

THE Cafe

breakfast

midtown breakfast*	\$12
<i>two eggs your way, choice of bacon or chicken sausage, toast, fresh fruit</i>	
avocado toast*	\$12
<i>multigrain toast, mashed avocado, sunny egg, feta, flaky sea salt, extra virgin olive oil, paprika sprinkle</i>	
breakfast sandwich*	\$10
<i>folded egg, provolone, choice of bacon or chicken sausage, red pepper aioli, focaccia</i>	
southwest breakfast burrito*	\$11
<i>two eggs, cahokia high protein brown rice, corn, black bean, roasted red pepper, pico de gallo, sun-dried tomato tortilla</i>	

bowls & plates

salmon power bowl*	\$16
<i>cahokia high protein brown rice, mango, cucumber, avocado, crispy chickpeas, green onion, chili aioli</i>	
chicken shawarma	\$15
<i>cahokia high protein brown rice, hummus, feta, cherry tomato, cucumber, red onion, kalamata olive, mint, cilantro</i>	
caribbean steak bowl*	\$18
<i>marinated skirt steak, cahokia high protein brown rice, pineapple, green onion, sesame seed, caribbean steak sauce</i>	
southwest veggie bowl	\$10
<i>cahokia high protein brown rice, seasoned black beans & corn, cherry tomato, avocado, pico de gallo, cilantro crema</i> add chicken - \$5 / add steak* - \$9	
moroccan chicken bowl	\$15
<i>grilled marinated chicken, cahokia high protein brown rice, broccoli, sweet potato, roasted red pepper, moroccan chermoula sauce</i>	

handhelds

midtown smashburger*	\$15
<i>two 4oz patties, american cheese, shredded lettuce, red onion, pickles, dijonaise, brioche bun</i> single patty available - \$11	
southwest turkey burger	\$15
<i>house-made turkey patty, pepperjack, lettuce, avocado, pico de gallo, red pepper aioli, cilantro crema drizzle, brioche bun</i>	
steak sandwich*	\$18
<i>grilled marinated steak, sautéed onion, provolone, arugula, red pepper aioli, balsamic drizzle, garlic sourdough</i>	
california chicken sandwich	\$15
<i>marinated grilled chicken, provolone, lettuce, tomato, avocado, red pepper aioli, focaccia</i>	
buffalo chicken sandwich	\$15
<i>grilled buffalo chicken, pepperjack, lettuce, onion, pickles, ranch drizzle, focaccia</i>	
turkey avocado stack	\$14
<i>oven roasted turkey, avocado, arugula, tomato, red pepper aioli, focaccia</i>	
quesadilla	\$10
<i>three cheese blend, pico de gallo, chipotle ranch</i> add chicken - \$5, add steak* - \$9	

substitute gluten-free bread or bun - \$2
add: avocado - \$2, hickory smoked bacon - \$2
served with choice of chips or fruit

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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flatbreads choice of: regular / large

cheese stone baked flatbread, marinara, monterey jack, mozzarella	\$7/\$13	margherita stone baked flatbread, basil pesto, mozzarella, tomato, balsamic glaze	\$7/\$14
pepperoni stone baked flatbread, marinara, monterey jack, mozzarella, pepperoni	\$8/\$15	bbq chicken stone baked flatbread, grilled chicken, BBQ sauce, three cheese blend, green onion	\$8/\$16
sausage stone baked flatbread, marinara, monterey jack, mozzarella, chicken sausage	\$8/\$15	chipotle stone baked flatbread, chipotle ranch, three cheese blend, pico de gallo, jalapeño, cilantro crema add chicken - \$5	\$8/\$16

salads

caesar salad romaine, tomato, parmesan, croutons, vegetarian caesar dressing	\$10	greek salad romaine, grilled chicken, feta, kalamata olive, cherry tomato, cucumber, red onion, balsamic vinaigrette	\$15
cobb salad romaine, grilled chicken, bacon, boiled egg, bleu cheese, avocado, cherry tomato, ranch dressing	\$15	mandarin kale salad kale, mandarin orange, walnut, dried cranberry, slivered almond, carrot, green apple, sesame ginger dressing	\$15
harvest salad grilled marinated chicken, kale, sweet potato, apple, dried cranberry, goat cheese crumble, walnut, balsamic vinaigrette	\$15		

all salads available as wrap served with chips

add: chicken - \$5, salmon* - \$6, steak* - \$9

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