

MONDAY | SEPTEMBER 8th

Cold Entrees

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

ANTIPASTI SALAD \$9.25

Romaine, Salami, Ham, Mozzarella, Tomato, Cucumber, Red Onion, Pepperoncini, Garbanzo Bean, Creamy Italian Dressing

BASIC TURKEY HOAGIE \$6.75

Provolone Cheese

HAM & CHEDDAR CHEESE SLIDERS \$7.50 (3)

Sweet Hawaiian Roll

COLD FALAFEL BOWL \$8.45Leaf Lettuce, Quinoa, Tomato, Cucumber, Cabbage, Bell Pepper, Olive Garbanzo Bean, Hummus, Lemon-Tahini Dressing **GF V****COLD PORK DUMPLINGS (6)** \$8.95

Cucumber, Edamame, Ponzu

PROTEIN BOX \$7.25Hard Boiled Egg, Cheddar Cheese, Grape, Carrot, Sunbutter, Ritz Crackers **VEG**

Hot Entrees

PENNE CHICKEN ALFREDO 12 oz \$8.95Parmesan Cream Sauce **GF Option****PENNE ALFREDO 12 oz** \$7.95Parmesan Cream Sauce **VEG****CHOPPED CARNE ASADA BURRITO** \$8.25

Refried Pinto Bean, Tomato- Garlic White Rice, Cheese, Salsa Roja, Flour Tortilla

CHICKEN TIKKA MASALA \$8.95Peas, Buttered Basmati Rice **GF**TUESDAY | SEPTEMBER 9th

Cold Entrees

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN & STRAWBERRY SALAD \$9.65Field Green, Strawberry, Cucumber, Feta Cheese, Sunflower Seed, Sherry Dressing **GF****SESAME CHICKEN WRAP** \$8.75

Cucumber, Carrot, Broccoli, Lettuce, Honey-Ginger Mayo, Flour Tortilla

TURKEY & CHEDDAR CHEESE SLIDERS (3) \$7.50

Sweet Hawaiian Roll

COLD CHICKEN UDON NOODLE BOWL \$9.25Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame Seed, Soy-Ginger Dressing **DF****COLD TOFU UDON NOODLE BOWL** \$8.65Cucumber, Edamame, Cabbage, Carrot, Green Onion, Sesame Seed, Soy-Ginger Dressing **V**

Hot Entrees

BBQ Pulled Pork Sliders (3) \$7.50

Sweet Hawaiian Rolls

GROUND BEEF NACHOS \$7.85

Refried Beans, Cheese Sauce, Tortilla Chips

BLACKENED CHICKEN PASTA 12 oz \$8.95

Bell Pepper, Onion, Tomato, Cajun Alfredo Sauce

KOREAN BBQ BEEF BURRITO \$8.75Kimchi, Cilantro, White Rice, Cilantro Mayo **DF****VEGETARIAN****VEGAN****GLUTEN FREE****DAIRY FREE**

WEDNESDAY | SEPTEMBER 10th

Cold Entrees

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHINESE CHICKEN SALAD \$8.25 **DF**Field Green, Orange, Carrot, Cabbage,
Edamame, Cucumber, Wonton Strip, Orange-
Sesame Dressing**HAM & CHEDDAR CHEESE SLIDERS (3)** \$7.25

Sweet Hawaiian Roll

COLD STEAK & SWEET POTATO BOWL \$9.75Black Bean, Garlic Cauliflower, Grilled Red Onion,
Roast Apple, Dry Cranberry, Kale, Quinoa,
Maple- Tahini Dressing **GF****ITALIAN COLD SUB** \$8.25Salami, Ham, Provolone, Shredded Lettuce, Tomato,
Red Onion, Pepperoncini, Italian Dressing, Baguette**SUNBUTTER & JELLY SANDWICH** \$6White Bread **V GF Option**

Hot Entrees

ALL BEEF HOT DOG \$5.25Traditional Bun **DF GF Option****MAC & CHEESE** 12 oz \$7.75Macaroni, House Made Cheese Sauce **VEG**
GF Option**BEAN & CHEESE BURRITO** \$6.50Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG****KOREAN BBQ BEEF BURRITO** \$8.75Kimchi, Cilantro, White Rice, Cilantro Mayo **DF**THURSDAY, SEPTEMBER 11th

Cold Entrees

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHICKEN ORZO PASTA SALAD \$8.75Feta Cheese, Red Onion, Tomato, Cucumber,
Kalamata Olive, Basil, Spinach, Balsamic
Dressing**BBQ CHICKEN TENDER WRAP** \$8.75Lettuce, Tomato, Shredded Cheddar Cheese,
BBQ Ranch Dressing. Flour Tortilla**OVEN ROASTED TURKEY CLUB SANDWICH** \$8.85Bacon, Lettuce, Tomato, White Bread **DF**

Hot Entrees

CHEESEBURGER \$8.15Angus Beef, Cheddar Cheese, White Bun
GF Option**HAMBURGER** \$7.85Angus Beef, White Bun **DF GF Option****PENNE & MEATBALLS (3) 12 oz** \$8.95

Marinara, Parmesan Cheese

PENNE MARINARA 12 oz \$7.50**DF VEG GF Option**

FRIDAY, SEPTEMBER 12th

Cold Entrees

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CILANTRO LIME BEEF SALAD \$8.95Field Green, Mozzarella, Roast Corn, Tomato,
Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette **GF****SUNBUTTER & JELLY SANDWICH** \$6.00White Bread **V GF Option****TUNA SALAD CROISSANT** \$9.25

Lettuce, Tomato

PROTEIN BOX \$7.25Hard Boiled Egg, Cheddar Cheese, Grape,
Carrot, Sunbutter, Ritz Crackers **VEG**

Hot Entrees

BEEF TERIYAKI BOWL 12 oz \$8.95Carrot, Onion, Cabbage, Edamame, Jasmine Rice **DF**
V Option**GROUND BEEF TACO BOWL** \$9.25Onion, Corn, Spanish Rice, Pinto Bean,
Cheddar Cheese, Red Salsa **GF****CHEESE PIZZA SANDWICH** \$6.50Mozzarella Cheese, Cheddar Cheese,
Tomato Sauce, Baguette **VEG****PEPPERONI PIZZA SANDWICH** \$7.95Mozzarella Cheese, Pepperoni, Tomato Sauce,
Baguette**VEGETARIAN****VEGAN****GLUTEN FREE****DAIRY FREE**

SAINTS CAFÉ MENU

BEVERAGES

Niagara Water \$1.45
Smart Water \$3.10
S. Pellegrino \$2.60
S. Pellegrino *Sparkling* \$2.75
Bai Infusion \$3.45

Gatorade \$2.60
Aloha \$2.95
Naked Juice \$4.95
Honest Green Tea \$3.15
Organic Milk \$2.95

Organic Choc. Milk \$2.95
Hawaii Kona Coffee \$3.15
Starbucks *Double Shot* \$4.15
La Colombe Coffee \$5.75
Ito En Green Tea \$3.15

BREAKFAST

Assorted Cereal \$2.05
Bagel & Cream Cheese \$4.50
Assorted Muffins \$3.15

Butter Croissant \$3.95
Chocolate Croissant \$3.45
Assorted Danish \$3.45

Cinnamon Roll \$3.45
Egg & Cheese Burrito \$6.50
Bacon & Egg Burrito \$7.50

HOMEMADE & RETAIL SNACKS

Mixed Fruit \$3.75
Orange Slices \$2.95
Grape Cup \$3.35
Watermelon \$2.95
Pineapple Cup \$2.95
Mango Cup \$4.85
Hard Boiled Egg (2) \$1.85
Crudit  & Ranch \$3.85

Edamame \$3.40
Chobani Yogurt \$1.95
Popcorn \$2.25
Miss Vickie's Chips \$2.15
Lay's Chips \$1.95
Cheez Its \$0.95
Cheetos \$1.95
Takis \$1.00

Stacey's Pita Chips \$2.25
Beef Jerky \$4.75
Power Protein Bar \$3.10
Pickle Bites \$2.15
Pocky \$3.10
Freshly Baked Cookies \$1.25
Protein Bites (2) \$3.85
Sapphire Brownies \$1.85