

CG | CAFÉ

Appetizers

QUESADILLAS

Melted cheddar jack with onions and jalapenos, served on garlic & herb or wheat tortilla. Served with sour cream and salsa

Cheese Only | \$7.99
Veggie | \$8.99
Shrimp | \$13.99
Chicken | \$10.99
Steak | \$13.99

MOZZARELLA STIX

Served with zesty marinara \$5.75

NACHOS

\$3.99

NACHOS SUPREME

Crisp tortilla chips topped with melted cheese, grilled chicken or steak, tomatoes and onions. Served with sour cream & salsa \$11.99

CHEESE FRIES

\$4.99

LOADED FRENCH FRIES

Topped with your choice of cheese, bacon, tomatoes, onion and sour cream \$9.49

CHICKEN TENDERS BASKET

4 fried tenders served with your choice of sauce \$6.99

LOADED CHICKEN TENDERS

3 fried chicken tenders topped with melted cheese, bacon, tomatoes, onion, served with sour cream \$9.99

CHIPS AND SALSA

Warm tortilla chips served with house made salsa \$4.99

Entrees

BUILD YOUR OWN BURGER

- ☐ Brioche ☐ Wheat bun ☐ Dressed
☐ ½ lb Black Angus Beef.....\$10.25 ☐ Turkey Burger.....\$8.99
☐ Add Cheese.....\$.75 (American, Swiss, Provolone, Cheddar jack, Pepper Jack, Bleu Cheese)
☐ Bacon.....\$1.00 ☐ Grilled mushrooms, Onions OR Bell Peppers.....\$.75

SPECIALTY SANDWICHES AND WRAPS

Served with 1 side

Served on Sourdough, hoagie, wheat berry toast, brioche, wheat roll, herbed wrap or wheat wrap

All sandwiches dressed upon request with lettuce, tomato, pickles and onions.

Add Cheese to any sandwich \$.75 Add Bacon \$1.00

Turkey Club \$10.99
Turkey, bacon, swiss, ranch, avocado

Chicken Club \$10.99
Grilled or fried chicken, bacon, american, swiss, honey mustard

CG Club \$10.99
Turkey, ham, bacon, american, swiss, mayo

California BLT \$8.99
Bacon, lettuce, tomato, avocado, mayo (add Shrimp \$5)

Chicken Salad Sandwich \$8.99
House made roasted chicken salad, lettuce, tomato

Turkey Tea Sandwich \$9.99
Turkey, Avocado, cucumber, dill mayo

Bacon & Tomato Grilled Cheese \$7.99
Bacon and grilled tomato with melted swiss and american on your choice of bread

Horseradish Beef & Cheddar \$11.99
Hot roast beef, melted cheddar jack, horseradish mayo, served on your choice of bread or wrap

CHICKEN SANDWICHES

Just the Bird..... \$9.99
Fried or grilled chicken, dressed on your choice of bread

BBQ or Blackened Chicken Sandwich \$9.99
Topped with slaw

Chicken Caesar \$9.99
Romaine, chicken, parmesan, ceasar dressing (sub Shrimp \$3.00)

HEALTHY ENTREÉS

Chicken Breasts \$12.99
2 seasoned and grilled to perfection, served with 2 sides. Add a glaze: Balsamic, BBQ, Sesame Ginger\$1.00

Seared Shrimp \$14.99
Pan seared shrimp served with 2 sides

Seared Redfish..... \$14.99
Pan seared fish with 2 sides

SIDES

Roasted Sweet Potatoes, Rosemary Potatoes, Fresh Fruit, French Fries, Vegetable Medley and Broccoli..... \$2.99

Sweet Potato Fries \$3.99

BISTRO SALADS

*Add Chicken to any salad \$2.00 or Shrimp \$5.00

Blackened Shrimp Salad \$13.99
Romaine, Avocado, bacon, red onion, cucumber, parmesan, tomato

Mediterranean Salad..... \$9.99
Romaine, spinach, kalamata olive, sundried tomatoes, red onion & feta

Chopped Salad..... \$8.99
Heart of palm, cucumber, tomato, bleu cheese, carrots, spring mix

Club Salad..... \$10.99
Spring mix, roasted turkey, ham, bacon, cheddar jack, croutons

Caesar Salad \$8.99
Romaine with croutons, parmesan, and caesar dressing (tossed upon request)

Cobb Salad..... \$12.99
Grilled chicken breast, bacon, tomatoes, bleu cheese, avocado & boiled egg

Chicken Salad on Mixed Greens \$10.99
Served with tomato and cucumber

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Kids Menu

Served with 1 side and fountain drink (Substitute Milk or Frozen drink \$.50)

smaller portions for children 12 and under

Chicken Tenders..... \$4.99
(fried or grilled)
Hamburger..... \$4.99
(add cheese \$.50)
Peanut Butter and Jelly \$2.99

Grilled Cheese..... \$3.49
(add ham \$.50)
Hot Dog \$3.99
Mini Corn Dogs \$3.99



Healthy, Fresh Meal Packaged To Go!

Each meal includes, proper ratio of nutrition: 1 portion 4-6 oz protein, 1 cup veggie & ½ cup carb

Grab and Go Single Meals Available In Cooler Daily | 5 Package & 10 Package | Pre-Order Pickup Available Every Weekday

Smoothie & Coffee Menu

For Healthy Pre & Post Workout Smoothies and Gourmet Coffee Selections see our separate menu

Anytime Breakfast

2 Eggs with 1 Side \$3.99 2 Sides, \$5.99
4 Eggs with 1 Side \$5.99 2 Sides, \$8.99

3 EGG OMELETS

served with Toast, Biscuit or English Muffin

Meat Lovers Omelet \$8.99
Sausage, bacon, ham, cheddar jack cheese

Veggie Omelet \$7.99
Red and green bell peppers, onion, mushroom tomatoes, with swiss

Meat & Cheese Omelet ... \$7.99
Choice of one cheese and one of the following meats: ham, bacon, or sausage

California Special \$8.99
Roasted turkey, spinach, red onion, provolone, topped with avocado

Spinach, Bacon, and Feta Omelet \$7.99

BREAKFAST SANDWICHES

Meat, Egg & Cheese sandwich \$4.99

Choose your Bread: wheat toast, white toast, sourdough, biscuit, or english muffin

Choose your Cheese: American, cheddar jack, pepperjack, provolone, feta, or swiss

Choose your Meat: Bacon, ham or sausage

Buttermilk Biscuit \$2.00

Sausage Biscuit \$3.49

Sriracha Chicken Biscuit \$3.99
Honey-butter grilled biscuit with fried chicken tender & sriracha

Meat, Egg, & Cheese Wrap \$5.99
2 eggs, double cheese, your choice of meat on a garlic and herb or wheat wrap

Loaded Home Fries \$8.99
Bell pepper, onion, sausage, bacon, cheddar jack

Parfait \$4.99
Unsweetened Greek Yogurt, granola, your choice of fruit

BREAKFAST SIDES

YOGURT, BACON, TURKEY BACON, SAUSAGE, FRESH FRUIT, HOME FRIES, ROASTED SWEET POTATOES