



MONDAY | OCTOBER 13th

COLD 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 \$8.75

Romaine, Egg, Bacon, Tomato, Cucumber, Cheddar Cheese, Ranch Dressing **GF**

GRILLED CHICKEN PITA WRAP \$8.75

Tomato, Cucumber, Lettuce, Tzatziki, Hummus

TURKEY HOAGIE \$7.25

Provolone, Lettuce, Tomato

PROTEIN BOX \$7.25

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

HOT ENTREES

CARNE ASADA BOWL 12 oz \$8.95

Carrot, Onion, Pinto Bean, Tomato-Garlic Rice, Salsa Roja **GF DF**

HOT ITALIAN SLIDERS (3) \$8.65

Salami, Ham, Mozzarella, Red Onion, Pepperoncini, Marinara, Hawaiian Rolls

PENNE CHICKEN ALFREDO 12 oz \$8.95

Parmesan Cream Sauce **GF Option**

PENNE ALFREDO 12 oz \$7.95

Parmesan Cream Sauce **VEG**

STEAMED PORK BUNS (2) \$8.15

TUESDAY | OCTOBER 14th

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 \$9.65

Field Green, Strawberry, Cucumber, Feta Cheese, Sunflower Seed, Sherry Dressing **GF**

BRUSCHETTA CHICKEN SANDWICH \$8.95

Grilled Chicken, Fresh Mozzarella, Tomato-Basil Relish, Arugula, Balsamic, Ciabatta Bun

TURKEY & CHEDDAR CHEESE SLIDERS (3) \$7.50

Sweet Hawaiian Roll

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

CHEESEBURGER \$8.15 **GF Option**

Angus Beef, Cheddar Cheese, White Bun

HAMBURGER \$7.85 **DF GF Option**

Angus Beef, White Bun

BBQ PULLED CHICKEN SANDWICH \$8.95

Pickle, Red Onion, Soft Bun **DF**

YELLOW THAI CHICKEN CURRY **DF \$8.95**

Carrot, Cabbage, Onion, Steamed Jasmine Rice **V Option**

WEDNESDAY | OCTOBER 15thCOLD 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****CALIFORNIA "POKE" BOWL** \$9.75Krab, Sticky Rice, Edamame, Tomato, Cucumber,
Japanese Carrot, Cabbage, Green Onion, Side of:
Pickled Ginger, Sriracha-Sesame Mayo, Soy Sauce **DF****ITALIAN COLD SUB** \$8.25Salami, Ham, Provolone, Shredded Lettuce, Tomato,
Red Onion, Pepperoncini, Italian Dressing, Baguette**TURKEY & BACON WRAP** \$8.75

Lettuce, Tomato, Ranch Dressing, Whole Wheat Tortilla

HOT ENTREES**4 BAKED CHICKEN TENDERS** **DF** \$7.50**BEAN & CHEESE BURRITO** Cheddar Cheese,
Pinto Bean, Flour Tortilla **VEG** \$6.50**ROLLED CHIPOTLE CHICKEN QUESADILLA** \$8.65Cheddar Cheese, Bell Pepper, Onion,
Flour Tortilla**KOREAN BBQ BEEF BURRITO** \$8.75Kimchi, Cilantro, White Rice, Sriracha Mayo,
Flour Tortilla **DF****MAC & CHEESE 12 oz** \$7.75Macaroni, House Made Cheese Sauce **VEG**THURSDAY | OCTOBER 16thCOLD ENTREES**PLAIN CAESAR SALAD** \$7.75

Romaine, Herb Crouton, Parmesan Dressing

GRILLED CHICKEN CAESAR SALAD \$8.75

Romaine, Herb Crouton, Parmesan Dressing

CHICKPEA SALAD \$8.15Mixed Greens, Grilled Vegetables, Quinoa,
Cucumber, Carrot, Tomato, Sliced Red
Onion, Sunflower Seeds, Citrus Dressing **GF V****OVEN ROASTED TURKEY CLUB SANDWICH** \$8.75Bacon, Lettuce, Tomato, White Bread **DF GF Option****SESAME CHICKEN WRAP** \$8.75Cucumber, Carrot, Broccoli, Lettuce,
Honey-Ginger Mayo, Flour Tortilla **DF****SPICY KRAB INARIZUSHI** \$9.25

Edamame, Cucumber, Ponzu Sauce

HOT ENTREES**ALL BEEF HOT DOG** \$5.25Traditional Bun **DF GF Option****CHICKEN TERIYAKI BOWL 12 oz** \$8.95Carrot, Onion, Cabbage, Edamame,
Steamed Jasmine Rice **DF *V Option****BEEF LASAGNA 12 oz** \$8.65

Meat Sauce, Ricotta, Mozzarella, Parmesan

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

FRIDAY, OCTOBER 17thCOLD 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 \$8.95Field Green, Mozzarella, Roast Corn, Tomato,
Toasted Pumpkin Seed, Cilantro-Lime
Vinaigrette **GF****CALIFORNIA ROLL \$8.95**Krab, Cucumber, Avocado, Sushi Rice, Nori, Edamame,
Soy Sauce**HAM & CHEDDAR SANDWICH \$8.75**Lettuce, Tomato, Cucumber, Red Onion,
Honey- Mustard, Baguette**ROAST CHICKEN SANDWICH \$8.95**Feta Cheese, Arugula, Grilled Red Onion, Peppadew Relish,
Pesto Mayo, Ciabatta BreadHOT ENTREES**BUTTERED NOODLES WITH CHICKEN 12 oz \$8.25**Penne Pasta, Chopped Grilled Chicken **GF Option****GROUND BEEF TACO BOWL \$9.25**Onion, Corn, Spanish Rice, Pinto Bean,
Cheddar Cheese, Red Salsa **GF****VEGETARIAN BURRITO \$6.95**Spinach, Refried Pinto, Spanish Rice, Onion,
Cheese, Chipotle Cream, Flour Tortilla **VEG****CHEESE PIZZA SANDWICH \$6.50**Mozzarella Cheese, Cheddar Cheese,
Tomato Sauce, Baguette **VEG****PEPPERONI PIZZA SANDWICH \$7.95**Mozzarella Cheese, Pepperoni, Tomato Sauce,
Baguette

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