



Located in the State of the Art Wellness Center. 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.

Hours of Operation:

Monday–Thursday: 7 a.m.–8 p.m.
 Friday: 7 a.m.– 7 p.m.
 Saturday – Sunday: Closed

On The Go

Fiber One Bar & Granola Bars	\$1.39
Whole Fruit	\$0.99
Fruit Cup	\$2.49
Veggie Cup	\$2.69
Hard-boiled Eggs	\$2.09
Yogurt & Fruit Parfait	\$2.89
Applesauce	\$0.79
Oatmeal	\$1.99
Cereal Cup w/out Milk	\$1.39
Greek Yogurt	\$1.89
Hummus Cup	\$2.89
Guacamole Cup	\$2.89
Cookies	\$1.69
Scones	\$2.09
Bacon	\$1.49
Croissant	\$2.19
Muffin	\$2.29

Beverages

Black Dog Coffee			
12 oz. - \$1.99	16 oz. - \$2.09	20 oz. -	\$2.29
Soy Milk			\$1.99
Pint of milk			\$0.99
Cold Brew Ice Coffee			\$2.69
Frozen Coffee Drinks			\$3.69
Can Soda			\$1.19
Tropicana Orange Juice			\$1.09
Naked Juice			\$3.79
Rockstar			\$2.99
Muscle Milk			\$4.09
Pro-series Muscle Milk			\$4.59
Pure Leaf Tea			\$1.89
Starbucks			\$2.99
Bottled Water			\$1.69
Gatorade			\$1.89
Bottled Juice			\$1.89

Wellness Breakfast

Meal Plan Participant Combo

Include one sandwich, small coffee, pint of Milk, or Breakfast Juice

Egg Sandwich	\$3.29
Egg Sandwich w/bacon, sausage, or ham	\$3.79
Bagel with Cream Cheese	\$1.99
Assorted Scones	\$2.09
Assorted Muffins	\$2.29
Assorted Cereal with Milk	\$2.49

Breakfast sandwiches are served on choice of: English Muffin, Bagel, or Croissant

Soup of the Day \$2.29

Soup and Salad Combo \$6.69

Salad Entrees

Chef Salad	\$5.29
Spinach Salad	\$4.99
Garden Salad	\$4.09
Caesar Salad	\$4.49
Superfood	\$4.99
Greek	\$4.99
Add Chicken	\$1.69
Add Hard-boiled Egg	\$1.09

Meal Plan Participant Combo

Include a sandwich listed below, chips, & canned drink or water.

Tuna Salad	\$4.69
Chicken Salad	\$4.69
Turkey and Cheese	\$3.49
Ham and Cheese	\$3.49
Toasted Cheese	\$1.99
PB&J	\$4.99
Cheese Quesadilla	\$3.99

On White, Wheat, or assorted tortilla wrap

Gluten-free bread or lettuce wrap



Specialty Artisan Sandwiches

<i>Smokey Turkey</i> – Oven roasted turkey, bacon, provolone, spinach, garlic aioli	\$6.69
<i>Italian Chicken</i> – Grilled chicken, sundried tomato relish, provolone, basil pesto	\$6.69
<i>Rustico Ham & Cheese</i> – Oven baked ham, swiss, roasted red peppers, spinach, Dijon mustard	\$6.69
<i>Savoreux Roast Beef</i> – Thinly sliced roast beef, cheddar, tomato, lettuce, red onion, horseradish sauce	\$6.69
<i>Farm House BLT</i> – Extra thick sliced bacon, lettuce, tomato, mayo	\$6.69
<i>Greek Chicken</i> – Grilled chicken, olive oil & garlic, Caesar dressing, feta, ripe olives, lettuce, tomato, red onion	\$6.69
<i>Mediterranean Veggie</i> – Cucumbers, tomatoes, onions, spinach, roasted red peppers, feta with sundried tomato spread and basil pesto	\$6.49

Gluten-free bread is available upon request.

All Smoothies \$4.89

<i>Liquid Sunshine</i> – Orange juice, non-fat vanilla Yogurt, fresh banana and mango
<i>Apple Delicious</i> – Pineapple juice, fresh apply, grapes, strawberries and pineapple
<i>Strawberry Morning</i> – Organic vanilla soy milk, fresh banana, strawberries and oats
<i>Tropical Storm</i> – Pineapple juice imported Indonesian coconut milk, fresh banana and pineapple
<i>Purple Perfection</i> – Organic vanilla soy milk, non-fat vanilla yogurt, fresh banana, blueberries and honey
<i>Detox Special</i> – Pineapple juice, mango, kiwi and fresh mint

Create Your Own Smoothie – Up to 4 items, each Additional ingredient is .50 cents.

Organic vanilla soy milk, 2% milk, imported Indonesian coconut milk, non-fat vanilla yogurt, Orange juice, pineapple juice, fresh banana, apple, Grapes, peaches, mango, pineapple, strawberries, Raspberries, blueberries, oats, spinach, kale mix.

Add 100% Whey protein to any smoothie \$1.00