Day **\$4.00**



Wraps

All served with choice of one side item.

Southwest Wrap	\$5.75
Grilled chicken, lettuce, tomato, cheddar cheese and black-bean & corn-salsa, whole wheat wrap	
Veggie Wrap	\$5.75
Hummus, spinach, carrots and feta cheese, spinach wrap	
Sun-dried Tomato Wrap	\$5.75
Grilled chicken, low-fat cream cheese, sun-dried tomato spread, spinach and walnuts, whole wheat wrap	
Turkey Benedictine Wrap	\$5.75
Smoked turkey, low-fat Benedictine, lettuce and tomato, spinach wrap	



Small Bites & Snacks

Egg Salad cup	\$3.00
Chicken Salad cup	\$3.00
Tuna Salad cup	\$3.00
Stuffed Tomato (chicken, tuna or egg)	\$5.50
Corn muffin	\$1.00
Trail mix	\$3.00
Pumpkin squares	\$1.00
Cookies	\$1.00

Beverages

	Small	Large
Coffee	\$1.50	\$2.00
Ice Tea	\$1.50	\$1.75
Hot Chocolate	\$1.50	\$2.00
Soft Drinks	\$1.50	\$1.75
V-8	\$1.00	
Hot Tea	\$1.25	
Soy Milk	\$1.50	
Bottled Water	\$1.25	
Juice	\$2.00	
Skim Milk (12 oz.)	\$2.00	



Fruit Smoothies

16 oz. **\$5.00**
24 oz. **\$6.00**

Banana Berry	
Skim milk, fat-free French vanilla yogurt, blueberries and strawberries, banana	
Small: 140 calories/30 g carbs/3 g fiber/4 g protein	
Large: 265 calories/55 g carbs/8 g fiber/8 g protein	
Blueberry Crunch	
Skim milk, fat-free French vanilla yogurt, granola, blueberries, sugar-free almond syrup	
Small: 205 calories/40 g carbs/2 g fiber/7 g protein	
Large: 275 calories/50 g carbs/4 g fiber/11 g protein	
Strawberry Sunshine	
Orange juice, strawberries, banana, sugar-free French vanilla syrup	
Small: 130 calories/35 g carbs/4 g fiber/1 g protein	
Large: 230 calories/45 g carbs/6 g fiber/3 g protein	
Banilla	
Vanilla yogurt, skim milk and bananas	
Small: 150 calories/40 g carbs/5 g fiber/5 g protein	
Large: 180 calories/55 g carbs/8 g fiber/8 g protein	
Cran-Banana	
Cranberry Juice, Orange Juice and Banana	
Small: 140 calories/35 carbs/4 g fiber/1 g protein	
Large: 210 calories/52 carbs/6 g fiber/3 g protein	
Spinach Delite	
Fresh spinach, strawberries, blueberries and banana, choice of orange juice, soy or almond milk	

Protein Shakes

16 oz. **\$5.50**
24 oz. **\$6.50**

Chocolate Berry	
Chocolate soy, chocolate whey, skim milk, real strawberries, sugar-free black cherry syrup	
Small: 180 calories/15 g carbs/2 g fiber/26 g protein	
Large: 225 calories/20 g carbs/3 g fiber/28 g protein	
Mocha Madness	
Chocolate whey, skim milk, fat-free French vanilla yogurt, brewed coffee/decaf, sugar-free chocolate syrup	
Small: 155 calories/9 g carbs/0 g fiber/23 g protein	
Large: 175 calories/12 g carbs/0 g fiber/25 g protein	
Peanut Butter Crunch	
Chocolate whey, Mother's soy, skim milk, peanut butter, banana, sugar-free English toffee syrup	
Small: 345 calories/20 g carbs/5 g fiber/29.5 g protein	
Large: 395 calories/30 g carbs/7 g fiber/31.5 g protein	

Healthy Add-ins

Flax seed Oil	\$1.50
130 calories	
Granola	\$1.50
120 calories/8 g protein/5 g fiber/12 g carbs	
Soy Milk	\$1.00
70 calories/16 g protein/3 g fiber/4 g carbs	
Crunchy Peanut Butter	\$1.00
90 calories/4 g protein/1 g fiber/4 g carbs	
Mother's Soy Protein Powder	\$1.75
70 calories/16 g protein/4 g fiber/4 g carbs/0 g sugar	
Soy Protein Powder – Chocolate or Vanilla	\$1.75
120 calories/20 g protein/0 g sugar	
Whey Protein Powder – Chocolate or Vanilla	\$1.75
120 calories/24 g protein/3 g carbs/1 g sugar	
Spinach	\$1.00
Almond Milk	\$1.00

HMR Shake Menu

Chocolate or Vanilla HMR 120	\$4.50
Add-in HMR Shake	\$5.50
Double Shake (no add-in)	\$6.25
Double add-in Shake	\$7.00

Add-ins:
Fruit: Strawberries, Bananas, Blueberries
Sugar-free Syrups available to add to shakes:

- Almond
- Black Cherry
- Caramel
- Chocolate
- Coconut
- Cookie Dough
- English Toffee
- French Vanilla
- Hazelnut
- Orange
- Peach
- Peanut butter
- Peppermint
- Pineapple
- Raspberry
- Strawberry



**Most sugar-free syrups are available for purchase at \$10.00 per bottle*