



ORGANIC FAST FOOD – drive thru

*mission statement - to bring the public organic and locally grown produce, meat & dairy prepared simply with a gourmet twist that will help you live a healthier life.*

**5 am - 10 am**

- organic coffee - 16 oz
- orange juice - 8 oz, odwallers
- bottled water - 16 oz
- milk - 8oz carton
- breakfast burrito with egg, black beans, salsa & cheese
- nut & berry scones
- cranberry bran muffin, zucchini bread, gluten-free banana nut bread, pineapple bread, corn muffins
- bowl of fresh berries
- bowl of fresh berries with yogurt
- bowl of granola
- bowl of granola with yogurt
- oatmeal with nuts, dried berries & brown sugar
- in-house granola bars

**10 am - 7 pm**

- roasted salmon with tropical salsa
  - seared ahi with hazelnut & fresh herb relish
  - grilled lemon-grass chicken breast
  - grilled bbq chicken breast
  - grilled chicken breast with olive & feta
  - grilled flank-steak with chopped tomato, herb & feta salad
  - turkey meatloaf
  - tofu & dried cranberry with spinach & greens
  - blue-cheese & vegetable pasta salad
  - brown rice salad
  - quinoa with roasted beets, oranges & spinach
  - grilled veggies
  - french green bean salad with peppers & pine-nuts
  - steamed asparagus in truffle oil & sea salt
  - steamed broccoli with cherry tomatoes & miso dressing
  - baby green salad with chopped veggies
  - kale salad with dried berries, tomatoes & pine-nuts
  - chopped bok-choy salad with corn, grapefruit, fennel & lemon-oil
  - assorted grilled meat & veggie paninis
  - classic chicken Caesar salad with romaine lettuce, tomatoes, parmesan cheese, anchovies & fresh croutons
  - grilled flank-steak salad with baby greens, arugula, tomatoes, herbs & chopped tomato-herb & parmesan dressing
  - brownies
  - cookies
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# EM'S Café

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6 - 11 am

## Hot Breakfast Menu

- omelet bar
- scramble bar
- pancake bar
- sausage bar
  - SIDES
  - fried matzo
  - breakfast potatoes
  - sautéed garlic spinach
  - cinnamon apple sauce
- breakfast burrito with egg, black beans, salsa & cheese
- nut & berry scones
- cranberry bran muffin, zucchini bread, gluten-free banana nut bread, pineapple bread, corn muffins
- bowl of fresh berries
- bowl of fresh berries with yogurt
- bowl of granola
- bowl of granola with yogurt
- oatmeal with nuts, dried berries & brown sugar
- in-house granola bars
- organic coffee - 16 oz, espresso, latte, cappuccino
- orange juice - 8 oz, odwallers
- bottled water - 16 oz
- milk - 8oz carton

11 - 4 pm

## LUNCH:

- slider combo plate - beef, ostrich & buffalo burgers with either sweet potato fries or yukon garlic mash potatoes

### Build A Burger:

- beef - turkey - buffalo - ahi - veggie
    - avocado, grilled onions, raw onions, mushrooms, jack cheese, cheddar cheese, blue cheese, tomato, lettuce, bbq sauce, dijon, ketchup, mayonnaise
    - wheat bun, 7 grain bread, panini bread, ciabatta
  - assorted grilled meat & veggie paninis
  - roasted salmon with tropical salsa
  - seared ahi with hazelnut & fresh herb relish
  - grilled lemon-grass chicken breast
  - grilled bbq chicken breast
  - grilled chicken breast with olive & feta
  - grilled flank-steak with chopped tomato, herb & feta salad
  - turkey meatloaf
  - yukon garlic mash potatoes or sweet potato fries
  - tofu & dried cranberry with spinach & greens
  - blue-cheese & vegetable pasta salad
  - brown rice salad
  - quinoa with roasted beets, oranges & spinach
  - grilled veggies
  - french green bean salad with peppers & pine-nuts
  - steamed asparagus in truffle oil & sea salt
  - steamed broccoli with cherry tomatoes & miso dressing
  - baby green salad with chopped veggies
  - kale salad with dried berries, tomatoes & pine-nuts
  - chopped bok-choy salad with corn, grapefruit, fennel & lemon-oil
  - classic chicken Caesar salad with romaine lettuce, tomatoes, parmesan cheese, anchovies & fresh croutons
  - grilled flank-steak salad with baby greens, arugula, tomatoes, herbs & chopped tomato-herb & parmesan dressing
  - brownies
  - cookies
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5 pm - 4 am

## Hot Dinner Menu

### appetizers

- classic shrimp cocktail with tangy horseradish cocktail sauce
- quesadillas with radicchio, olive tapenade, cheese, guacamole & sour cream
- pizza of the day

### steaks

- ostrich, buffalo, beef, ahi & salmon filet
- grilled chicken breast

### sauces/toppings

- tropical salsa, hazelnut & fresh herb relish, chopped tomato-herb & feta, JD BBQ, teriyaki reduction with ginger & garlic
- slider combo plate - beef, ostrich & buffalo burgers with either sweet potato fries or yukon garlic mash potatoes

### Build A Burger:

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  - wheat bun, 7 grain bread, panini bread, ciabatta
- assorted grilled meat & veggie paninis
- roasted salmon with tropical salsa
- seared ahi with hazelnut & fresh herb relish
- grilled lemon-grass chicken breast
- grilled bbq chicken breast
- grilled chicken breast with olive & feta
- grilled flank-steak with chopped tomato, herb & feta salad
- turkey meatloaf
- yukon garlic mash potatoes (not vegan) or sweet potato fries (vegan)
- tofu & dried cranberry with spinach & greens (vegan)
- blue-cheese & vegetable pasta salad
- brown rice salad (vegan)
- quinoa with roasted beets, oranges & spinach (vegan)
- grilled veggies (vegan)
- french green bean salad with peppers & pine-nuts (vegan)
- steamed asparagus in truffle oil & sea salt (vegan)
- steamed broccoli with cherry tomatoes & miso dressing (vegan)
- baby green salad with chopped veggies (vegan)
- kale salad with dried berries, tomatoes & pine-nuts (vegan)
- chopped bok-choy salad with corn, grapefruit, fennel & lemon-oil (vegan)
- classic chicken Caesar salad with romaine lettuce, tomatoes, parmesan cheese, anchovies & fresh croutons
- grilled flank-steak salad with baby greens, arugula, tomatoes, herbs & chopped tomato-herb & parmesan dressing

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## *EM'S signature dishes*

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### crepes

- fillings
- 5 spice chicken salad & cheese
- chopped wasabi ahi salad with edamame
- cranberry tofu with sautéed spinach

### desserts

- double chocolate espresso brownies
- chocolate chip cookies & snicker doodles
- carob & avocado pudding (vegan)
- citrus cheese cake
- apple cinnamon crème brulee
- fresh fruit pie

### beverages

- natural sodas
- bottled teas, juices & waters
- beer
- wine