



SAINTS CAFÉ MENU

MONDAY | MARCH 30TH

COLD ENTREES

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHICKEN & APPLE SALAD \$8.95

Field Greens, Grape, Celery, Cucumber,
Carrot, Cranberry, Sunflower Seed, Pomegranate
Citrus Dressing **GF DF**

CHICKEN CAESAR WRAP Romaine, Herb Crouton,
Parmesan Dressing, Whole Wheat Tortilla \$9.25

HAM & CHEDDAR SLIDERS (3) \$8.25

Sweet Hawaiian Roll

PROTEIN BOX \$7.25

Hard Boiled Egg, Cheddar Cheese, Grape, Tomato,
Carrot, Cucumber, Sunbutter, Ritz Crackers

COLD PORK DUMPLINGS (6) \$8.95

Cucumber, Edamame, Ponzu **DF**

HOT ENTREES

4 BAKED CHICKEN TENDERS **DF** \$7.50

SHEPHERD'S PIE \$8.95

Seasoned Ground Beef, Creamy Mashed Potato,
Pea, Carrot **GF**

PENNE CHICKEN ALFREDO (12 oz) \$8.95

Parmesan Cream Sauce **GF Option**

PENNE ALFREDO (12 oz) \$7.95

Parmesan Cream Sauce **VEG**

TUESDAY | MARCH 31ST

COLD ENTREES

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHICKEN TENDER SALAD \$8.75

Romaine, Tomato, Cucumber, Carrot,
Red Cabbage, Cheddar Cheese,
Sunflower Seed, Buffalo Ranch Dressing **GF**

TURKEY & AVOCADO SANDWICH \$8.75

Lettuce, Tomato, Avocado Spread, Ciabatta Bread **DF**

TURKEY & CHEDDAR CHEESE SLIDERS (3) \$7.25

Sweet Hawaiian Rolls

COLD TOFU UDON NOODLE BOWL \$8.65

Cucumber, Edamame, Cabbage, Carrot,
Green Onion, Sesame Seed, Soy-Ginger Dressing **V**

HOT ENTREES

BBQ PULLED PORK SLIDERS (3) \$7.50

Sweet Hawaiian Rolls

BEAN & CHEESE BURRITO \$6.50

Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG**

CHORIZO & POTATO BURRITO \$7.95

Pinto Bean, Cheddar Cheese, Salsa, Roja, Flour Tortilla

TURKEY HARVEST BOWL \$8.75

Roast Turkey Slices, Quinoa, Roasted Sweet Potato,
Carrots, Green Beans, Cranberry Sauce **GF DF**

VEGETARIAN

VEGAN

GLUTEN FREE

DAIRY FREE

WEDNESDAY | APRIL 1STCOLD 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 \$8.25Field Green, Orange, Carrot, Cabbage,
Edamame, Cucumber, Wonton Strip,
Orange- Sesame Dressing **DF V Option****GROUND BEEF TACO WRAP** \$8.75Cheddar Cheese, Bell Pepper, Black Beans, Romaine,
Pico de Gallo, Chipotle- Lime Ranch, Flour Tortilla**ITALIAN COLD SUB** \$8.25Salami, Ham, Provolone, Shredded Lettuce, Tomato,
Red Onion, Pepperoncini, Italian Dressing, Baguette**CALIFORNIA "POKE" BOWL** \$9.95Krab, Sticky Rice, Edamame, Tomato, Cucumber,
Japanese Carrot, Cabbage, Green Onion, Side of:
Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce **DF**HOT ENTREES**GROUND BEEF TACO BOWL** \$9.25Onion, Corn, Spanish Rice, Pinto Bean,
Cheddar Cheese, Red Salsa **GF****SHRIMP FRIED RICE 12 oz** \$8.95Scrambled Egg, Carrot, Onion, Corn, Pea **DF****TOFU FRIED RICE 12 oz** \$7.95Scrambled Egg, Carrot, Onion, Corn, Pea **DF VEG****CHEESE PIZZA SLICE** \$4.95

Mozzarella Cheese, Pepperoni, Tomato Sauce

BBQ CHICKEN PIZZA SLICE \$5.25

Red Onion, Cialntro, Mozzarella, Tomato Sauce

INDIVIDUAL PEPPERONI PIZZA \$12.00

Mozzarella Cheese, Pepperoni, Tomato Sauce

THURSDAY | MARCH APRIL 2NDCOLD ENTREES**PLAIN CAESAR SALAD** \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

ROAST CHICKEN COBB SALAD \$8.75Romaine, Egg, Bacon, Tomato, Cucumber,
Cheddar Cheese, Ranch Dressing **GF****GRILLED CHICKEN PITA WRAP** \$8.25Tomato, Cucumber, Red Onion, Kalamata Olives,
Feta Cheese, Hummus, Tzatziki**OVEN ROASTED TURKEY CLUB SANDWICH** \$8.75Bacon, Lettuce, Tomato, White Bread **DF GF Option****CALIFORNIA ROLL** \$8.95Krab, Cucumber, Avocado, Sushi Rice, Nori,
Edamame, Soy SauceHOT ENTREES**BBQ CHICKEN BOWL 12 oz** \$8.50Carrot, Green Bean, Mashed Potato **GF****SWEDISH MEATBALLS (3) (12 oz)** \$8.50

Creamy Mashed Potato, Lingonberry Gravy

CHEESEBURGER \$8.15Angus Beef, Cheddar Cheese, White Bun **GF Option****HAMBURGER** \$7.85Angus Beef, White Bun **DF GF Option**

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 \$3.15
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 \$3.40

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 \$3.40
Freshly Baked Cookies \$1.25
Protein Bites (2) \$3.85
Sapphire Brownies \$1.85