

Wellness|cafe

The Wellness Café is a place to find healthy solutions to satisfy your cravings. Our goal is to promote a healthy option to your everyday life by providing our customers with an oasis filled with products to better their lifestyle and fill them up. We offer fresh fruit smoothies, MTO specialty sandwiches, and protein energy drinks for the much-needed pick me up.

Monday-Thursday: 7 a.m.-8 p.m.

Friday: 7 a.m.-7 p.m.

Saturday: 11 a.m.-5:30 p.m.

Sunday: Closed

Grab-n-Go

Soy Milk	\$1.99	
Nutri-Grain Bar	\$1.09	
Fiber One Bar	\$1.29	
Yogurt	\$1.59	
Whole Fruit	\$0.99	
Cereal Cup	\$1.39	
Greek Yogurt	\$1.89	
Hummus Cup	\$2.89	
Cookie	\$1.59	
Scones	\$2.09	
Bacon	\$1.49	
Croissant	\$2.19	
Muffin	\$2.29	
Bagel with Cream Cheese	\$1.99	
Chips	\$1.19	

Smoothie \$4.89

Liquid Sunshine <i>orange juice, banana, vanilla yogurt, and mango</i>	
Apple Delicious <i>pineapple juice, grapes, apple, strawberries, and pineapple</i>	
Stawberry Morning <i>vanilla soy milk, banana, oats, and strawberries</i>	
Tropical Storm <i>coconut milk, pineapple juice, and banana</i>	
Purple Perfection <i>vanilla soy milk, vanilla yogurt, banana, blueberry, and honey</i>	
Create-Your-Own (up to 4 items) <i>banana, strawberries, raspberries, peaches, blueberries, mango, pineapple, kale blend, spinach, pineapple juice, orange juice, vanilla soy milk, 2% milk, vanilla yogurt, and protein</i>	

Soup of the Day \$2.29

Salad

Dressings: Ranch, Blue Cheese, Caesar, or Honey Mustard



Chef Salad	\$4.99	
Garden Salad	\$4.09	 
Caesar Salad	\$4.49	
Spinach Salad	\$4.99	

Extra

Add Bacon	\$1.09
Add Cheese	\$0.69
Add Chicken	\$1.69

Sandwich

Choice of bread including wheat, white, and ciabatta

Roast Beef and Cheddar	\$6.49	
Rustic Ham and Cheese	\$6.49	
Smokey Turkey	\$6.69	
Farm House BLT	\$6.69	
Mediterranean Veggie	\$6.49	
Italian Chicken	\$6.69	
Chicken Salad	\$4.69	
Tuna Salad	\$4.69	
Build-Your-Own	Price varies	

Beverage

Naked Juice	\$3.79
Milk	\$0.89
Bottled Water	\$1.69
Bottled Juice	\$1.89
Gatorade	\$1.89



We offer any sandwich made on gluten-free bread or you can even get your sandwiches protein-style (wrapped in lettuce).



Gluten Free



Contains Nuts



Vegetarian