

C a f e M e n u

Breakfast

Bagels \$1.50

Assorted Croissants \$2.00

Muffins \$2.00

Blueberry, Orange Cranberry, & Apple

Fresh Fruit Cups \$3.00

Seasonal Fresh Cut Fruits

Piece of Seasonal Fresh Fruit \$1.00

Vanilla Sky Parfait \$3.50

Nut-free Granola, Stonyfield Organic Vanilla and Strawberry Yogurts, Dried Cranberries, Fresh Fruit

Assorted Cereals \$3.00

Steel Cut Oatmeal \$3.50

Honey, Cinnamon, Dried Cranberries

Lunch

For the Kids! \$5.50

All Kid's lunches come with a bag of chips or Goldfish & a Mott's Apple Juice Box or Horizon Milk

Cheese Quesadillas

Add Chicken \$1.00

All Natural Hot Dog + Chips

Classic Grilled Cheese + Chips

"PB&J" + Chips

Soy Nut Butter & Grape Jam

1/2 Sandwich on Wheat Bread

Your Choice of Ham, Turkey, or Tuna Salad

Choice of Chips \$2.00

Apple Sauce \$2.00

Chocolate or Vanilla Pudding \$2.00

Veggies with Hummus \$3.50

String Cheese \$1.50

Cupcakes \$3.00

Macaroons \$3.00

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Soup & Salad

Featuring Hale and Hearty Fresh & All Natural Soups

Soup of the Day - It's a surprise! Ask our friendly staff! \$3.50

Just Imagine Salad \$5.99

[Featuring Ingredients sources form the Bethesda Central Farmers Market]

Your choice of Organic Greens - Spinach, Romaine, or Mesclun Mix

Add Your Toppings - Grape Tomatoes, Cucumbers, Carrots, Roasted Red Peppers, Hearts of Palm, Red Onion, Chickpeas, Peas, Sprouts, Portabella Mushrooms, Kalamata Olives, Cranberries, Croutons, Sunflower Seeds, Fennel Seeds, Feta, Bleu Cheese, & Goat Cheese

Ask about our Specialty Salad of the Week!

Your Choice of Dressing:

All Natural Dressings include - Honey Mustard, Champagne Grape Vinaigrette, Ginger Mandarin, Lemon Tarragon, Cranberry Apple Vinaigrette, Low Fat Buttermilk Ranch, Balsamic Vinaigrette, Caesar, Bleu Cheese, Sesame Ginger, Olive Oil & Red Wine Vinegar

Make Your Salad "Pop" with these amazing additions:

Grilled Salmon, Grilled Chicken, Tuscan Tuna Salad, or Curried Chicken Salad

Sandwiches \$5.99

Curry Chicken Salad Sandwich

Grilled Chicken, Mild Fat-Free Curry Sauce, Spinach, Currants, & Green Onions on Artisan Wheat Bread

Smoked Turkey Avocado Sandwich

All Natural Turkey Breast, Avocado Cream, White Cheddar, Baby Spinach, & Tomato on a Wheat Kaiser Roll

Tuscan Tuna Salad Sandwich

Albacore Tuna Tossed with Lemon-Zested Aioli, Fresh Herbs & Capers on Kalamata Olive Bread

Hot Paninis \$6.95

Mediterranean Vegetable Panini

Grilled Eggplant, Roasted Peppers, Fresh Mozzarella, Tomato, Arugula, & Low Fat Pesto Mayo on Ciabatta Bread

Grilled Cheese with a Twist

Pears, Brie, Turkey Bacon, & Low Fat Cranberry Mayo on Artisanal Whole Wheat

Soup & 1/2 Sandwich Combo \$6.95