

# 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 **12.95**

#### Breakfast Bust

Scrambled eggs, bacon, sausage, onions, peppers, cheddar cheese **12.95**

#### Steak & Egg

Scrambled eggs, beef filet tips, and American cheese **12.95**

Breakfast Bust Bowl

### OMELETS Three fluffy eggs with choice of cheese 7.95

Add side of toast or make it burrito style +1.00

#### Veggie Add-ons .50¢/ea.

mushrooms • spinach • tomato onions • peppers • black beans

#### Protein Add-ons 2.00/ea.

bacon

#### Protein Add-ons 3.00/ea.

chicken • sausage

#### Premium Add-ons 5.00/ea.

beef filet tips

### SANDWICHES

#### Egg and Cheese

2 fried eggs topped with choice of cheese and served on choice of toast, English muffin or bagel **7.95** | add 2 pieces of bacon +2.00 | add 2 turkey sausage patties +3.00

Everything Bagel Sandwich with Bacon

## MAINS Add chicken +\$3.00 | Add shrimp (6) or beef filet tips +\$5.00 Add salmon +\$6.00

### SALADS

Dressing served on side.

#### Caesar

Chopped romaine, croutons, parmesan, and Caesar dressing **9.95**

#### Southwest Chicken

Heritage Spring mix, corn, black beans, jalapeños, red onions, shredded cheddar, and tortilla strips with grilled chicken and a chipotle dressing **14.95**

#### Cobb

Chopped romaine, roasted turkey, hardboiled egg, bacon, tomatoes, avocados, and cranberries **14.95**

Southwest Chicken Salad

Chipotle Bowl

High Protein Bowl

### 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 **14.95**

#### Buffalo

Buffalo sauce, blue cheese crumbles, cheddar, chicken, tomatoes, and topped with ranch or blue cheese **14.95**

#### Chipotle

Grilled chicken, pico de gallo, corn, black beans, avocado, cheddar, and chipotle sauce **14.95**

#### Trainer's

Grilled chicken, blend of broccoli, carrots, yellow squash, & zucchini **14.95**

#### Grilled Veggie

Peppers, onions, zucchini, squash, mushrooms, chickpeas, & balsamic glaze **13.95**

### 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.



## 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 **8.95**

8oz **11.95**

*Choice of cheese*

#### Chipotle Bean Burger

Black bean and corn veggie burger, avocado spread, mushrooms, and choice of cheese **11.95**

### FLATBREADS

Served on a stone fired flatbread

#### Classic Cheese

Oregano, house pizza sauce, and a blend of cheeses **11.95**

#### White Broccoli Tomato

Olive oil, garlic, mozzarella, broccoli, and tomato **11.95**

#### Chipotle Chicken

Chipotle sauce, mozzarella, cheddar, chicken, bacon, and scallions **12.95**

### HOT DOGS & TENDERS

#### Chicken Tenders

4 Piece Chicken Tenders with choice of sauce **10.95**

#### Classic Hot Dog

All-beef hot dog served on a bun **4.95**  
*add chili +2.00 | add cheese +1.00*

### QUESADILLAS

Add chicken +\$3.00

#### Classic Cheese

Blend of American & cheddar cheese **7.95**

#### Protein

Blend of American and cheddar cheese with chicken and crispy bacon **10.95**

#### Tex Mex

Black beans, corn, & pico de gallo with American and pepper jack cheese **9.95**

### PANINIS & WRAPS

Your choice of panini or wrap

#### Turkey Avocado

Roasted turkey, bacon, lettuce, tomato, avocado, and ranch **10.95**

#### Buffalo Chicken

Crispy or grilled chicken, buffalo sauce, cheddar cheese, & bleu cheese or ranch **10.95**

#### Chicken Bacon Ranch

Grilled chicken, bacon, cheddar cheese, and ranch **10.95**

#### Grilled Veggie Hummus

Squash, zucchini, peppers, onions, mushrooms, roasted red peppers, hummus, provolone, and balsamic glaze **10.95**

### SANDWICHES

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

#### Classic Grilled Cheese 5.95

*add bacon +\$2.00 | add tomato +.50¢*

#### Avocado Turkey Grilled Cheese

Roasted turkey, choice of cheese, bacon, and avocado **10.95**

Chipotle  
Bean  
Burger

Avocado  
Turkey  
Grilled  
Cheese

White  
Broccoli  
Tomato  
Flatbread

## COMBOS

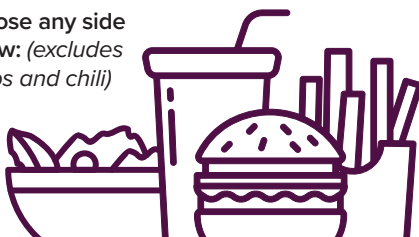
Choose one option from each category **15.95**

1 Choose a large fountain drink

2 Choose a meal:

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

3 Choose any side below: *(excludes soups and chili)*



## SIDES

#### Soup & Chili

Check the board for today's soup and chili

12oz **\$5.95**

32oz **\$15.95**

**3.95**

- Fruit
- Carrots and Celery

**4.95**

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

**5.95**

- Mozzarella Sticks
- Zucchini Fries
- Sweet Potato Fries
- Tater Tots

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