



**MON-FRI: 8:00AM – 8:00PM & SAT-SUN: 8:30AM – 4:00PM**

All menu items are available to go. Private party menu available upon request.  
Contact Dan Sava at dan.sava@midtown.com

## **WRAPS AND SANDWICHES \$8**

*served with choice of chips, salad, carrots and celery, and french fries or sweet potato fries  
add bacon or guacamole \$1. add a fountain drink or bottled water \$1*

### **BREAD CHOICES:**

#### **WHEAT BREAD**

120 cal/24g carb/4g pro/1.5g fat

#### **FLATBREAD**

292 cal/55 carb/8g pro/4g fat

#### **KAISER ROLL**

180 cal/33g carb/6g pro/2.5g fat

#### **HONEY WHEAT WRAP**

330 cal/56g carb/7g pro/8g fat

#### **LOW CARB WRAP**

80 cal/18 carb/8g pro/3g fat

#### **TURKEY GUACAMOLE**

roasted turkey, guacamole, romaine lettuce, tomato and mozzarella  
252 cal/10g carb/28g pro/11g fat

#### **BAJA CHICKEN**

cajun chicken breast, grilled peppers and onions, spinach, mozzarella and cucumber ranch dressing  
346 cal/6g carb/49g pro/13g fat

#### **SPINACH MARGHARITA**

spinach, tomato, peppers, mozzarella cheese and basil pesto spread  
161 cal/7g carb/9g pro/11g fat

#### **VEGETARIAN**

romaine lettuce, cucumber, tomato, red peppers and hummus  
35 cal/8g carb/1.5g pro/2g fat

#### **DEL-SOL**

choose chicken, roasted turkey or salmon - with spinach, mozzarella and sun dried tomato pesto spread  
281 cal/28g carb/29g pro/38g fat

#### **GRILLED CHICKEN**

chicken breast, cheddar cheese, bacon, lettuce, tomato and mayo  
489 cal/5g carb/56 pro/25g fat

#### **CAFÉ CLUB**

turkey, bacon, lettuce, tomato, dijon mustard and mayo  
253 cal/9g carb/27g pro/12g fat

#### **M CAFÉ TUNA**

tuna, walnuts, cranberries, raisins, celery and apples mixed into tzatziki sauce with lettuce and tomato  
284 cal/16g carb/22g pro/16g fat

#### **CAFÉ BREADED FISH**

beer battered cod; served with homemade tartar sauce and american cheese  
261 cal/18g carb/14g pro/14g fat

#### **GARDEN TURKEY**

roasted turkey breast, red peppers, tomato, cucumbers, romaine lettuce and mozzarella  
218 cal/12g carb/28g pro/6g fat

#### **GREEK CHICKEN**

seasoned chicken breast, lettuce, tomato and tzatziki sauce  
300 cal/10g carb/43g pro/6g fat

#### **BUFFALO CHICKEN**

buffalo tossed chicken with ranch dressing, lettuce and tomato  
139 cal/6g carb/22g pro/3g fat

#### **SOUTHWEST CHICKEN**

chicken breast, sweet corn, black beans, red peppers, tomato, lettuce and chipotle sauce  
270 cal/23g carb/25g pro/8g fat

#### **CHICKEN QUESADILLA**

chicken, mozzarella, tomato, spinach and side of salsa  
187 cal/8g carb/29g pro/13g fat

#### **CAFÉ COMBO**

choose two half-sandwich & half-salad, half-sandwich & cup of soup, cup of soup & half-salad (excludes m café burger)

#### **SALMON**

grilled salmon, spinach, apples, dried cranberries and sesame ginger dressing  
246 cal/34g carb/22g pro/4.5g fat

#### **M CAFÉ BURGER**

half pound, certified angus beef burger; served with your choice of toppings  
280 cal/2g carb/15g pro/24g fat

## SALADS \$8

add a fountain drink or bottled water \$1

### DRESSING CHOICES:

balsamic vinaigrette, blue cheese, caesar, chipotle ranch, cucumber ranch, lemon dijon, low fat ranch, sesame ginger

#### CAFÉ CHOPPED

chicken breast, romaine lettuce, tomato, cucumbers, carrots and corn, served with your choice of dressing  
181 cal/16g carb/23g pro/3g fat

#### CHICKEN CAESAR

grilled chicken breast, romaine lettuce, croutons, parmesan cheese, with a side of caesar dressing  
373 cal/21g carb/35g pro/16g fat

#### BUFFALO CHICKEN

buffalo chicken, romaine lettuce, celery, carrots, blue cheese and cucumbers  
169 cal/13g carb/23g pro/3g fat

#### HARVEST

spinach, walnuts, dried cranberries, bleu cheese and lemon-dijon dressing  
378 cal/29g carb/11g pro/27g fat

#### TUNA

romaine lettuce, tomato and cucumber topped with our tuna salad and balsamic vinaigrette dressing  
162 cal/11g carb/11g pro/8g fat

#### SALMON

sesame ginger salmon, spinach, apples, cranberries, chow mein noodles and lemon-dijon dressing  
396 cal/50g carb/25g pro/13g fat

#### TWO TUNA SCOOPS WITH TOAST AND FRUIT \$8

284 cal/16g carb/22g pro/16 g fat

#### TUNA SCOOP WITH CARROTS AND CELERY \$4

142 cal/8g carb/11g pro/8g fat

#### SMALL SIDE SALAD \$3

romaine, tomato, and cucumber

#### HOMEMADE SOUPS AND CHILI CUP \$4 BOWL \$6

## BREAKFAST

Served with Seasonal Fruit. Mon-Fri: 8:00 – 11:00am Sat-Sun: 8:30 – 11:00am

#### EGG CREATIONS \$8

omelet, egg white omelet or scramble  
choose 3 ingredients (additional ingredients \$.50 each):  
tomato, red pepper, onion, black beans, spinach, mushroom, artichoke, chicken, bacon, sausage, turkey, potato, pepper jack, cheddar, swiss, american, mozzarella, bleu, parmesan or feta

#### TWO EGGS \$4

served with whole wheat toast  
204 cal/13g carb/14g pro/11g fat

#### BREAKFAST WRAP \$8

eggs, bacon, mozzarella cheese, tomato, spinach, red peppers and basil pesto  
368 cal/8g carb/29g pro/25g fat

#### BREAKFAST WRAP LITE \$8

egg whites, feta cheese, tomato and spinach  
92cal/1g carb/12g pro/2g fat

#### OATMEAL \$5

served with walnuts, dried cranberries and brown sugar  
150 cal/27g carb/5g pro/3g fat

#### BAGEL \$3

plain or wheat

#### 9-GRAIN TOAST \$2

#### SIDE OF BACON \$3

#### POTATOES \$3

#### HARD-BOILED EGG \$1

#### SAUSAGE LINKS \$3

## DRINKS \$2

COKE, DIET COKE, SPRITE, ORANGE FANTA, LEMONADE, CRANBERRY JUICE, UNSWEETENED ICED TEA