



Health Center Cafe

Soups

Soup du Jour (soup of the day)
Tomato Basil
Low-fat Vegetarian Garden Vegetable Soup with Pesto

Salads

Fresh fruit cup or Fresh fruit plate 3/4
Mixed seasonal fruit, served with fresh fruit cream dip

Fruity Chicken 10
House-made chicken salad topped with grapes, pecans, mandarin oranges and fresh berries on a bed of mixed greens

Mediterranean Crunch Salad 8
Garbanzo beans, chopped cucumber, broccoli florets, sliced kale, chopped red onion, chopped Kalamata olives, red wine vinegar, mint garlic, chopped fresh parsley & thyme

***Avocado Salmon Salad with Kale 12**
Salmon fillet, avocado, lemon juice, kale, chopped pickled jalapeno peppers

Black Bean Taco Salad 12
*Lettuce, organic corn chips, black and roasted corn mix.
Garnished with cheddar, sour cream, guacamole, pico de gallo, south west spices with salsa on the side*

Traditional Seasonal Green Salad 8
Arugula, romaine, kale and radicchio blend, vine-ripened tomatoes, red onions and diced cucumbers tossed with reduced-fat balsamic vinaigrette



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Sandwiches and Flat Breads

Grilled Cheese and Greens 6

Whole grain bread, kale, garlic, gruyere cheese

Tuna or Chicken Salad Sandwich 7

*Lettuce, vine-ripened tomatoes and red onions
with salt and pepper on Focaccia*

Roasted Turkey & Avocado BLT 8

*Roasted turkey, applewood smoked bacon, lettuce, vine-ripened tomatoes
and avocado with mayo on Sourdough*

***Steak and Arugula Sandwich 10**

*Seared steak, vine-ripened tomatoes, garlic and herb cream cheese spread, arugula,
pickled onions and mustard horseradish sauce on Sourdough*

BBQ Chicken Flat Bread 6

*Smoked, pulled chicken, frizzled onions, mozzarella, smoked Gouda, fresh spinach and
cilantro with BBQ sauce on whole grain flatbread*

Tomato Mozzarella Flatbread 6

*Fresh mozzarella, fresh tomatoes and tomato sofrito, baby arugula and nut-free basil
pesto sauce with freshly squeezed lemon on whole grain flatbread*

*Denotes items served raw or undercooked or may contain raw or undercooked ingredients. Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.