

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 Panini, thinly-sliced, swiss, bacon, lettuce, tomato, dijonaise, ciabatta 11.25
Calories 750

Tex-Mex Turkey Burger, lettuce, pico de gallo, melted pepper jack cheese, avocado, ancho mayonnaise 8.50
Calories 750

Warm French Roast Beef Dip, melted swiss, au jus, hoagie bun 9.50
Calories 740

Vegetable Panini, 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 Panini, 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, dijonaise, toasted wheat 9.00
Calories 770

NM All Natural Chicken Salad or Tuna Pecan, whole wheat, tomato, lettuce, chips 10.00
Calories 890/910

Cafe Sampler, half tuna pecan, all natural chicken salad or turkey sandwich, cup of soup 10.50

GF Gluten free



SALADS

GF **Shrimp Green Goddess**, avocado, tomato, egg, romaine, asparagus, cucumber, light green goddess dressing 16.00
Calories 340 fat 18g sat fat 3.5g chol 415mg sodium 530mg total carbs 11g protein 31g

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

GF **All Natural Chicken Cobb**, avocado, tomato, bacon, egg, blue cheese, mixed greens, red wine vinaigrette 10.25
Calories 890

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 All Natural Chicken & Green Goddess Ranch**, tomato, egg, cucumber, artichoke, avocado 10.50
Calories 570

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

GF **Vegetable Salad**, julienned 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

Asian All Natural Chicken Salad, romaine, napa, julienned vegetables, crispy wontons, cilantro, ginger sesame dressing 13.00
Calories 570

DAILY SPECIALS

GF **MONDAY: Lemon & Oregano Roasted All Natural Chicken Breast**, olives, peppers, mushrooms, spicy red sauce, herb brown rice, seasonal vegetables 10.75
Calories 550

GF **TUESDAY: 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

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

GF **FRIDAY: Sautéed Salmon Filet**, israeli couscous, orange, citrus, mango, asparagus, baby carrots 12.00
Calories 530 fat 22g sat fat 4.5g chol 80mg sodium 730mg total carbs 48g protein 37g

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 5.00

Berry Lemonade 4.00

Voss Water sparkling & still 3.00/6.00

Assorted Sodas 3.00

illy Caffè 3.50

Dammann Frères Hot Tea assortment 3.00



Food Allergies? please notify your server prior to ordering

We accept all major credit cards, cash and personal checks

Tell us how we are doing
Kevin Garvin, Vice President Food Service
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