

CAESAR'S CAFE

PERFECT PLATE

Choose one protein and includes two sides

Grilled Chicken Breast, 6 oz. \$6.75

Calories 300 Protein 52 Fat 6

Baked Tilapia, 6 oz. \$7.50

Calories 190 Protein 35 Fat 4

Grilled Steak, 6 oz. \$9.50

Calories 360 Protein 46 Fat 18

SIDES

\$1.25 each

Black Beans

Calories 130 Carbs 22 Fiber 5 Protein 9 Fat 1

Baked Sweet Potato

Calories 105 Carbs 24 Fiber 4

Brown Rice

Calories 110 Carbs 23 Fiber 2

Steamed Broccoli

Calories 30 Carbs 6 Fiber 3 Protein 2

Roasted Zucchini

Calories 88 Carbs 7 Fiber 7 Fat 7

SANDWICHES

Served with sweet potato chips

Chicken and Roasted Veggies \$7.50

Roasted chicken breast, zucchini, red bell peppers, mozzarella cheese, and basil pesto on a wheat ciabatta bun

Calories 785 Carbs 49 Protein 67 Fat 34

Chicken Club \$7.50

Roasted chicken breast, turkey bacon, sliced tomatoes, mozzarella cheese, lettuce, and chipotle lime vinaigrette on a wheat ciabatta bun

Calories 639 Carbs 41 Protein 72 Fat 20

Tuna \$7.50

Tuna with lettuce, tomato, lemon juice, and olive oil on a wheat ciabatta bun

Calories 406 Carbs 37 Protein 27 Fat 16.5

SALADS

All salads can be turned into wraps. All dressings are served on the side

Caesar Full \$5.50 Half \$3.50

Fresh romaine lettuce, oven-roasted tomatoes, parmesan cheese, garnished with lahvosh cracker bread. Served with classic caesar dressing (calories 168, carbs 2, fat 18)

Calories 267 Carbs 30 Fiber 6 Protein 12 Fat 12

Spinach Full \$6.50 Half \$4.50

Baby spinach, baby greens, dried cranberries, black walnuts, hearts of palm, mandarin oranges, garnished with lahvosh cracker bread. Served with chipotle raspberry vinaigrette (calories 100, carbs 15, fat 5)

Calories 258 Carbs 42 Fiber 8 Protein 7 Fat 10

Asian Full \$6.50 Half \$4.50

Mixed greens, sliced red bell peppers, rice noodles, cashews, shredded carrots, snow peas, mandarin oranges, garnished with wonton chips. Served with mango vinaigrette (calories 33, carbs 7)

Calories 373 Carbs 50 Fiber 9 Protein 11 Fat 17

Fiesta Full \$7.00 Half \$5.00

Mixed baby greens, black beans, chopped tomatoes, fresh queso blanco, avocado slices, diced red onions, garnished with whole wheat chips. Served with chipotle lime vinaigrette (calories 168, carbs 2, fat 18)

Calories 258 Carbs 27 Fiber 9 Protein 12 Fat 13

Add Protein (3 oz)

Grilled Chicken Breast \$2.25

Calories 150 Protein 26 Fat 0.5

Grilled Steak \$3.50

Calories 180 Protein 23 Fat 9

Baked Tilapia \$3.75

Calories 95 Protein 17.5 Fat 2

Build Your Own Salad \$8.50

Create your custom salad with the "Build Your Own Salad" card.

Ask a server for a build your own salad card



CAESAR'S CAFE

TACOS

Whole wheat tortilla, mixed greens, tomatoes, served with chipotle lime vinaigrette (calories 168, carbs 2, fat 18)

Turkey Chili \$3.50 each
Calories 350 Carbs 36 Fiber 4 Protein 24 Fat 13

Chicken \$3.75 each
Calories 282 Carbs 36 Fiber 5 Protein 32 Fat 4

Fish \$4.25 each
Calories 236 Carbs 36 Fiber 4 Protein 23 Fat 3

Steak \$4.75 each
Calories 320 Carbs 36 Fiber 5 Protein 23 Fat 10

SOUP OF THE DAY

Cup \$2.50 Bowl \$4.00

KIDS

Kid's Plate \$4.50
3 oz of grilled chicken breast with broccoli and macaroni and cheese

Macaroni and Cheese \$3.00

COOKIES

Chocolate Chip \$1.00

Oatmeal Raisin \$1.00

BEVERAGES

\$1.50
Dunn Brothers
Regular and
Decaf Coffee

Complimentary
until 11:00am



\$1.95
Coke
Diet Coke
Sprite
Dr. Pepper
Diet Dr.
Pepper
Iced Tea
Hot Tea

\$2.50
Orange Juice
Cranberry
Juice
Milk

BREAKFAST

Served until 11:00 am

Build Your Own Breakfast \$3.75
Whole eggs or egg whites with whole wheat tortillas or English muffin

Choose Your Toppings \$0.50 each
Avocado slices Pico de gallo Salsa
Black beans Queso blanco Spinach
Broccoli Red bell peppers Tomatoes
Jalapeños Red onions

Choose Your Protein \$1.25 each
Grilled chicken Turkey bacon Turkey chili
Grilled steak Turkey sausage

Bread \$1.00 each
Whole wheat tortillas (2)
Calories 180 Carbs 32 Protein 6 Fat 5

English muffin
Calories 140 Carbs 28 Protein 4 Fat 0

Protein Pancake \$4.25
Served with 1 oz light maple syrup, gluten free
Calories 292 Carbs 40 Protein 20 Fiber 5 Fat 3
(Syrup: Calories 15 , Carbs 4)

Fruit Cup \$2.50

OATMEAL

Classic \$3.00
Healthy and hearty traditional oatmeal
Calories 145 Carbs 25 Protein 4 Fat 2

High Energy \$3.75
With peanut butter and bananas
Calories 300 Carbs 42 Protein 11 Fat 11

Heart Healthy \$4.00
With nuts and berries
Calories 380 Carbs 21 Protein 11 Fat 21

