

# *Herban Gourmet Café*

## BREAKFAST ITEMS

*Yogurt Parfait \$3.75*

*Crunchy Herban Granola Layered with Low Fat Yogurt and Topped with  
Delicious Seasonal Berries*

*Seasonal Fruit Medley \$3.75*

*An Assortment of Fresh Seasonal Fruit*

*Bagels \$1.75*

*Fresh Full Size Bagel with Cream Cheese, Sweet Butter or Jam*

*Morning Muffins \$1.75*

*Low Fat Blueberry, Low Fat Lemon Poppy Seed, Low Fat Raisin Oat Bran, Fruit  
Flax and Fiber, Apple Cherry Cobbler, Carrot Cake and Daily Specials*

*Irish Oatmeal - \$3.50 each*

*Dried apples, Toasted Walnuts, Brown Sugar  
Vanilla and Dried Cherries*

*Hot Breakfast Sandwiches -\$5.50*

*Nutella and Banana*

*Ham, Egg and Swiss*

*Turkey Sausage, Egg and Cheddar*

*Turkey Bacon, Egg and Cheddar*

## BREAKFAST BEVERAGES

	12 oz	16 oz
COFFEE	\$1.50	\$2.00
DECAF	\$1.50	\$2.00
FRESHLY SQUEEZED ORANGE JUICE		\$2.50
APPLE JUICE		\$2.50
GRAPEFRUIT JUICE		\$2.50
CRANBERRY JUICE		\$2.50

Fruit and Juice Smoothies \$4.50 16oz \$5.50 20 oz

**Berry Good Morning**

Strawberries, Blueberries, Raspberries and Orange Juice

**It's Hip to B Squared**

Blueberry, Banana and Milk

**Making the Pom Squad**

Blueberries, Raspberries and Pomegranate Juice

**Peachy Pilates**

Peaches, Pineapple Juice and Milk

**Dreamcicle**

Orange Juice and Milk

**The Kiwi to Success**

Kiwi, Strawberries, Banana and Apple Juice

**The Loop Fruit**

Mango, Peaches, Banana and Grapefruit Juice

**Funky Monkey**

Banana, Chocolate, and Peanut Butter

**Healthy Add-Ons \$1.00**

Whey Protein Powder

Soy Protein Powder

Met-rx

Fresh Juices \$3.75 16oz \$4.25 20 oz

Carrot  
Celery  
Orange  
Apple  
Cucumber  
Lemon  
Apple  
Beet

**Herban's Favorites!**

Kitchen Sink (All Veggies)  
The Positano (Lemon and Apples)  
The O.C. ( Orange and Carrot)  
The Cathy (Carrot,Cucumber,Celery)  
Up Beet (Beets and Apple)

Fusion \$4.50 16oz \$5.50 20 oz

Fat Free Vanilla Yogurt Blended with Your Choice of Toppings

## *You Choose It, We Fuse It!*

*Strawberries*

*Blueberries*

*Raspberries*

*Peaches*

*Mango*

*Black Berries*

*Pineapple*

*Kiwi*

*Banana*

*Cantaloupe*

*Chocolate Chips*

*Peanut Butter*

*Shredded Coconut*

*Granola*

*Honey*

### *Shots \$2.00*

*Wheatgrass Shot*

*(Wheatgrass juice helps naturally cleanse the body of toxins and pollutants. It's also a great source of vitamin K and Iron)*

### *Sandwiches*

*(Served with your choice of chips or whole fruit)*

*Herban Gourmet Sandwiches are made fresh and can be toasted upon request*

### ***The Godfather***

*Prosciutto, Cappelletti, Genoa Salami and Provolone with Shredded Lettuce, Roma Tomato, Red Onion and Giardiniera on Italian Bread*

### ***The Nona***

*Grilled Chicken with Sun Dried Tomato, Shaved Parmesan, Balsamic and Arugula on Ciabatta*

### ***The Charlie***

*Oven Roasted Turkey Breast with Lettuce, Tomato, Mayo and Mustard on Multigrain Bread*

### ***Group Five***

*Smoked Ham, Gruyere, Honey Mustard and Lettuce on a Pretzel Roll*

### ***The Romeo***

*Tomato, Cucumber, Red onion, Carrot, Alfalfa and Hummus on Ciabatta*

### ***The Gold Coast***

*Cucumber, Tomato and Smoked Salmon on Challah Bread*

### ***Capri***

*Plum Tomatoes, Fresh Mozzarella, Roasted Red Peppers and Fresh Basil on Ciabatta*

### ***Grown Up Grilled Cheese***

*Cheddar, Provolone, Pesto and Tomatoes Grilled on Sourdough Bread*

### ***Tuna Melt Down***

*Melted Swiss Cheese, Tuna Salad, Alfalfa Sprouts, Tomato and Dijon Mustard on Toasted Multi-grain Bread*

## ***Salads***

***Grilled Chicken Caesar Salad*** \$6.50

*Romaine Lettuce, Shredded Parmesan Cheese, Herbed Croutons & Grilled Chicken*

*Breast Tossed in Caesar Dressing*

***Chicken & Blue Cheese Salad*** \$6.50

*Field Greens, Granny Smith Apples, Grilled Chicken Breast, Sun-Dried Cherries, Blue Cheese, Toasted Walnuts, Champagne Vinaigrette*

***Chopped Salad*** \$6.50

*Roasted Chicken, Crisp Applewood Smoked Bacon, Ditalini Pasta, Blue Cheese, Tomatoes, and Green Onions Tossed with Iceberg and Romaine Lettuce in our Sweet and Spicy House Vinaigrette*

***Garden Salad*** \$5.00

*Mixed Field Greens & Romaine Lettuce Topped with Vine-Ripened Tomatoes, Cucumbers, Red Onions, Green Pepper and Shredded Carrot with Your Choice of Dressing*

***Asian Chicken*** \$6.50

*Herb Marinated Chicken, Romaine Lettuce, Sliced Almonds, Sesame Seeds, Green Onions, Mandarin Oranges, Crispy Chow Mein Noodles and Reduced-Sugar Sesame-Ginger Vinaigrette*

***Tuna Salad Nicoise*** \$6.95

*Mixed Greens with Cherry Tomatoes, Hard Boiled Egg, French Beans, Low Fat Tuna Salad and Balsamic Vinaigrette*

***Strawberry Fields*** \$6.95

*Baby Spinach with Fresh Strawberries, Goat Cheese, Crispy Onions and Raspberry Vinaigrette*

### ***Dressing Choices***

*Caesar, Balsamic Vinaigrette, Sesame Ginger, Raspberry Vinaigrette, House Vinaigrette, Champagne Vinaigrette, Low-Fat Ranch, Honey-Dijon*

***House Soups & Chilis: 8oz \$2.95 12 oz 3.50***

*(Selections change daily)*

*served in a country bread bowl - \$5.25*

Classic French Onion  
Butternut Squash Bisque  
Chicken Chili  
Matzo Ball  
White Bean and Escarole  
Corn Chowder  
Mom's Chicken Noodle  
Split Pea  
Lentil  
Tomato Basil Bisque  
Jerk Chicken and Rice  
Creamy Chicken  
Broccoli Cheddar  
Tomato Basil  
Wild Mushroom and Brie  
Zesty Chicken Tortilla

## Sides

Hard Boiled Egg \$1.00

*Whole Fruit* \$1.00

*Chips* \$1.75

*Tuna Salad* \$2.99

Tuna, crisp celery, red and green onions, and low fat mayonnaise with a hint of Dijon mustard and fresh basil.

*Smoked Chicken Salad* \$2.99

With Dried Cranberries Toasted Walnuts and Low Fat Mayo

*Truffled Egg Salad* \$3.50

Hard-boiled eggs , Chives, Crème Fraiche and White Truffle Oil

*Pasta Primavera Salad* \$3.50

With Carrot, Green Pepper, Cherry Tomatoes, Green Onions and Tangy Vinaigrette

*Cavatapi Pasta Salad* \$3.50

With Fresh Mozzarella, Roasted Red Peppers, Toasted Pine Nuts and Basil Pesto

*Hummas and Pita* \$5.95

Homemade Hummus With Pita Chips, Celery and Carrot Sticks

*Drinks:*

COKE, DIET COKE, SPRITE \$1.00

SAN PELLEGRINO

500 ml \$1.50

1 L \$2.50

Smart Water

Sport Top: \$2.00

1 L: \$3.00

Fiji Water

500 ml \$1.50

1 L \$2.50

Hint Water \$2.50

Zico Water \$3.00

Red Bull \$3.00

Sugar Free Red Bull \$3.00

Vitamin Water \$2.00

Gatorades \$2.00

Muscle Milk \$4.75

Muscle Milk Light \$3.75