

the HAC cafe

Our meals are made to order, so they may take longer depending on the order and volume. We appreciate your patience!

Meat Omelet with Toast

BREAKFAST *Served all day*

BOWLS

Served over a choice of quinoa or home fries

Tex Mex Chicken

Chicken, scrambled eggs, black beans, house made pico, & pepper jack cheese **13.95**

Breakfast Bust

Scrambled eggs, bacon, sausage, onions, peppers, cheddar cheese **14.95**

Steak & Egg

Scrambled eggs, beef filet tips, and American cheese **14.95**

Breakfast Bust Bowl

OMELETS *Three fluffy eggs with choice of cheese 8.95*

Add side of toast or make it burrito style +1.00

Veggie Add-ons .75¢/ea.

mushrooms • spinach • tomato onions • peppers • black beans

Protein Add-ons 3.00/ea.

bacon (3 slices) • sausage

Protein Add-ons 4.00/ea.
chicken

Premium Add-ons 6.00/ea.

beef filet tips

Everything Bagel Sandwich with Bacon

SANDWICHES

Egg and Cheese

2 fried eggs topped with choice of cheese and served on choice of toast, English muffin or bagel **8.95** | add 3 slices of bacon +3.00 | add 2 turkey sausage patties +3.00

MAINS *Add chicken +\$4.00 | Add shrimp (6) or beef filet tips +\$6.00 Add salmon +\$7.00*

SALADS

Dressing served on side.

Caesar

Chopped romaine, croutons, Parmesan, and Caesar dressing **10.95**

Southwest Chicken

Heritage Spring mix, corn, black beans, jalapeños, red onions, shredded cheddar, and tortilla strips with grilled chicken and a chipotle dressing **15.95**

Cobb

Chopped romaine, roasted turkey, hardboiled egg, bacon, tomatoes, avocados, and cranberries **15.95**

Southwest Chicken Salad

BOWLS

Choice of brown rice, basmati rice, or quinoa

High Protein

Grilled chicken, sautéed mushrooms, tomatoes topped with hard-boiled egg, feta, avocado, & our homemade balsamic glaze (50g protein!) **15.95**

Asia Stir Fry

Coconut shrimp, broccoli, zucchini, squash, carrots, and choice of teriyaki or Thai chili sauce **15.95**

Buffalo

Buffalo sauce, blue cheese crumbles, cheddar, chicken, tomatoes, and topped with ranch or blue cheese **15.95**

Chipotle

Grilled chicken, pico de gallo, corn, black beans, avocado, cheddar, and chipotle sauce **15.95**

Trainer's

Grilled chicken, blend of broccoli, carrots, yellow squash, & zucchini **15.95**

Grilled Veggie

Peppers, onions, zucchini, squash, mushrooms, chickpeas, & balsamic glaze **14.95**

Chipotle Bowl

High Protein Bowl

HOURS

Monday-Thursday* 6:00 am - 8:00 pm
Friday* 6:00 am - 7:00 pm

Saturday* 8:00 am - 4:00 pm
Sunday* 9:00 am - 4:00 pm

**Hot food is available one hour after the café opens on weekdays, but immediately available once the café opens on weekends. Last call for hot food is always 30 min. before closing, any day. Grab and Go food is always available when café is open.*

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.

Any changes, substitutions, or additions may be subject to additional charges.

Turkey Avocado Panini



HANDHELDS Sides sold separately

BURGERS

Made with certified Angus beef and served with a pickle. Lettuce, tomato, and onions are available upon request.

Classic Cheeseburger
4oz **9.95**
8oz **12.95**
Choice of cheese

Chipotle Bean Burger
Black bean and corn veggie burger, avocado spread, mushrooms, and choice of cheese **12.95**

FLATBREADS

Served on a stone fired flatbread

Classic Cheese
Oregano, house pizza sauce, and a blend of cheeses **12.95**

White Broccoli Tomato
Olive oil, garlic, mozzarella, broccoli, and tomato **12.95**

Chipotle Chicken
Chipotle sauce, mozzarella, cheddar, chicken, bacon, and scallions **13.95**

HOT DOGS & TENDERS

Chicken Tenders
4 Piece Chicken Tenders with choice of sauce **11.95**

Classic Hot Dog
All-beef hot dog served on a bun **5.00**
add chili +2.00 | add cheese +1.00

QUESADILLAS

Add chicken +\$4.00

Three Cheese
Blend of American, cheddar, and mozzarella cheeses **9.95**

Protein
Blend of American and cheddar cheese with chicken and crispy bacon **14.95**

Tex Mex
Black beans, corn, & pico de gallo with American and pepper jack cheese **10.50**

PANINIS & WRAPS

Your choice of panini or wrap

Turkey Avocado
Roasted turkey, bacon, lettuce, tomato, avocado, and ranch **11.95**

Buffalo Chicken
Crispy or grilled chicken, buffalo sauce, cheddar cheese, & bleu cheese or ranch **11.95**

Chicken Bacon Ranch
Grilled chicken, bacon, cheddar cheese, and ranch **11.95**

Grilled Veggie Hummus
Squash, zucchini, peppers, onions, mushrooms, roasted red peppers, hummus, provolone, and balsamic glaze **11.95**

SANDWICHES

Served with choice of white, wheat berry, or sprouted whole grain bread and a pickle.

Classic Grilled Cheese 6.95
add bacon +\$3.00 | add tomato +.50¢

Avocado Turkey Grilled Cheese
Roasted turkey, choice of cheese, bacon, and avocado **11.95**

Chipotle Bean Burger



Avocado Turkey Grilled Cheese



White Broccoli Tomato Flatbread



COMBOS

Choose from one of the meals below and pair it with any standard side and your choice of a large fountain drink **17.95**

Available Combo Meals:

- 8 Oz. Burger
- 4 Piece Chicken Tenders
- Chipotle Bean Burger
- Any wrap or panini



SIDES

Soup & Chili

Check the board for today's soup and chili

12oz \$6.95
32oz \$15.95

Standard Sides 4.95

- Fruit
- Caesar Salad
- Garden Salad
- Skin-on Fries
- Homemade Chips

Premium Sides

- Sweet Potato Fries **7.00**
- Tater Tots **7.00**
- Zucchini Fries **7.50**
- Mozzarella Sticks **8.50**

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