



MONDAY | SEPTEMBER 22nd

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 HOAGIE \$7.50

Lettuce, Tomato, Provolone Cheese, Baguette

COLD PORK DUMPLINGS (6) \$8.95

Cucumber, Edamame, Ponzu

HAM & CHEDDAR CHEESE SLIDERS (3) \$7.50

Sweet Hawaiian Roll

Hot Entrees

PENNE CHICKEN ALFREDO 12 oz \$8.95

Parmesan Cream Sauce **GF Option**

PENNE ALFREDO 12 oz \$7.95

Parmesan Cream Sauce **VEG**

CHOPPED CARNE ASADA BURRITO \$8.75

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

CHICKEN TIKKA MASALA \$8.95

Peas, Buttered Basmati Rice **GF**

TUESDAY | SEPTEMBER 23rd

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**

TURKEY & CHEDDAR CHEESE SLIDERS (3) \$7.50

Sweet Hawaiian Roll

BRUSCHETTA CHICKEN SANDWICH \$7.50

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

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 Rolls

BLACKENED CHICKEN PASTA 12 oz \$8.95

Bell Pepper, Onion, Tomato, Cajun Alfredo Sauce

ROLLED CHIPOTLE CHICKEN QUESADILLA \$8.35

Bell Pepper, Onion, Cheese, Flour Tortilla

TRADITIONAL POT ROAST \$8.95

Carrot, Peas, Onion, Celery, Mashed Potato **GF**

WEDNESDAY | SEPTEMBER 24th

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 ***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** \$8.25

Salami, Ham, Provolone, Shredded Lettuce, Tomato, Red Onion, Pepperoncini, Italian Dressing, Baguette

HAM & SWISS CROISSANT \$9.35

Lettuce, Tomato

Hot Entrees

ALL BEEF HOT DOG \$5.25Traditional Bun **DF GF Option****CHICKEN FRIED RICE** 12 oz \$8.95Scrambled Egg, Carrot, Corn, Onion, Peas **DF****MAC & CHEESE 12 oz** \$7.75Macaroni, House-made Cheese Sauce **VEG****STEAMED PORK BUNS (2)** \$7.75THURSDAY, SEPTEMBER 25th

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 \$8.75

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

BBQ CHICKEN TENDER WRAP \$8.75

Lettuce, Tomato, Shredded Cheddar Cheese, BBQ Ranch, Flour Tortilla

OVEN ROASTED TURKEY CLUB SANDWICH \$8.85Bacon, Lettuce, Tomato, White Bread **DF****SPICY KRAB INARIZUSHI** \$9.25

Edamame, Cucumber, Ponzu Sauce

Hot Entrees

4 BAKED CHICKEN TENDERS **DF** \$7.50**SESAME GROUND TURKEY BOWL** \$8.35Green Onion, Broccoli, Carrot, Steamed Brown Rice **DF****CHEESEBURGER** \$8.15Angus Beef, Cheddar Cheese, White Bun **DF GF Option****HAMBURGER** \$7.85Angus Beef, White Bun **DF GF Option**

FRIDAY, SEPTEMBER 26th

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 GF \$8.95Field Green, Mozzarella, Roast Corn, Tomato,
Toasted Pumpkin Seed, Cilantro-Lime Vinaigrette**COLD FALAFEL WRAP** \$8.25Romaine, Cucumber, Diced Tomato, Roasted Beet
Hummus, Tahini Sauce, Flour Tortilla V**SUNBUTTER & JELLY SANDWICH** \$6.00

White Bread V GF Option

CALIFORNIA ROLL \$8.95Krab, Cucumber, Avocado, Sushi Rice, Nori,
Edamame, Soy Sauce

Hot Entrees

4 PIECE CHICKEN TENDERS DF \$7.50**WHOLE GRAIN CHICKEN CORN DOG** DF \$4.95**VEGETARIAN BURRITO** \$6.95Spinach, Refried Pinto, Spanish Rice, Onion,
Cheese, Chipotle Cream, Flour Tortilla VEG**PENNE & MEATBALLS (3) 12 oz** \$8.95

Marinara, Parmesan Cheese

PENNE MARINARA 12 oz \$7.50

DF VEG 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 \$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