CREATE YOUR OWN SALAD OR WRAP

SMALL OR WRAP $5.29

LARGE $7.19

1. CHOOSE A WRAP OR SALAD

2. CHOOSE YOUR BASE
   Romaine Mix or Kale Spring Mix
   80-150 cal

3. SELECT TOPPINGS
   5 for Large
   3 for Small
   0-90 cal

4. DRESS IT UP
   20-520 cal

5. ADD PROTEIN
   Tofu | 20 cal | $1.79
   Grilled Herb Orange Chicken | 160 cal | $2.19
   Grilled Montreal Salmon | 166 cal | $3.19
   Carne Asada | 162 cal | $3.59

THE CAFÉ
QUEEN LANE

CREATE YOUR OWN SMOOTHIE

16 OZ. $4.89
157-366 CAL

20 OZ. $5.89
224-503 CAL

1. CHOOSE YOUR BASE
   Almond Milk, Soy Milk,
   Yogurt, Pomegranate,
   Orange or Apple Juice

2. CHOOSE YOUR FRUIT
   Strawberries, Blueberries,
   Peach, Banana, Mango,
   Pineapple or Raspberries

CLASSIC SALADS

SMALL OR WRAP $5.29

LARGE $7.19

CHICKEN CAESAR SALAD
Romaine lettuce with Caesar dressing, croutons, parmesan and chicken.

SOUTHWEST CHICKEN SALAD
Romaine lettuce with corn, grape tomatoes, black beans, and grilled chicken, topped with salsa ranch dressing.

BUFFALO CHICKEN SALAD
Romaine lettuce with Buffalo blue dressing, cucumber, grape tomatoes, carrots, croutons, grilled chicken, and crumbled blue cheese.

3. CHOOSE YOUR GREENS
   Wheatgrass, Kale or Spinach

4. BOOST YOUR SMOOTHIE
   Add a scoop of Protein + $1.25
1. CHOOSE A BAGEL 2.25
*PLAIN 168 CAL
*CINNAMON RAISIN 181 CAL
*EVERYTHING 295 CAL

*ALL BAGELS CAN BE TOASTED AND ARE SERVED WITH CHOICE OF BUTTER OR CREAM CHEESE. 30 - 60 CAL

2. ADD EGG +1.00
TRADITIONAL 182 CAL
EGG WHITE 22 CAL

3. ADD CHEESE +.25 EACH
AMERICAN 44 CAL
CHEDDAR 57 CAL
MOZZARELLA 85 CAL

4. ADD MEAT
BACON 80 CAL +1.00
HAM 65 CAL +1.00
SAUSAGE 133 CAL +1.00
SMOKED SALMON 66 CAL +1.50

5. ADD VEGGIES +.25 EACH
BANANA PEPPERS 5 CAL
BROCCOLI 6 CAL
KALE 9 CAL
SAUTEED ONIONS 27 CAL
SAUTEED PEPPERS 17 CAL
SUN-DRIED TOMATOES 34 CAL
DICED TOMATO 5 CAL

THE CAFÉ
QUEEN LANE

HOMEMADE SOUPS
12 oz | 140-480 cal | $3.99
16 oz | 180 - 640 cal | $4.99

FLATBREAD PIZZAS
MADE WITH WHOLE GRAIN FLATBREAD

EGGPLANT PARMESAN 4.59 330 CAL
GRILLED EGGPLANT, TOMATO, MOZZARELLA AND PARMESAN

SUN-DRIED TOMATO 4.59 240 CAL
FRESH BASIL, SUN-DRIED TOMATOES, ASCAGO AND ITALIAN SEASONING

SUPER VEGGIE 4.59 300 CAL
FRESH BROCCOLI FLORETS, KALE, TOMATO, MOZZARELLA AND PARMESAN

TOMATO, BASIL & CHEESE 4.59 280 CAL
A BLEND OF CHEESES, FRESH TOMATO, BASIL & BALSAMIC VINEGAR

CHIPOTLE BBQ PORK 5.69 440 CAL
ROAST PORK, CARAMELIZED ONION, CHEDDAR AND CHIPOTLE BBQ SAUCE

SPICY CHEESESTEAK 5.69 340 CAL
PHILLY STEAK, PEPPERS, ONIONS, MOZZARELLA, BANANA PEPPERS AND PIZZA SAUCE

BOOM BOOM CHICKEN 5.69 480 CAL
CHICKEN, PEPPERONI, MOZZARELLA, BANANA PEPPERS AND BOOM BOOM SAUCE

CHICKEN, BACON & RANCH 5.69 430 CAL
CHICKEN, BACON, RANCH DRESSING, TOMATO AND MOZZARELLA