

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 market salad (calorie count not included)

Grilled All Natural 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, all natural chicken salad or turkey sandwich, cup of soup 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

Cuban Sandwich, slow-roasted ancho marinated pork loin, shaved ham, swiss, pickle, mustard, ciabatta 10.00
Calories 730

Roast Italian Turkey Melt, one half 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

Grilled Double Cheese, swiss, cheddar, tomato, sourdough, fruit, cup of today's soup 11.50
Calories 840(soup not included in calorie count)

Caprese Pizza, fresh mozzarella, tomato, basil, petite green salad 9.00
Calories 640



SALADS

GF Salmon Green Goddess, avocado, tomato, egg, romaine, asparagus, cucumber, light green goddess dressing 15.50
Calories 530 fat 34g sat fat 7g chol 310mg sodium 400mg
total carbs 11g protein 41g

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

GF Chef's Salad, roast turkey, black forest ham, monterey jack, cheddar, tomatoes, greens, hard-boiled egg, hearts of palm, buttermilk ranch 10.75
Calories 760

GF Mediterranean Vegetable Salad, mixed greens, artichokes, tomato, peppers, chickpeas, cucumber, feta cheese, low calorie vinaigrette 9.00
With grilled salmon 14.50
Calories 270/530 fat 15/31g sat fat 5/9g chol 25/110mg
sodium 830/1210mg total carbs 25/26g protein 9/37g

GF Bistro Salad, roast turkey, spinach, sun-dried fruit, goat cheese, spiced pecans, apples, light balsamic vinaigrette 10.50
Calories 500 fat 25g sat fat 5g chol 110mg sodium 830mg
total carbs 31g protein 40g

GF Grilled Lemon Shrimp Salad, hearts of romaine, quinoa, feta, asparagus, toasted almonds, citrus vinaigrette 15.00
Calories 390 total fat 29g sat. fat 5g chol 205mg sodium 350mg
total carbs 18g protein 32g

GF Cafe Legends, all natural chicken salad, tuna pecan salad, seasonal fruit on greens 10.25
Calories 550

GF Vegetable Salad, julienne zucchini, squash, carrots, grilled asparagus, tomatoes, artichokes, blue cheese, walnuts, romaine, light balsamic vinaigrette 10.25
Calories 310 fat 23g sat fat 4.5g chol 15mg sodium 850mg
total carbs 21g protein 10g

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

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: Chimichurri Marinated Flat Iron Steak, spanish potatoes, queso fresco, sautéed garlic spinach 13.00
Calories 700

WEDNESDAY: NM Turkey & Wild Mushroom Meatloaf, pan gravy, green beans, baby carrots, mashed potatoes 10.50
Calories 600

THURSDAY: Oven-Baked Crispy Breaded All Natural Chicken, green beans, mac & cheese, buttermilk biscuit 10.50
Calories 1020

FRIDAY: Sautéed Salmon Filet, israeli couscous, vegetables, herb salad, tomato broth 12.50
Calories 570 fat 24g sat fat 4.5g chol 80mg sodium 730mg
total carbs 48g protein 38g

BEVERAGES

NM Spiced Iced Tea 3.00
Dammann Frères Iced Tea 3.00
The Republic of Tea blackberry sage, raspberry quince, ginger peach decaf, açai berry red 5.50
Berry Lemonade 4.00
Panna Water still 3.00
San Pellegrino Water sparkling 3.00
Assorted Sodas 3.00
illy Caffè 3.50
Dammann Frères Hot Tea assortment 3.00

GF Gluten free

GO FIGURE
CUISINE FOR A HEALTHIER LIFESTYLE

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

We accept Neiman Marcus, Bergdorf Goodman, all major credit cards, cash and personal checks