



Breakfast

Bacon, Egg and Cheese Sandwich	\$3.00
Egg, bacon or turkey sausage and American cheese on a 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 and bacon or turkey sausage on whole wheat English muffin	
2 Eggs and 2 Bacon	\$5.00
2 eggs, 2 slices of bacon and a slice of toast	
Whole Wheat English Muffin	\$1.50
Muffin of the Day	\$1.50
Yogurt	\$1.50
Toast (<i>per slice</i>)	\$1.00

Salads

Café Salad	\$5.50
Mixed greens, carrots, cucumbers and tomato	
Grilled Chicken Caesar Salad	\$7.00
Crisp romaine, grilled chicken strips and shredded parmesan cheese	
Spinach Salad	\$6.00
Spinach, walnuts, hard boiled egg and shredded parmesan cheese	
Cranberry Salad	\$7.50
Spinach, grilled chicken strips, cranberries, walnuts, shredded parmesan cheese	
Dressings	
Balsamic vinaigrette	
Caesar	
Poppyseed	
Fat-free French	
Fat-free honey mustard	
Fat-free ranch	
Fat-free raspberry vinaigrette	
Fat Free Italian	
Combos	
Soup & Wrap	\$8.50
Soup & ½ Sandwich	\$8.00
Soup & Café Salad	\$8.50



Side Items (<i>when available</i>)	
Apple	\$1.00
Banana	\$1.00
Applesauce	\$1.00
Couscous	\$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)	\$1.75

Sandwiches

*Choice of 15-Grain Wheat, Sourdough, or Rye bread.
Choice of one side included.*

	Whole	Half
Egg Salad	\$7.00	\$5.00
Low-fat egg salad, lettuce and tomato		
Chicken Salad	\$7.00	\$5.00
Low-fat chicken salad, lettuce and tomato		
Tuna Salad	\$7.00	\$5.00
Low-fat tuna salad, lettuce and tomato		
Turkey Club	\$7.50	\$5.00
Smoked turkey, provolone cheese, bacon, lettuce, tomato and light mayo		
Grilled Cheese	\$5.50	\$4.50
Provolone & American cheeses		
Veggie Grilled Cheese	\$6.50	n/a
Provolone cheese, spinach, red onion and tomato		
Grilled Chicken	\$7.50	n/a
Grilled chicken breast, lettuce, tomato, light mayo and provolone cheese, served on a whole wheat bun		
Black Bean Burger	\$7.50	n/a
Black bean burger, lettuce, tomato, provolone cheese, mustard on whole wheat bun		
Veggie Burger	\$7.50	n/a
Veggie burger, lettuce, tomato, provolone cheese, mustard, served on a whole wheat bun		
BLT	\$7.00	\$5.00
Bacon, lettuce, tomato and light mayo		
PB&J	\$5.00	n/a
Peanut butter and jelly		
Plain Benedictine	\$6.00	\$5.00
Low-fat benedictine, lettuce and tomato		
Turkey or Bacon Benedictine	\$7.25	\$5.00
Smoked turkey or bacon, low-fat benedictine, lettuce and tomato		
Turkey Sandwich	\$7.00	\$5.00
Turkey, lettuce, tomato, provolone cheese, light mayo		
Tuna Melt	\$7.50	n/a
Low-fat tuna salad, provolone cheese and tomato		
Chicken Melt	\$7.50	n/a
Low-fat chicken salad, provolone cheese, tomato		
Turkey Melt	\$7.50	n/a
Smoked turkey, provolone cheese and tomato		



Soups

Vegetable & Soup of the Day	\$4.00
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Wraps

All served with choice of one side item.

Southwest Wrap	\$6.50
Grilled chicken, spinach, cheddar cheese and black bean & corn-salsa, whole wheat tortilla	
Veggie Wrap	\$6.50
Hummus, spinach, carrots and feta cheese, spinach tortilla	
Sun-dried Tomato Wrap	\$6.50
Grilled chicken sun-dried tomato spread, spinach and walnuts, whole wheat tortilla	
Turkey Benedictine Wrap	\$6.50
Smoked turkey, low-fat Benedictine, spinach and roasted red pepper, spinach tortilla	

Small Bites & Snacks

Egg Salad Cup	\$3.00
Chicken Salad Cup	\$3.00
Tuna Salad Cup	\$3.00
Stuffed Tomato (chicken or tuna salad)	\$5.50
Corn Muffin	\$1.00
Trail Mix	\$3.00
Pumpkin Square	\$1.00
Ranger Cookie	\$0.50
Morning Glory Muffin	\$2.50
Peanut Honey Granola Bar	\$1.75



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	\$1.50	
Soy Milk	\$1.75	
Bottled Water	\$1.25	
Juice	\$2.00	
Skim Milk (12 oz.)	\$2.00	

Fruit Smoothies

16 oz.	\$5.50	24 oz.	\$6.50
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Banana Berry

Skim milk, fat-free French vanilla yogurt, blueberries, strawberries and banana.

Small: 242 calories/11 g protein/51 g carbs /38 g sugar

Large: 376 calories/16 g protein/ 81 g carbs/59 g sugar

Blueberry Crunch

Skim milk, fat-free French vanilla yogurt, granola, blueberries, sugar-free almond syrup.

Small: 292 calories/19 g protein/45 g carbs/40 g sugar

Large: 361 calories/22 g protein/59 g carbs/52 g sugar

Strawberry Sunshine

Orange juice, strawberries, banana, sugar-free French vanilla syrup.

Small: 153 calories/2 g protein/38 g carbs/28 g sugar

Large: 245 calories/3 g protein/61 g carbs/43 g sugar

Banilla

Skim milk, fat free French Vanilla yogurt and banana.

Small: 233 calories/11 g protein/49 g carbs/35 g sugar

Large: 336 calories/16 g protein/72 g carbs/50 g sugar

Cran-Banana

Cranberry juice, sugar free orange syrup and banana.

Small: 113 calories/1 g protein/28 g carbs/21 g sugar

Large: 225 calories/1 g protein/55 g carbs/42 g sugar

Spinach Delite

Fresh spinach, strawberries, blueberries and banana, choice of orange juice or almond milk.

With Orange Juice:

Small:150 calories/2 g protein/37 g carbs/27 g sugar

Large: 287 calories/3 g protein/72 g carbs/51 g sugar

With Almond Milk:

Small: 110 calories/2 g protein/25 g carbs/15 g sugar

Large: 212 g calories/3 g protein/72 g carbs/51 g sugar

Banana Oatmeal

Skim milk, fat free French vanilla yogurt, banana, oatmeal, honey and cinnamon.

Small: 259 calories/9 g protein/57 g carbs/35 g sugar

Large: 458 calories/17 g protein/97 g carbs/53 sugar



Protein Shakes

16 oz.	\$6.00	24 oz.	\$7.00
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Chocolate Berry

Chocolate whey, chocolate soy, skim milk, real strawberries, sugar-free black cherry syrup.

Small: 181 calories/21 g protein/24 g carbs/18 g sugar

Large: 213 calories/23 g protein/30 g carbs/23 g sugar

Mocha Madness

Chocolate whey, skim milk, fat-free French vanilla yogurt, brewed coffee/decaf, sugar-free chocolate syrup.

Small: 229 calories/24 g protein/36 g carbs/26 g sugar

Large: 280 calories/27 g protein/45 g carbs/34 g sugar

Peanut Butter Crunch

Chocolate whey, Mother's soy, skim milk, peanut butter or PB2, banana, sugar-free English toffee syrup.

With Peanut Butter:

Small: 330 calories/25 g protein/28 g carbs/19 g sugar

Large: 396 calories/29 g protein/41 g carbs/29 g sugar

With PB2:

Small: 205 calories/27 g protein/28 carbs/15 g sugar

Large: 251 calories/27 g protein/38 carbs/22 g sugar

Healthy Add-ins

Flax Seed	\$1.75
60 calories/ 3g protein/1.5g carbs/0 sugar	
Granola	\$1.50
120 calories/8 g protein/5 g fiber/12 g carbs	
Crunchy Peanut Butter	\$1.00
190 calories/7 g protein/2 g fiber/8 g carbs	
Mother's Soy Protein Powder	\$2.00
70 calories/16 g protein/4 g fiber/4 g carbs/0 g sugar	
Soy Protein Powder – Chocolate or Vanilla	\$2.00
170 calories/20 g protein/19 g carbs/17 g sugar	
Whey Protein Powder–Chocolate or Vanilla	\$2.00
75 calories/13 g protein/7 g carbs/2 g sugar	
PB2	\$1.00
45 calories/5 g protein/5 g carbs/1 g sugar	
Almond Milk	\$1.00
30 calories/1 g protein/2 g carbs/0 g sugar	
Spinach	\$1.00

HMR Shake Menu

Chocolate or Vanilla HMR 120	\$5.00
Add-in HMR Shake	\$6.00
Double Shake (no add-in)	\$6.75
Double Add-in Shake	\$7.75