

SALADS

Add: shrimp 5.99 / grilled chicken 3.69
veggie patty 3.69 / salmon 6.99

- 🌱 **CHICKEN DELI** 🌱 **9.99**
grilled chicken, pasta pesto, pine nuts, kalamata olives*, grape tomatoes, parmesan, & house-made vinaigrette dressing
- 🌱 **SHRIMP & AVOCADO** 🌱 **13.39**
shrimp, avocado, spicy chipotle salsa, bacon, jicama, grape tomatoes, parmesan & house-made honey mustard dressing
- GRILLED CHICKEN** 🌱 **9.99**
sliced grilled chicken, grape tomatoes, glazed pecans, crumbled bacon, parmesan & house-made creamy parmesan dressing
- TRIPLE DELI** 🌱 **11.69**
chicken salad, tuna salad, pasta pesto, pine nuts, kalamata olives*, grape tomatoes, parmesan, glazed pecans with house-made creamy parmesan dressing
- GREEK V** **8.69**
crumbled feta cheese, kalamata olives*, grape tomatoes, cucumbers, pickled carrots, red onions with house-made greek dressing
- VEGGIE CHEF V** 🌱 **8.99**
avocado, glazed pecans, fennel, grape tomatoes, jicama, pickled carrots & onions with parmesan & creamy house-made parmesan dressing
- TURKEY COBB** 🌱 **9.39**
roasted turkey, avocado, grape tomatoes, bacon, crumbled blue cheese, chopped eggs with house-made vinaigrette dressing
- CAESAR V** **7.29**
romaine, house-baked croutons, parmesan & house-made caesar dressing

Scratch made in-house DRESSINGS:

Honey Mustard • Ranch • Caesar • Greek • Blue Cheese
Vinaigrette • Creamy Parmesan • Lemon Olive Oil

APPETIZERS

- 🌱 **HUMMUS V** **5.39**
topped w/ kalamata olives*, choice of veggies or pita
- 🌱 **GUACAMOLE V** 🌱 **5.39**
served with chipotle salsa & tortilla chips
- CHICKEN TENDERS** **6.39**
with house-made honey mustard

SOUPS

CUP 2.99 / BOWL 4.99

- 🌱 **TURKEY CHILI • CHICKEN**
- POTATO • BLACK BEAN V** 🌱

SIDES

2.99

steamed spinach / steamed broccoli
garlic mashed potatoes / grilled asparagus
artichokes & tomatoes / green beans / fries
baked potato / sautéed mushrooms / brown rice

- 🌱 **HOUSE FAVORITES** **V VEGETARIAN**
- 🌱 **GLUTEN SENSITIVE** **🌱 CONTAINS NUTS**

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

SANDWICHES

Includes choice of french fries,
kettle chips or seasonal fruit
(sub. sweet potato fries +1.59
sub. gluten free bun +1.59)

- 🌱 **TURKEY CLUB** **9.39**
lettuce, turkey, applewood smoked bacon, monterey jack, tomato, mayo & creamy parmesan on toasted organic multigrain bread
- 🌱 **GRILLED CHICKEN** **10.69**
applewood smoked bacon, swiss, lettuce, tomato & red onion on a wheat bun
- CHICKEN SALAD** 🌱 **8.79**
diced grilled chicken, basil & celery, topped w/ glazed pecans, red leaf lettuce & tomato on toasted ciabatta bread
- B.L.T.** **8.29**
with six applewood smoked bacon slices on organic multigrain bread
- RUSTICA CHICKEN** 🌱 **10.39**
sliced grilled chicken breast, roasted tomatoes, red onions, black olive tapenade, spring mix, house-made basil pesto & vinaigrette on toasted ciabatta
- TUNA SALAD** **8.29**
basil & celery, red leaf lettuce, tomato, on organic multigrain bread w/ mayonnaise
- TURKEY & SWISS** **7.99**
roasted turkey, swiss, lettuce, tomato & mayo on organic multigrain bread
- VEGGIE V** **7.99**
spinach, pickled carrots & onions, roasted tomatoes, hummus, fennel & creamy house-made parmesan dressing on toasted ciabatta

GRILLED & ROASTED

add garlic bread 1.89
add grilled shrimp skewer 5.99

- 🌱 **GRILLED CHICKEN** 🌱 🌱 **9.99**
W/ BASIL PESTO
chicken breast drizzled with basil pesto sauce & two sides
- SPANISH CHICKEN ROMESCO** 🌱 **10.59**
grilled chicken breast, rosemary garlic butter & spanish-style house-made romesco sauce, a flavorful blend of roasted peppers & smoked almonds, w/ garlic mashed potatoes & spinach
- ROASTED HALF CHICKEN** 🌱 **12.29**
oven-roasted half chicken with spices & herbs & two sides
- SOUTHWEST CHICKEN** 🌱 **9.99**
grilled chicken breast, black beans, guacamole, roasted tomatoes, monterey jack, house-made spicy habanero sauce with crispy tortilla chips, cilantro
- 🌱 **MEDITERRANEAN SALMON** **15.59**
grilled fillet on a bed of green beans topped with house-made spicy lemon parsley sauce & roasted artichoke hearts, w/ garlic bread
- WILD CAUGHT GRILLED SHRIMP** 🌱 **9.99**
six grilled shrimp with house-made spicy lemon parsley sauce, over brown rice w/ a side
- ROASTED VEGGIE TART V** 🌱 **8.59**
freshly made pastry shell filled with roasted artichoke hearts & tomatoes, spinach, goat cheese, parmesan & house-made basil pesto sauce with spring mix side salad

NEW

PICK 2

8.49

mix & match from the items below
sandwiches served with kettle chips

HALF SANDWICH

- B.L.T.
- 🌱 Chicken Salad 🌱
- Turkey & Swiss
- Veggie V
- Tuna Salad

HALF SALAD

- Caesar V
- 🌱 Greek V 🌱
- Turkey Cobb 🌱
- Spring Mix V 🌱

BOWL OF SOUP

- Chicken
- 🌱 Turkey Chili
- Potato
- Black Bean V 🌱

HALF PASTA

- 🌱 Basil Pasta V 🌱
- Pesto
- Mac & Cheese V
- Bolognese 🌱

CAFE EXTRAS

- Hummus & Pita V
- Guac & Chips V 🌱
- Loaded 🌱
- Baked Potato

- 🌱 **CAFE TRIO** **8.99**
includes a half sandwich: turkey & swiss, chicken salad, tuna salad or BLT with a cup of soup & a caesar or spring mix side salad

BURGERS

Includes choice of french fries, kettle chips
or seasonal fruit, served with L.O.T.
(sub. sweet potato fries +1.59
sub. gluten free bun +1.59)

Add: bacon 1.89 / avocado 1.89 / cheese 99¢

- 🌱 **CHEESEBURGER** **10.59**
choice of: cheddar • swiss • monterey jack
goat • blue cheese
- 🌱 **TURKEY BURGER** **10.09**
lean all-white butterball turkey
- BLUE CHEESE & BACON** **11.39**
blue cheese & applewood smoked bacon
- SOUTHWEST** **10.89**
guacamole, monterey jack & sliced jalapeños
- CALIFORNIA** **11.59**
sliced avocado, monterey jack, roasted artichoke hearts & tomatoes
- MUSHROOM & SWISS** **10.59**
sautéed mushrooms & swiss cheese
- CHIPOTLE BLACK BEAN V** **9.59**
black bean burger made with roasted corn & smoky chipotle peppers, topped w/ chipotle salsa & guacamole

PASTAS

Add: shrimp 5.99 / grilled chicken 3.69
salmon 6.99 / spicy italian turkey sausage 3.39
garlic bread 1.89

- 🌱 **SHRIMP CAPRI** **13.39**
fettuccine, wild caught shrimp, spinach, creamy house-made tomato sauce & parmesan
- MILANESE** **12.79**
fettuccine, alfredo sauce, garlic butter, english peas, mushrooms topped with grilled chicken & parmesan
- SPICY ITALIAN TURKEY SAUSAGE** **9.99**
penne, local handmade turkey sausage meatballs, spinach, basil, marinara & parmesan
- BOLOGNESE** 🌱 **9.69**
penne, marinara sauce w/ italian turkey sausage, parmesan & basil pesto
- 🌱 **4 CHEESE ALFREDO V** **9.69**
fettuccine, scratch made 4-cheese sauce topped with goat cheese, black pepper & parmesan
- AMORE V** 🌱 **9.69**
penne, artichoke hearts, roasted tomatoes, black olive tapenade, parmesan & garlic with basil pesto

*olives may contain pits.

BREAKFAST

- ☞ **AMERICAN CLASSIC PLATTER** 7.59
scrambled eggs, choice of: bacon or turkey sausage & choice of: skillet potatoes or fruit, served with organic toast
- ☞ **FRENCH QUARTER TOAST** 6.89
french bread drenched in rich cream, topped with powdered sugar, fresh seasonal berries & glazed pecans, served with caramel syrup
- BREAKFAST TACO** 2.59
CHOICE OF:
BACON • POTATO • **TURKEY SAUSAGE • BLACK BEAN** • **GUACAMOLE**
flour tortilla w/ scrambled eggs, cheddar cheese, served with chipotle salsa
- TEXAS SCRAMBLE** 7.29
fried potatoes, sautéed onions, smoked applewood bacon & scrambled eggs, topped with cheddar cheese, served with organic toast
- BREAKFAST BLT** 5.29
smoked applewood bacon, lettuce, tomato, cheddar cheese, mayo & scrambled eggs served on butter-toasted brioche bread
- DAYBREAK SANDWICH** 4.89
scrambled eggs, cheddar, on toasted ciabatta, choice of: turkey sausage, bacon or turkey

LIGHT & FRESH

- NEW OATMEAL** 4.99
old-fashioned oats garnished with cinnamon & a side of raisins, walnuts & brown sugar
- BERRY YOGURT PARFAIT**
low-fat, Non-GMO vanilla yogurt with seasonal berries & crunchy granola 3.59
- FRESH FRUIT**
seasonal fruit topped with glazed pecans served with a side of yogurt 4.29

KIDS BREAKFAST

- Includes choice of kids beverage (12 & under only)*
- FRENCH TOAST** 4.29
w/ fruit cup or skillet potatoes
 - AMERICAN CLASSIC** 4.29
bacon, scrambled eggs, served with your choice of skillet potatoes or fresh fruit

KIDS MEALS 5.29 *(12 & under only)*

Includes choice of fruit, kettle chips or fries & beverage

- KIDS BURGER / SHELLS & MARINARA / MAC & CHEESE**
- GRILLED CHEESE / TURKEY SANDWICH**
- CHICKEN STRIPS** (grilled or crispy)



DESSERTS

- ☞ **CHUNKY CHOCOLATE BROWNIE** 2.69
- ☞ **DREAMBAR** 2.69
with sweet cream, graham crackers, chocolate chunks, coconut & walnuts
- CHEESECAKE CLOUD** 2.69
NY style cheesecake mousse topped with fresh whipped cream, graham cracker crumbs & a strawberry slice
- COOKIES** *baked daily* 1.69
chocolate chunk & pecan • peanut butter • oatmeal raisin
- CAKES** SLICE 3.99
carrot • german chocolate
- WARM BREAD PUDDING** 4.19
served with house-made vanilla sauce

FRESHLY BREWED TEAS

2.89 & FREE REFILLS

- ☞ **BLACK CURRANT SIGNATURE TEA**
a 30 year favorite at Cafe Express made with bright black currant berries
- SERIOUS TEXAS ICED TEA**
certified organic & fair trade
- SERIOUS TEXAS SWEET TEA**
- SUPER MANGO TEA**
- STRAWBERRY PINEAPPLE SENCHA**
- GREEN TEA**
winner of best flavored green tea North American Championships
- APRICOT ORANGE ROOIBOS GREEN TEA**
green tea featuring maximum antioxidants caffeine free



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☞ HOUSE FAVORITES VEGETARIAN GLUTEN SENSITIVE CONTAINS NUTS