



On the Lighter Side

These selections have ingredients and preparation methods that reduce grams of fat and carbs and total calories below the amounts in regular menu items.

Superfood Salad	\$5.95
Kale, baby spinach, seasonal berries, avocado, toasted almonds, red onion, feta cheese, and poppy seed vinaigrette	
Chicken Portobello Salad	\$6.95
Baby spinach, sautéed Portobello and walnuts, cranberries, goat cheese, red onion, and balsamic vinaigrette	
Grilled Vegetable Wrap	\$5.95
Hummus spread, roasted red peppers, baby spinach, zucchini, squash, and onion wrapped in a warm flour tortilla	
Portobello Burger	\$5.95
Grilled Portobello mushroom and onion, roasted red peppers, baby spinach, and garlic mayonnaise on a toasted brioche roll	
Grilled Chicken Wrap	\$6.95
Grilled chicken breast, diced tomato, onion, romaine, and guacamole	
Fresh Fruit and Cottage Cheese	\$3.95
Fresh seasonal fruit and low fat cottage cheese on a bed of mixed greens	
Fresh Fruit and Yogurt Parfaits	\$2.45
Layers of fresh seasonal fruit, low fat vanilla yogurt and granola	



Breakfast, All Day

Breakfast is available at any time during regular Café hours.

We proudly serve locally produced bacon from Groff's Meats in Elizabethtown, PA.

Two Eggs, Any Style	\$3.45
Two eggs fried, scrambled, flipped, dippy, or any way you can think of! Served with toast and bacon	
Two Egg Omelet	\$3.45
Served with toast and bacon, add fillings to your liking Filling choices (\$.30 each) - onion, tomato, bell peppers, baby spinach, mushrooms, shredded cheese, sausage, bacon, ham	
French Toast	\$3.95
Two slices of thickly sliced country white bread, dipped in rich cinnamon and vanilla egg batter and served with bacon	
Add fried potatoes to any Breakfast item	\$0.95

Please remember consuming raw or undercooked eggs may increase your risk of foodborne illness.



Hot off the Grill

*Made to order burgers, chicken, hot dogs and sandwiches.
All sandwiches come with chips and pickle.*

Handmade, Custom 6 oz. Burgers \$4.45

Build your own! Served on a toasted brioche roll with lettuce and tomato, each topping added is \$0.35

Grilled or Crispy Fried Chicken \$3.85

Build your own custom chicken sandwich. Served on a toasted brioche roll with lettuce and tomato, each topping added is \$0.35

Toppings: Cheese (Cheddar, American, Swiss, Provolone), Bacon, Sautéed Mushrooms and/or Onions, Grilled Peppers, Marinara Sauce, Honey Mustard, BBQ Sauce...

Don't see what you want? Just ask!

All Beef ¼ pound Hot Dog \$2.95

An American classic, served on a toasted bun.

Tuna Melt Sandwich \$3.95

Fresh tuna salad, on your choice of bread, topped with tomato and your choice of cheese. English Muffins served open-faced.

Pretzel Melt \$4.55

Thinly sliced turkey, provolone cheese, and honey mustard sauce on a warm pretzel roll

Grilled Cheese \$2.95

Choose your favorite combination of bread and cheese.

Please remember consuming raw or undercooked meats may increase your risk of foodborne illness.

