

Caesar's Cafe

Gourmet Salads

All salads can be made into a wrap.
All dressings come on the side.

Full Half

Caesar's Special Salad **\$5.50** **\$3.50**

Fresh romaine lettuce, oven-roasted tomatoes, and parmesan cheese, garnished with lahvoshe bread. Served with Classic Caesar Dressing.

Calories 267 Carbs 30 Fiber 6 Protein 12 Fat 12

El Paso Fiesta Salad **\$7.00** **\$5.00**

Mixed baby greens, black beans, chopped tomatoes, fresh queso blanco cheese, avocado slices, diced red onions garnished with baked whole wheat chips. Served with Chipotle Lime Vinaigrette.

Calories 258 Carbs 27 Fiber 9 Protei

Fresh Spinach Salad **\$6.50** **\$4.50**

Baby spinach, baby greens, dried cranberries, black walnuts, heart of palm and mandarin oranges, garnished with lahvoshe bread. Served with Chipotle Raspberry Vinaigrette.

Calories 258 Carbs 42 Fiber 8 Protei

Asian Salad **\$6.50** **\$4.50**

Mixed greens, sliced red bell peppers, rice noodles, cashews, shredded carrots, snow peas, and mandarin oranges, garnished with wonton chips. Served with Mango Vinaigrette.

Calories 373 Carbs 50 Fiber 9 Protein 11 Fat 17

Build Your Own Salad **\$8.50**

Create your own salad with all your favorite ingredients. Complete the "Build Your Own" Salad card.

Add Protein to any Salad

Grilled Chicken Breast **\$2.00**

Calories 150 Protein 26 Fat 3

Grilled Steak **\$3.50**

Calories 180 Protein 23 Fat 9

Baked Tilapia **\$3.75**

Calories 190 Protein 35 Fat 4

TELOS Famous Tacos

Chicken Tacos **\$3.50 each**

Whole wheat tortilla, mixed greens tomatoes, and grilled chicken, served with Chipotle Lime Vinaigrette.

Calories 282 Carbs 36 Fiber 5 Protein 32
Fat 4

Turkey Chili Tacos **\$3.50 each**

Whole wheat tortilla, mixed greens tomatoes, and turkey chili, served with Chipotle Lime Vinaigrette.

Calories 350 Carbs 36 Fiber 4 Protei
Fat 13

Steak Tacos **\$4.75 each**

Whole wheat tortilla, mixed greens tomatoes, and steak, served with Chipotle Lime Vinaigrette.

Calories 320 Carbs 36 Fiber 5 Protein 23
Fat 10

Fish Tacos **\$3.75 each**

Whole wheat tortilla, mixed greens, tomatoes, and baked tilapia served with Chipotle Lime Vinaigrette.

Calories 236 Carbs 36 Fiber 4 Protein 23 Fat 3

Soup of the Day

Ask the server for today's

Soup of the Day!

Cup **\$2.50** Bowl **\$3.50**

Kid's Menu

1/2 Chicken Breast Plate **\$4.50**

Grilled chicken breast served with a side of macaroni and cheese and broccoli.

The Perfect Plate

Choose one protein & two sides

6 oz. Grilled Chicken Breast **\$6.50**

Calories 300 Protein 52 Fat 6

6 oz. Baked Tilapia **\$7.00**

Calories 190 Protein 35 Fat 4

6 oz. Grilled Steak **\$9.50**

Calories 360 Protein 46 Fat 18

Sides **\$1.25**

Black Beans

Calories 130 Carbs 22 Fiber 5 Protein 9
Fat 1

Baked Sweet Potato

Calories 105 Carbs 24 Fiber 4 Protei

Brown Rice

Calories 110 Carbs 23 Fiber 2 Protei

Steamed Broccoli

Calories 30 Carbs 6 Fiber 3 Protein 2

Dessert

1/2 Cup yogurt topped with seasonal berries **\$4.00**

Chocolate Chip Cookie **\$1.25**

Oatmeal Cookie **\$1.25**

TELOS
FITNESS CENTER

Breakfast

Breakfast served until 11am

Build Your Own Breakfast

Choose your Eggs \$3.50

Whole eggs or egg whites served with whole wheat tortillas or English Muffin.

Choose your Topping \$0.50

Black beans, avocado slices, broccoli, sa

Pico, queso blanco.

Choose your Meat \$1.25

Turkey Sausage, Turkey Bacon or Steak (\$3.50)

Choose your Bread \$1.00

Whole wheat tortillas or English muffin

Classic Oatmeal \$3.00

Healthy & hearty oatmeal

n 6 Fat 2

Heart Healthy Oatmeal \$3.75

Classic Oatmeal topped with nuts and berries.

Calories 275 Carbs 35 Fiber 8 Protein 8 Fat 11

High Energy Oatmeal \$3.75

Classic oatmeal includes peanut butter and banana.

Calories 360 Carbs 55 Fiber 8 Protein 11 Fat 11

Fresh Fruit & Yogurt Parfait

\$4.25

Sliced fresh fruit, vanilla yogurt and granola.

Calories 250 Carbs 45 Fiber 5 Protein 9 Fat 2

Smoothies



Small 16oz \$4.75

Medium 24oz \$5.50

Large 32oz \$5.99

Route 66

Blueberries, raspberries, strawberries & one scoop protein.

Mount Everett

One scoop peanut butter, banana, 2 scoops builder protein, & mellow pack.

\$6.75 / \$7.50 / \$7.99

DT Special

Reduced chocolate powder, half a scoop of peanut butter, & burner protein.

Cecil's Secret Weapon

Reduced chocolate powder, half a scoop of peanut butter, & 2 scoops

\$6.00 / \$6.75 / \$7.24

See completed list of smoothies at the bar!

Beverages

Black Tea or Green Tea \$1.75

Add a flavor to your Tea \$0.50 (Peach or Raspberry)

Coke, Diet Coke, Sprite, Dr. Pepper, Diet Dr. Pepper \$1.75

Dunn Brothers Regular Coffee \$1.50 (complimentary until 11:00am)

Dunn Brothers Decaf Coffee \$1.50

**DUNN BROS
COFFEE**

Orange Juice, Cranberry Juice, Milk Sm. \$1.50 Large \$2.50

Let Caesar's host your next
business meeting or cater on-site
your next luncheon!

972-386-2582