



SAINTS CAFÉ MENU

MONDAY | NOVEMBER 3rd

COLD ENTREES

PLAIN CAESAR SALAD \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

BEEF TACO SALAD \$8.95

Romaine, Tomato, Roasted Corn, Black Bean, Cheddar Cheese, Pico de Gallo, Corn Tortilla Strips, Salsa Ranch Dressing **GF**

HARISSA CHICKPEA SALAD SANDWICH \$7.75

Red Onion, Celery, Bell Pepper, Cilantro, Preserved Lemon Tahini, Lettuce, Tomato, Multigrain Bread **V**

HAM & CHEDDAR CHEESE SLIDERS (3) \$7.50

Sweet Hawaiian Rolls

COLD PORK DUMPLINGS (6) \$8.95

Cucumber, Edamame, Ponzu

HOT ENTREES

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

SHEPHERD'S PIE \$8.95

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

PENNE CHICKEN ALFREDO 12 oz \$8.95

Parmesan Cream Sauce **GF Option**

PENNE ALFREDO 12 oz \$7.95

Parmesan Cream Sauce **VEG**

TUESDAY | NOVEMBER 4th

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 \$8.75

Feta Cheese, Red Onion, Tomato, Cucumber, Kalamata Olive, Basil, Spinach, Balsamic Dressing

BLT SANDWICH \$8.25

Bacon, Lettuce, Tomato, Multigrain Bread **DF**

SOUTHWEST CHICKEN WRAP \$8.75

Black Bean, Roast Corn, Pico de Gallo, Cabbage, Lettuce, Cheddar Cheese, Avocado-Cilantro Ranch, Flour Tortilla

COLD CHICKEN UDON NOODLE BOWL \$9.25

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

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 Roll

GRILLED CHICKEN & CHEESE TORTELLINI \$8.95

House Made Cheese Sauce **VEG Option**

CHEESEBURGER \$8.15

Angus Beef, Cheddar Cheese, White Bun **GF Option**

HAMBURGER \$7.85

Angus Beef, White Bun **DF GF Option**

VEGETARIAN

VEGAN

GLUTEN FREE

DAIRY FREE

WEDNESDAY | NOVEMBER 5thCOLD 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 ***V Option****CHICKEN PESTO WRAP** \$8.75Provolone, Pesto, Tomato, Arugula, Balsamic,
Flour Tortilla**ITALIAN COLD SUB** \$8.25Salami, Ham, Provolone, Shredded Lettuce, Tomato,
Red Onion, Pepperoncini, Italian Dressing, Baguette**SPICY SHRIMP BOWL** \$10.50Sticky Rice, Edamame, Tomato, Cucumber,
Japanese Carrot, Cabbage, Green Onion, Side of:
Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce **DF**HOT ENTREES**TURKEY CHILI (12 oz)** \$8.50Red Bean, Pinto Bean, Cheddar Cheese,
Tater Tots **GF****ROAST CHICKEN & MASHED POTATOES** \$8.15Honey Glazed Carrots, Country Gravy **GF****PENNE & MEATBALLS (3) (12 oz)** \$8.95

Marinara, Parmesan Cheese

PENNE MARINARA (12 oz) **DF VEG GF Option** \$7.50THURSDAY | NOVEMBER 6thCOLD ENTREES**PLAIN CAESAR SALAD** \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHOPPED TURKEY & APPLE SALAD \$8.65Mixed Greens, Celery, Carrot, Cucumber,
Dried Cranberries, Sunflower Seeds, Quinoa,
Balsamic Dressing **DF GF****OVEN ROASTED TURKEY CLUB** \$8.75Bacon, Lettuce, Tomato, White Bread **DF****TUNA SALAD SANDWICH** \$8.25

Lettuce, Tomato, Pickles, Multi-Grain Bread

COLD CHICKEN SHAWARMA BOWL \$8.75Romaine, Tomato, Cucumber, Red Onion, Olives,
Feta, Pita Chips, Lemon-Garlic Yogurt, HummusHOT ENTREES**ALL BEEF HOT DOG** \$5.25Traditional Bun **DF GF Option****BEAN & CHEESE BURRITO** \$6.50Cheddar Cheese, Pinto Bean, Flour Tortilla **VEG****CHICKEN POT PIE** \$8.75Pea, Carrot, Onion, Celery, Herb Gravy,
Biscuit Crust**PORK CARNITAS BOWL (12 oz)** \$8.65White Rice, Pinto Beans, Pico de Gallo **GF DF**

FRIDAY | NOVEMBER 7thCOLD ENTREES**PLAIN CAESAR SALAD \$7.75**

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

HARVEST CHICKEN & COUSCOUS \$8.75Spinach, Red Cabbage, Roasted Butternut
Squash, Apple, Dried Cranberries, Sunflower
Seed, Goat Cheese, Maple-Balsamic Dressing **GF****CHICKEN CAPRESE SANDWICH \$8.75**Mozzarella, Tomato, Basil, Balsamic, Baguette
VEG Option**BASIC HAM HOAGIE \$7.00**

Cheddar Cheese

TERIYAKI SALMON INARIZUSHI (4) \$9.75Edamame, Cucumber, Ponzu Sauce **DF**HOT ENTREES**4 BAKED CHICKEN TENDERS **DF** \$7.50****MEATBALL SUB \$8.75**

Mozzarella, Marinara, Baguette

HOUSE CHICKEN BOWL 12 oz \$8.65Steamed Jasmine Rice, Cabbage, Carrot, Onion **DF****CHICKEN PESTO PASTA 12 oz \$8.95**Tomato, Parmesan Cheese, Gemelli Pasta **VEG 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