

# CG | CAFÉ

*Pick One...*

## SALAD

Romaine | Spinach

## SANDWICH

### Breads

Multi Grain | Marbled Rye | White or Whole Wheat Ciabatta

### Spreads

Herb | Roasted Garlic | Cilantro Lime Chipotle

## WRAP

### Tortillas

Wheat | Herb

### Spreads

Herb | Roasted Garlic | Cilantro Lime Chipotle

## THE PONTCHARTRAIN

Sliced Roast Chicken Breast, Avocado, Mozzarella Cheese, Spinach, Red Onion, Tomato  
9.75

## THE FIT CHICK

Sliced Roast Chicken Breast, Avocado, Red Onion  
9.25

## BLT

Lettuce, tomato, red onion and bacon  
7.75

## THE GAUSE

Sliced Roast Beef, Bacon and Cheddar with onion and BBQ sauce  
7.75

## EASTRIDGE

Sliced All Natural Smokehouse Ham, Cheddar, Tomato, Red Onion  
8.45

## THANKSGIVING

Turkey, Spinach, Swiss, Cranberries & bacon  
7.75

## MILITARY CLUB

Sliced Roast Chicken Breast, Lettuce, Tomato, Bacon, Cheddar  
8.45

## GRILLED CHICKEN CAESAR

Sliced chicken breast\*, parmesan, romaine & creamy caesar  
8.45

## BROADMOOR

Turkey, bacon, tomato, lettuce, tomato & lite mayo  
8.45

## RIDGECREST

Turkey, mozzarella, tomato  
7.45

## THE AUDUBON

Sliced Roast Beef with Swiss Cheese, bell peppers and onions  
7.75

## LAKWOOD

Turkey, ham, avocado, tomato, Swiss cheese spinach & red onion  
9.75

\*Substitute Grilled Chicken \$1.50

*Build your own*

\$8.25

## SALAD

### Lettuce

Romaine | Spinach

### Dressing

Blue Cheese, Honey Mustard, Ranch, Caesar, Balsamic, Italian

## SANDWICH

### Breads

Multi Grain | Marbled Rye | White or Whole Wheat Ciabatta

### Spreads

Herb | Roasted Garlic | Cilantro Lime Chipotle

## WRAP

### Tortillas

Wheat | Herb

### Spreads

Herb | Roasted Garlic | Cilantro Lime Chipotle

Sandwich and Wrap served with potato chips, potato salad or cucumber salad

## ADD ONS

### PICK ONE

- Sliced Chicken Breast
- Grilled Chicken Breast
- Smokehouse Ham
- Sliced Turkey Breast
- Roast Beef

### PICK ONE

- Swiss
- Mozzarella

- Cheddar
- Parmesan
- White American

### PICK UP TO 3

- Avocado
- Red Onion
- Tomato
- Romaine

- Spinach
- Croutons
- Almonds
- Red & Green Bell Peppers
- Italian Olive Mix

Additional add-ons .....65

Add Avocado or Bacon ..... 1.25

## KIDS MENU

Grilled Cheese ..... \$3.00  
Gr. Ham and Cheese ..... \$3.95  
Turkey Sandwich ..... \$3.75  
Chicken and Cheese Rolls ..... \$3.50  
Fruit & Cream Oatmeal ..... \$1.50

## SIDES

Potato Chips ..... \$1.00  
Potato Salad ..... \$1.50  
Yogurt Parfait ..... \$3.99  
Side Salad ..... \$3.75  
Cucumber Salad ..... \$1.50

# Breakfast

## TOPPED OATMEAL ... \$3.95

Warm oats topped with your choice of toppings.

- Fruit and Cream-Oatmeal topped with low fat yogurt and your choice of Peaches, Strawberry, Mango or Pineapple.
- Oats, Nuts and Honey-Oatmeal topped with Granola, Almonds and Honey
- Tropical-Oats topped with pineapple, Mango and low fat yogurt
- Banana Nut-Oats topped with Banana, almonds and granola

## BREAKFAST SANDWICH... \$3.95

Scrambled whole eggs or egg whites with your choice of bacon or ham and Cheddar or Swiss

Herb or Wheat Wrap, White or Wheat Ciabatta, Whole Grain or Marble Rye

Add Avocado \$1.00

Salsa, tomato or jalapenos .50

## BUILD YOUR OWN OMELETTE OR SCRAMBLE... \$7.95

Whole Eggs or Egg Whites with your choice of below

### ADD ONS

#### PICK ONE

- Sliced Chicken Breast
- Grilled Chicken Breast
- Smokehouse Ham
- Sliced Turkey Breast
- Roast Beef

#### PICK ONE

- Swiss

- Mozzarella
- Cheddar
- Parmesan
- White American

#### PICK UP TO 3

- Avocado
- Red Onion
- Tomato

- Romaine
- Spinach
- Croutons
- Almonds
- Red & Green Bell Peppers
- Italian Olive Mix

Additional add-ons ..... .65

Add Avocado or Bacon ..... 1.25

# Coffee & Tea

## ESPRESSO

### CAFFE LATTE

Steamed milk mingled with espresso  
S 2.65 | M 3.20 | L 4.50

### CARAMEL MACCHIATO

Steamed milk mingled with espresso and caramel  
S 3.45 | M 4.00 | L 4.50

### WHITE CHOCOLATE MOCHA

Espresso, milk and white chocolate  
S 3.45 | M 4.00 | L 4.50

### CORY'S COFFEE

Espresso, White Chocolate, Caramel and Milk  
S 3.45 | M 4.00 | L 4.50

### CAPPUCINO

Equal parts espresso and steamed milk with a crown of froth  
S 2.65 | M 3.20 | L 4.50

### CAFFE MOCHA

Espresso, milk and chocolate  
S 2.65 | M 3.20 | L 4.50

### CAFFE AMERICANO

Equal measures of espresso and hot water  
S 1.85 | M 2.15 | L 2.65

## COLD BEVERAGES

### ICED CAFFE LATTE

Ice Espresso and Milk  
S 2.65 | M 3.20 | L 4.50

### ICED CARAMEL MACCHIATO

Iced Latte with Caramel  
S 3.45 | M 4.00 | L 4.50

### ICED CAFFE MOCHA

Iced Latte with Chocolate  
S 2.65 | M 3.20 | L 4.50

### ICED WHITE CHOC MOCHA

Iced Latte w/ White Chocolate syrup  
S 3.45 | M 4.00 | L 4.50

## BREWED COFFEE

DARK ROAST | MEDIUM ROAST | DECAF | SOUTHERN PECAN Small \$1.00 | Medium \$1.50 | Large \$1.75

ADD ON TO YOUR BEVERAGE Espresso Shot \$.55 | Flavored Syrup \$.30 | Caramel \$.30

# Smoothies

Small (16oz).....\$4.50 | Large (24oz).....\$5.50

## FIT AND TRIM

### BANANA BERRY HEAVEN

Strawberry, banana, whey protein

### MANGO BERRY

Mango, Strawberry, banana, whey protein

### TROPICAL THUNDER

Pineapple, Mango, Orange Juice, whey protein

### TASTE BUSTER

Peaches, Pineapple, Strawberry, Mango, Banana, Orange Juice, whey protein

## TRAINERS CHOICE

### BANANA NUT BLAST

Banana, Peanut Butter, almonds, whey protein

### BANANA BERRY LITE

Strawberry, Banana, whey protein

### MOCHA EXPRESS

Almonds, Espresso, Chocolate, Skim Milk, whey protein

### CHOCOLATE PARADISE

Chocolate, whey protein

### HONEY ALMOND

Honey, Almond, Banana, whey protein

## WEIGHT GAINERS

### THE KING

Peanut Butter, Banana, Chocolate, whey protein

### COOKIES AND CREAM

Oreo Cookies, Chocolate, Vanilla Ice Cream, whey protein

### PB&J

Peanut Butter, Strawberries, Honey, whey protein

## FOR THE KIDS

12oz.....\$3.50

Strawberry Banana | Pineapple | Orange | Banana | Cookies & Cream | The King Jr.