

SOUPS & STARTERS

Today's Soup, 5.00/6.00

Queso Tortilla Soup, tortilla chips 5.00/6.00
Calories 330/430

Turkey Chili, cheddar jalapeño corn muffin, cheddar cheese garnish 6.50/8.00 With side salad and corn muffin 9.25
Calories 280/360/660

SANDWICHES

Served with seasonal fruit (calorie count not included)

Grilled Chicken Club Melt, thinly-sliced, swiss, bacon, lettuce, tomato, dijonnaise, ciabatta 11.25
Calories 750

 Mahi Fish Tacos, cabbage salad, avocado, pico de gallo, jalapeño, cilantro-lime vinaigrette, ancho ranch 12.50
Calories 440 fat 25g sat fat 1.5g chol 90mg sodium 650mg
total carbs 30g protein 5g

Cafe Sampler, half tuna pecan, nm chicken salad or turkey sandwich, cup of soup, chips, fruit 10.50

 Vegetable Melt, ciabatta, zucchini, tomato, artichoke, grilled peppers, pesto, provolone. 9.25
Calories 480 fat 18g sat fat 6g chol 20mg sodium 1310mg
total carbs 63g protein 19g

Hot Roast Beef Dip, melted white cheddar, ciabatta roll, au jus, chips, fruit 10.50
Calories 740

 Roast Italian Turkey Melt, focaccia, roast turkey, fresh mozzarella, grilled red pepper, arugula, pesto, petite salad, fresh fruit 11.25
Calories 480 fat 22g sat fat 4g chol 65mg sodium 1240mg
total carbs 49g protein 28g

BLTA, hickory smoked bacon, lettuce, tomato, avocado, dijonnaise, toasted wheat 9.00
Calories 770

Tuna Pecan Melt, open-faced pita, cheddar cheese, tomato, petite salad 10.00
Calories 730

Today's Pizza, with petite greens salad 9.00



SALADS

 GF Sautéed Salmon & Grilled Asparagus, mixed greens, crumbled goat cheese, hearts of palm, radish, almonds, citrus vinaigrette 16.00
Calories 530 fat 36g sat fat 9g chol 90mg sodium 400mg
total carbs 11g protein 41g

Tex-Mex Ancho Chicken Salad, mixed greens, avocado, pico de gallo, grilled corn, black beans, tortilla strips, monterey jack, cilantro-lime vinaigrette 10.25
Calories 640

GF  Love Salad, turkey, avocado, artichokes, hearts of palm, carrots, hard-boiled egg, mixed greens, balsamic vinaigrette 10.75
Calories 550

GF Madison Ave, diced chicken, bacon, romaine, radicchio, avocado, tomatoes, hard-boiled egg, housemade blue cheese dressing 11.50
Calories 600

Mediterranean Vegetable Salad, romaine, tomatoes, cucumbers, peppers, olives, zucchini, feta, croutons, almonds, roasted tomato vinaigrette 10.00
Calories 410

 GF Bistro Salad, roast turkey, spinach, sun-dried fruit, goat cheese, spiced pecans, apples, light balsamic vinaigrette 11.00
Calories 500 fat 25g sat fat 5g chol 110mg sodium 830mg
total carbs 31g protein 40g

 GF Grilled Shrimp & Hearts of Romaine, quinoa, chickpeas, feta, tomato, cucumber, red pepper, artichokes, light greek vinaigrette 15.50
Calories 360 total fat 12g sat. fat 3.5g chol 165mg sodium 820mg
total carbs 33g protein 30g

GF Baby Spinach, Beet & Kale Salad, pears, goat cheese, slivered almonds, honey-orange vinaigrette 10.25
Calories 470

Hoisin Chicken Salad, romaine, napa cabbage, shredded carrot, cilantro, scallions, crispy rice noodles, wonton strips, toasted almonds, ginger-hoisin dressing 12.00
Calories 780

DAILY SPECIALS

Served with petite house salad (calorie count not included)

GF MONDAY: Roast Half Chicken, roasted garlic mashed potatoes, lemon glazed vegetables, chicken jus 11.00
Calories 660

GF TUESDAY: Turkey Meatloaf, roasted rosemary potatoes, vegetables 13.00
Calories 730

WEDNESDAY: Vegetable Enchilada, spinach, mushrooms, monterey jack, roasted poblano, enchilada sauce, sour cream, cilantro rice 10.50
Calories 610

THURSDAY: Oven-Baked Crispy Chicken Breast, green beans, mac & cheese, buttermilk biscuit 11.00
Calories 1020

FRIDAY: Seafood Lasagne, shrimp, crab, spinach, tomato cream ricotta 13.00
Calories 000

BEVERAGES

NM Spiced Iced Tea 4.00
Dammann Frères Iced Tea 4.00
The Republic of Tea 6.50
Berry Lemonade 5.00
Aqua Panna Water still 4.00
S.Pellegrino Water sparkling 4.00
Assorted Sodas 4.00
illy Caffè 4.00
Dammann Frères Hot Tea 4.00

GF Gluten free

Before placing your order, please inform your server if a person in your party has a food allergy


CUISINE FOR A HEALTHIER LIFESTYLE