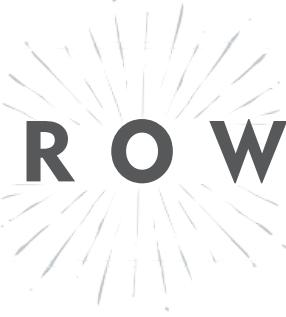


TETHEROW CAFE



Sandwiches and Wraps

Served on your choice of Sparrow Bakery miche bread, gluten-free bread, or make it a wrap with our whole wheat tortilla.

CHICKEN SALAD WRAP Roasted chicken, red onion, celery, lemon, fresh tarragon, tomato, aioli, arugula \$11

TALT Turkey breast, avocado, lettuce, tomato, herbed Dijon \$11

THE DOMINATOR Sliced ham, salami, cheddar, tomato, mixed greens, herbed Dijon \$11

LITTLE BURRO BURRITO- Black beans, brown rice, roasted seasonal veggies, cheddar, pico de gallo, spinach, avocado, chimichurri, whole wheat wrap \$10 Add chicken +\$3

» Sandwiches and wraps served with quinoa tabbouli

Salads

QUINOA TABBOULI Quinoa, parsley, mint, tomato, cucumber, red onion, lemon, extra virgin olive oil served over mixed greens, tomato, and fennel tossed in lemon vinaigrette \$12

ROASTED BEET SALAD Red and gold beets, chèvre, apple, arugula, pepitas, micro greens, roasted shallot white balsamic vinaigrette \$10

GARDEN GREEN Tomato, cucumber, fermented onion, mixed greens, sunflower seeds, cranberries, white balsamic vinaigrette \$10

Bowls

CHICKEN AND VEGGIES Roasted chicken, black beans, brown rice, roasted mixed veggies, spinach, avocado, chimichurri \$13

OVEN BUDDHA RICE Brown rice, tomato, roasted mixed veggies, and red curry coconut sauce over mixed greens with fresh basil \$11 Add chicken + \$3

SOUP DU JOUR Ask your server for today's selection of house-made yumminess \$6

flatbreads

HAM MUSHROOM FLATBREAD Ham, crimini mushroom, tomato, red onion, fresh mozzarella, shaved Parmesan and sundried tomato sauce \$11

VEGGIE FLATBREAD Seasonal roasted veggies, pesto and fresh mozzarella, topped with shaved Parmesan and fresh herbs \$10

MARGHERITA FLATBREAD Mozzarella, tomato, basil, garlic, sea salt, herbs and balsamic vinegar \$10

* Consumer advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

Kids

Sandwiches served with apple/carrot slices

SANDWICHES Grilled cheese; Turkey and cheese;
Ham and cheese \$7

CHEESY FLATBREAD \$7

CHICKEN, BEAN AND CHEESE BURRITO \$7

CHICKEN BREAST WITH VEGGIE STICKS \$7

MINI GRANOLA PARFAIT BOWL \$6

Smoothies

TRAIL MIX PUNCH Strawberries, raspberries,
blueberries, banana, carrot, spinach, granola, cocoa,
hemp milk \$8

FRESH & FIT Banana, mango, kale, spinach, parsley,
dates, almond milk, mint \$7

CALYPSO Banana, yogurt, kale, mango, strawberry,
carrot, coconut water \$7

POOLSIDE Strawberry, banana, mango, honey, lime,
orange juice \$7

HEARTY BOOSTER Banana, avocado, spinach, berries,
pineapple, chia, almond milk \$7

POWERHOUSE Cocoa, peanut butter, banana, dates,
and choice of milk and protein powder \$7

BERRY STRONG Mixed berries, banana, orange juice,
and choice of protein powder \$5

Juice

CLEANSE Carrot, beet, apple, celery, parsley,
ginger \$9

EL VERDE Apple, cucumber, spinach, kale,
celery, parsley, lime \$9

C-SENSATION – Grapefruit, orange, ginger,
lemon \$9

ZINGER Orange, carrot, beet, ginger, lemon \$9

SIMPLY Choose apple, orange, grapefruit or
carrot \$6

Juice Shots

GINGER Ginger, lemon, cayenne \$3

FIRE CIDER Ginger, garlic, turmeric, chile pepper,
horseradish, onion, lemon, rosemary, apple cider
vinegar \$3

Other Beverages

CANNED WINE \$6

DRAFT BEER \$7

CANNED BEER \$4

MINERAL WATER \$5

HAPPY MOUNTAIN KOMBUCHA bottles \$4

APPLE CIDER VINEGAR TONIC \$4

GREEN TEA \$4

SODA Pepsi, Sierra Mist, Diet Pepsi \$3

GATORADE \$3

SAN PELLIGRINO \$2.50

EARTH 2-O BOTTLED WATER \$2