

THE Cafe

available monday - friday until 12pm, saturday until 4pm, sunday until 3pm

breakfast

midtown breakfast* two eggs your way, choice of bacon or turkey sausage, toast substitute egg whites - \$2	\$14	breakfast tacos* three flour tortillas, scrambled egg, cheddar, roasted potatoes, avocado, choice of bacon or turkey sausage, cilantro lime crema, fresh fruit substitute egg whites - \$2	\$15
midtown omelette* mushroom, onion, tomato, spinach, cheddar jack, toast, fresh fruit substitute egg whites - \$2	\$13	wake up wrap* scrambled egg, cheddar jack, choice of bacon or turkey sausage, fresh fruit substitute egg whites - \$2	\$13
french toast multigrain bread, cinnamon custard, maple syrup, mixed berries	\$12	avocado toast* multigrain toast, mashed avocado, tomato, cilantro, sunny egg	\$12
chicken & waffles crispy chicken, belgian style waffle, hot honey syrup	\$14	egg & queso sandwich* multigrain bagel, egg, american cheese, tomato, spinach, avocado, fresh fruit substitute butter croissant - \$2	\$13
wildberry oatmeal muffin wild berries, oats, cinnamon, mixed berries served with low-fat vanilla yogurt	\$8	protein pancakes three protein packed pancakes, mixed berries	\$13

a la carte

scrambled egg whites*	\$9
two eggs*	\$6
three eggs*	\$8
multigrain toast	\$4
multigrain bagel	\$5
butter croissant	\$5
turkey sausage	\$6
turkey breast	\$6
applewood smoked bacon	\$5
grilled chicken breast	\$6
roasted potatoes	\$5
avocado	\$3

beverage

coffee	\$3/\$4
iced coffee	\$3/\$4
americano	\$4/\$5
cortadito	\$4/\$5
macchiato	\$4/\$5
espresso	\$4/\$5
latte	\$4
cappuccino	\$5
hot chocolate	\$4
hot tea	\$4
orange juice	\$4/\$6

add-ons - \$1: french vanilla, caramel, sugar-free vanilla, almond milk, oat milk, soy milk

*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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shareables

chicken tenders choice of honey bbq, honey mustard, or buttermilk ranch	\$12	cheese tequeños lime cilantro garlic sauce	\$8
chicken quesadilla grilled chicken, onion, tomato, lime cilantro garlic sauce	\$9	coconut shrimp* sweet chili sauce	\$9
chargrilled wings choice of BBQ, sweet chili, or buffalo	\$12	hummus plate house-made hummus, crudité, crispy naan	\$11

soups & salads

soup du jour ask our associates about today's offering!	\$6	cobb salad grilled chicken, romaine, bacon, boiled egg, sweet corn, tomato, onion, avocado, cucumber, poblano ranch	\$16
southwest salad romaine, tomato, onion, corn, black bean, avocado, cheddar jack, tortilla strips, ancho chipotle dressing	\$12	buffalo chicken salad grilled or breaded chicken, buffalo sauce, romaine, tomato, bleu cheese	\$14
harvest salad artisanal spring mix, carrot, cucumber, apple, sunflower seeds, dried cranberries, chickpeas, gorgonzola, honey balsamic dressing	\$12	blackened chicken caesar salad blackened grilled chicken, romaine, tomato, romano cheese, multigrain croutons, caesar dressing	\$14
autumn salmon salad* grilled salmon, baby spinach, dried cranberries, carrots, candied pecans, apple, sesame ginger dressing	\$18		

all salads available as wrap w/ side
add: grilled, breaded or blackened chicken - \$6,
 grilled salmon* - \$7, black bean burger - \$4,
 turkey breast - \$6, skirt steak* - \$9,
 mahi-mahi* - \$9, grilled shrimp* - \$9

handhelds

midtown smashburger* two 4oz beef patties, american cheese, shredded lettuce, red onion, pickles, dijonaize, brioche bun	\$17	steak sandwich* skirt steak, sauteed onion and mushroom, mozzarella, ciabatta roll	\$19
black bean burger lettuce, tomato, onion, mozzarella, brioche bun	\$14	chicken sandwich grilled or breaded chicken, lettuce, tomato, onion, mozzarella, brioche bun	\$14
hummus garden wrap hummus, roasted red pepper, romaine, tomato, onion, cucumber, carrot	\$12	blackened mahi-mahi* blackened mahi-mahi, coleslaw, lemon garlic aioli, brioche bun	\$16
california club oven roasted turkey breast, bacon, lettuce, tomato, mozzarella, avocado, multigrain bread	\$14	turkey burger lettuce, tomato, onion, mozzarella, brioche bun	\$14

sides: fries / truffle fries - \$3, sweet potato wedges - \$2,
 mixed fruit or side garden salad / side caesar - \$2, soup - \$3

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tacos

three tacos served with tortilla chips and housemade salsa

roasted veggie black bean, tomato, avocado, onion, peppers, cilantro lime garlic sauce	\$13	poblano steak* marinated skirt steak, feta, tomato, onion, poblano ranch	\$19
southwest chicken grilled chicken, avocado, mixed greens, tomato, poblano ranch	\$16	mango shrimp* grilled shrimp, cabbage, tomato, mango, avocado, cilantro lime garlic sauce	\$17
mahi-mahi* choice of battered or blackened, coleslaw, lime cilantro drizzle	\$17		

bowls & plates

lomo saltado plate* skirt steak, lomo saltado sauce, onion, tomato, cahokia high protein white rice, cilantro, french fries	\$22	chicken teriyaki bowl cahokia high protein white rice, onion, garlic, carrots, roasted red pepper, broccoli, cabbage substitute: skirt steak* - \$7, grilled shrimp* - \$7, mahi-mahi* - \$7	\$15
chicken churrasco plate grilled chicken, cahokia high protein white rice, chimichurri, plantains substitute skirt steak* - \$7	\$15	margherita pasta penne, romano cheese, dried basil, tomato, garlic, baby spinach add: grilled chicken - \$6, grilled salmon* - \$7, grilled shrimp* - \$7	\$13
blackened salmon plate* blackened grilled salmon, cahokia high protein brown rice, quinoa, tomato, onion, spinach	\$18	pasta alfredo penne, romano cheese, alfredo, garlic, baby spinach add: grilled chicken - \$6, grilled salmon* - \$7, grilled shrimp* - \$7	\$13
ahi tuna poke bowl* sushi grade ahi tuna, edamame, carrots, seaweed salad, cucumber, cahokia high protein white rice, avocado, sesame seeds	\$19		

a la carte

grilled chicken	\$6	french fries	\$6
grilled salmon*	\$10	truffle fries	\$8
skirt steak*	\$11	sweet potato wedges	\$7
grilled shrimp*	\$10	mixed fruit	\$6
mahi-mahi	\$11	petite garden salad	\$6
		petite caesar salad	\$7

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THE *Cafe*

beer & seltzer

beer

Michelob Ultra <i>st. louis, missouri</i>	\$5	Corona Extra <i>mexico</i>	\$6
Yuengling <i>pottsville, pennsylvania</i>	\$5	Modelo Especial <i>mexico</i>	\$6
Stella Artois <i>leuven, belgium</i>	\$6		

seltzer

Owl's Brew Boozy Tea <i>assorted flavors</i>	\$7	High Noon Vodka Seltzer <i>assorted flavors</i>	\$7
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wine

bubbles

Ruffino Prosecco <i>veneto, italy</i>	\$9/\$30	Laurent Perrier la cuvée rosé <i>tours-sur-marne, france</i>	\$38/\$122
Laurent Perrier la cuvée brut <i>tours-sur-marne, france</i>	\$24/\$86		

white & rose

Oyster Bay Pinot Grigio <i>marlborough, new zealand</i>	\$8/\$25	Chappellet Growers Collection Chardonnay <i>napa valley, california</i>	\$18/\$72
Bernier Sauvignon Blanc <i>loire valley, france</i>	\$6/\$24	Squealing Pig Pinot Noir Rosé <i>south australia</i>	\$6/\$24
Amici Sauvignon Blanc <i>sonoma county, california</i>	\$8/\$33		

red

Wildhorse Cabernet Sauvignon <i>paso robles, california</i>	\$8/\$26	Portlandia Pinot Noir <i>oregon</i>	\$8/\$22
Amici Cabernet Sauvignon <i>sonoma county, california</i>	\$16/\$64	Chappellet Merlot <i>napa valley, california</i>	\$19/\$75
		Real Vinum Tradicion Sangria <i>spain</i>	\$6/\$24

smoothies

12oz - \$7 / 16oz - \$10

	12oz	16oz
green boost <i>kale, spinach, avocado, peas, pineapple, banana, chia seeds, flax seed, coconut water</i>	317cal	403cal
very berry <i>raspberry, strawberry, blueberry, blackberry, banana, honey, water</i>	151cal	191cal
chunky monkey <i>organic banana, peanut butter, low fat 2% milk, chocolate whey protein</i>	428cal	570cal
fresa <i>strawberry, banana, vanilla yogurt, vanilla whey protein</i>	277cal	379cal
miami sunset <i>guava, strawberry, peach, vanilla yogurt</i>	293cal	390cal

proteins & add-ins — \$2

25g whey protein vanilla, chocolate, unflavored	2g pre-workout fuel almond butter
6g pb2	5g creatine
20g collagen	1000mg bcaa

25g plant-based protein — \$3

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