



## Café Menu

### snacks

**crispy chickpeas \$6**  
2 dipping sauces (veg, gf, nf)

**quiche du jour \$13**  
cup of soup or side salad  
salad upgrade \$4

**granola yogurt parfait \$12**  
fresh and frozen greek yogurt, granola, palisade  
peaches, toasted almonds, honey drizzle,  
chia seeds (veg, gf)

**cafe grain bowl\*\* \$14**  
kale, brown rice, sliced tomatoes, radish, red  
onion, feta cheese, kalamata olives  
choose: grilled chicken breast, avocado, hard  
boiled egg, or grilled portobello mushroom (gf, nf)

### sides

potato chips \$1.5  
french fries \$4  
fresh corn pico \$3.5  
small green salad \$5

### kids meals \$8

choice of side or piece of fruit, juice box

#### breakfast

- kids american\*\* 1 egg, bacon, toast, breakfast potatoes
- bacon, egg, cheese rollup

#### lunch

- grilled cheese
- grilled turkey + cheddar
- quesadilla
- ham and cheddar
- grilled chicken quesadilla

### salads

small \$15 | large \$19

+add to your salad+

\$2 hard boiled egg, birdseed bread toast,  
avocado, quinoa

\$4: grilled chicken breast, ham, tuna salad,  
prosciutto, portobello mushroom

#### cafe sol

mixed greens, fresh herbs, roasted beets, spicy  
candied walnuts, goat cheese, apples, banana  
bread croutons, house vinaigrette (veg)

#### beet

mixed greens, prosciutto, roasted beets,  
sunflower seeds, parmesan cheese,  
red wine vinaigrette (gf, nf)

#### cobb

romaine, bleu cheese, hard boiled egg, bacon,  
avocado, tomato, red onion,  
green chile ranch (gf, nf)

#### greek kale

kale, feta cheese, quinoa, cucumber, red onion,  
sunflower seeds, sauerkraut, hummus, kalamata  
olives, red wine vinaigrette (veg, gf, nf)

#### wild west

romaine, cheddar cheese, tomato, red onion,  
fresh corn pico, black beans, crispy tortilla  
strips, green chile ranch (veg, gf, nf)

#### peachy keen

mixed greens, quinoa, toasted almonds, goat  
cheese, raisins, radish, cucumber, peach  
kombucha vinaigrette (veg, gf)

### combos

1/2 panini, cup of soup, small salad  
soup & panini \$15  
soup & salad \$18  
salad & panini \$19

### paninis

served with a choice of side:  
potato chips, fresh corn pico, french fries

substitute gluten free wrap +\$2

#### turkey \$16

avocado, bacon, cheddar, sliced tomato,  
roasted garlic mayo (nf)

#### black bean burger \$15

grilled black bean patty, avocado, red onion,  
tomato, green chilies, vegan cashew chipotle  
mayo (v)

#### tuna melt \$16

sliced tomato, pickles, cheddar (nf)

#### mushroom \$15

grilled portobello mushroom, feta, hummus, red  
onion, tomato, kalamata olives, fresh herb pesto  
(veg)

#### grilled chicken caprese \$16

sliced tomato, mozzarella cheese, fresh herb  
pesto mayo, red onion, mixed greens

#### turkey reuben \$15

turkey, swiss, sauerkraut, pickles, red onion,  
secret sauce (nf)

#### the peaches \$15

palisade peaches, sliced ham, brie cheese,  
jam, red onion, green chilies (nf)

\*\*consumption of undercooked meat, poultry, eggs, or seafood may  
increase the risk of food-borne illnesses, please let us know if you  
have special dietary requirements or allergies, these items are  
cooked to order.

(veg=vegetarian, v=vegan, gf=gluten free,  
nf=nut free) July 2025

## Snacks

- Crispy Chickpeas: 350 calories
- Quiche du Jour: 550 calories
  - Cup of soup or side salad: 250 calories
  - Salad upgrade: 150 calories
- Granola Yogurt Parfait: 650 calories
- Cafe Grain Bowl: 800 calories

## Sides

- Potato Chips: 250 calories
- French Fries: 450 calories
- Fresh Corn Pico: 100 calories
- Small Green Salad: 150 calories

## Salads

- Cobb Salad: 1000 calories
- Cafe Sol: 450 - 700 calories
- Beet Salad: 600 calories
- Greek Kale Salad: 750 calories
- Wild West: 900 calories
- Peachy Keen: 650 calories
- Add ons:
  - Hard-boiled Egg: 80 calories
  - Toast: 100 calories
  - Avocado: 160 calories
  - Quinoa: 240 calories
  - Grilled Chicken: 200 calories
  - Ham: 80 calories
  - Tuna Salad: 250 calories
  - Prosciutto: 65 calories
  - Portobello Mushroom: 40 calories

## Paninis

- Turkey Panini: 850 calories
- Black Bean Burger Panini: 800 calories
- Tuna Melt Panini: 950 calories
- Mushroom Panini: 700 calories
- Grilled Chicken Caprese Panini: 800 calories
- Turkey Reuben Panini: 900 calories
- The Peaches Panini: 750 calories