

Breakfast

-Bacon, Egg & Cheese Sand.-\$3.00

(Egg, turkey bacon, and American cheese on a whole wheat English muffin)

-Egg and Cheese Sandwich- \$2.50

(Egg, and American cheese on a whole wheat English muffin)

-Egg white Breakfast Special...\$4.00

(2 egg whites with provolone cheese and turkey bacon on a whole wheat English muffin)

-2 eggs and 2 bacon...\$3.50

2 eggs cooked over medium and 2 slices of turkey bacon

English muffin...\$1.25

Low-fat muffin of the day...\$1.25

Morning Glory Muffin...\$2.25

Cereal...\$1.25

Oatmeal...\$1.25

Yogurt...\$1.50

Toast...\$0.75 per slice



Salads

-Café Salad- \$4.00

Mixed greens, carrots, cucumbers, and tomato

-Grilled Chicken Caesar Salad- \$6.50

Crisp romaine, grilled chicken strips, and grated parmesan cheese. (Croutons available upon request)

-Spinach Salad- \$5.75

Spinach, walnuts, hardboiled eggs, and grated parmesan cheese

-Salad Bar- \$6.99 per pound

Lettuce, tomato, cucumbers, assortment of cheese, hard boiled eggs, bacon bits, chicken salad and more. Create any salad you'd like! (Closed Saturdays & Sundays)

Dressings

Fat free honey mustard, Fat free raspberry vinaigrette, Fat free ranch, Fat free French, Balsamic vinaigrette, Blue cheese, Caesar, Fat Free Italian

Sandwiches

Choice of 15 Grain wheat, sourdough, or rye bread choice of one side included. (Sandwiches with an * indicate ½ portion is available)

Soup and ½ wrap – \$7.50

Soup and ½ sandwiches – \$7.50

Soup and café salad – \$7.50

WHOLE HALF

Egg Salad – \$6.25 \$4.00 ½

Low-fat egg salad, served with lettuce and tomato

Chicken Salad- \$6.25 \$4.00 ½

Low-fat chicken salad, served with lettuce, tomato

Tuna Salad- \$6.25 \$4.00 ½

Low-fat tuna salad, served with lettuce, tomato, onion

Turkey Club- \$6.50 \$4.50 ½

Smoked turkey, provolone cheese, turkey bacon, Lettuce, tomato, and light mayo

Grilled Cheese- \$4.75 \$3.00 ½

Provolone & American cheese

Grilled Chicken- \$6.50 n/a

Grilled chicken breast, lettuce, tomato, light-mayo, Provolone cheese, served on a whole-wheat Kaiser bun

Turkey Benedictine- \$6.25 - *\$4.00 ½

Smoked turkey, low-fat Benedictine, lettuce, and tomato

Veggie Burger- \$6.50 n/a

Veggie burger, lettuce, tomato, provolone cheese, mustard, served on a whole-wheat Kaiser bun

BLT- \$5.75 - *\$4.00 ½

Turkey bacon, lettuce, and tomato, light- mayo

PB&J- \$4.00 n/a

Peanut butter and jelly

Plain Benedictine- \$4.50 - *\$3.00 ½

Benedictine with lettuce and tomato

Turkey Sandwich- \$5.75 - *\$4.00 ½

Turkey, lettuce, tomato, cheese & light mayo

Tuna Melt- \$6.50 n/a

Low-fat Tuna, provolone cheese, tomato

Chicken Salad Melt- \$6.50 n/a

Chicken Salad, provolone cheese, tomato

Wraps

All served with choice of one side item

Southwest Wrap- \$5.50

Grilled chicken, lettuce, tomato, cheddar cheese and black-bean & corn-salsa

Veggie Wrap- \$4.75

Hummus, spinach, carrots, and feta cheese

Turkey Benedictine Wrap- \$5.50

Smoked turkey, low-fat Benedictine, lettuce, and tomato

Sun-dried Tomato Wrap- \$5.50

Grilled chicken, low-fat cream cheese sun-dried Tomato spread, spinach, and walnuts

Soups \$4.00

Vegetable & Soup of the Day



Side Items (when available)

Apple...\$1.00

Banana \$1.00

Applesauce...\$0.75

Tabbouli...\$1.50

Fruit cup...\$1.50

Pasta Cup...\$1.50

Carrot sticks...\$1.50

Chips (sun chips, baked lays, pretzels, or cheetos)...\$0.75

Cottage Cheese (add \$0.50)...\$1.50

Raisins.....\$0.75



Center Cafe'

Snacks

Egg Salad cup... \$2.50
 Chicken Salad cup... \$3.00
 Tuna Salad cup...\$3.00
 Curry Chicken salad... \$3.00
 Stuffed Tomato (chicken, tuna or egg)...
 \$4.50

Large Pasta cup...\$3.50
 Corn muffin...\$1.00
 Trail mix...\$3.00
 Peanut butter crackers...\$0.75
 Pumpkin squares...\$1.00
 Cookies...\$1.00
 Granola Bars...\$1.00

Beverages Small Large

Coffee	\$1.50	\$2.00
Ice Tea	\$1.25	\$1.75
Hot Chocolate	\$1.50	\$2.00
Soft Drinks	\$1.25	\$1.75
Hot Tea	\$1.25	
Soy Milk	\$1.50	
Bottled Water	\$1.25	
Juice	\$1.50	
Milk (8oz)	\$1.50	
V-8	\$0.75	

HMR Shake Menu

Chocolate or Vanilla HMR 120...3.75
 Add-in HMR Shake ...4.75
 Double Shake (no add-in)...5.50
 Double add-in Shake...6.50

Add-ins

Fresh Fruit: Strawberries, Bananas,
 Blueberries
 Sugar Free Syrups (also sold for \$10)

Fruit Smoothies

16oz \$4.25
 24oz \$5.00

Banana Berry

Skim milk, fat free French vanilla yogurt, real blueberries + strawberries, banana

Blueberry Crunch

Skim milk, fat free French vanilla yogurt, granola, real blueberries, and sugar-free almond syrup

Strawberry Sunshine

Orange juice, real strawberries, banana, sugar free French vanilla syrup

Banilla

Vanilla yogurt, skim milk, and bananas

Cran-Banana

Cranberry Juice & Orange Juice Banana 210 calories/52carbs



Protein Shakes

16oz \$4.75
 24oz \$6.00

Chocolate Berry

Chocolate soy, chocolate whey, skim milk, real strawberries, sugar free black cherry syrup

Mocha Madness

Chocolate whey, skim milk, fat free French vanilla yogurt, brewed coffee/decaf, sugar free chocolate syrup

Peanut Butter Crunch

Chocolate whey, Mother's soy, skims milk, peanut butter, banana, and sugar free English toffee syrup

Healthy Add-ins

Flax seed Oil	\$1.00
Granola	\$1.00
Crunchy Peanut butter	\$1.00
Mother's Soy Protein Powder	\$1.50
Soy Protein Powder- Choc or Van	\$1.50
Whey Protein Powder- Choc or Van	\$1.50



Center Café Hours

Monday-Thursday- 7am-8pm
 Friday- 7am-7pm
 Saturday- 8am-4pm
 Sunday- 11am-3pm

Grill Closes 30 prior to café



Baptist East/ Milestone Wellness Center
 750 Cypress Station Drive
 Louisville, KY 40207
 (502) 896-3900 ext 117
 Fax: (502) 896-4101
 www.baptistmilestone.com