Lancer Café Menu

2016-2017

**Main Café**

Bistro Breakfast 7:15 am Daily

(also offered in the Sobrato Commons)

An assortment of savory breakfast sandwiches and burritos make with cage-free eggs **$3.50**

Also offering an action station on collaboration mornings with made to order omelets, waffles and crepes with fresh fruit  **$3.95**

Fresh Pastries, bagels, organic whole fruit and fruit spears, yogurt parfaits, cereal and energy bars are also available **$2.95 - $4.00**

Lunch

**Kitchen Table $5.95**

A main course meal is offer daily which includes a protein, vegetable and carbohydrate

**Hot Grab and Go Items $3.00 - $5.50**

We offer a selection of Grilled sandwiches, deli sandwiches, hamburgers, sushi and chicken tenders, tacos, burritos & quesadillas.

**Sweet Treats $1.50 – $3.50**

We offer a variety of fresh desserts and snack items including our very popular chocolate chip cookies that are baked fresh daily.

**Homemade Pizza $3.00 - $3.50**

We offer cheese and pepperoni pizza served by the slice and made fresh daily.

We also offer a specialty pizza option, homemade calzones, homemade hot pockets or hot croissant sandwich daily. **$3.50 - $4.50**

**Global Adventure $5.95**

Cuisines from all over the world. Authentic flavor profiles from a different country each week or day. Featuring street foods that you would find while roaming the streets of these exotic regions.

*The Caribbean, Jamaica, India, Tuscany, Korea, Mexico, Brazil, Thailand & Vietnam*

**Salad Bar med $3.25 lrg $5.50**

We offer a self-serve salad bar station with healthy organic options. Fresh organic vegetables, seeds, croutons, nuts, cheese, greens and homemade dressings. Each day we feature a protein option and pre-made fresh salads made with pastas and grains.

After School 2:15 – 5:30 pm

**Snack Counter $1.00 - $5.50**

(also offered in the Sobrato Commons)

After school we offer a variety of our entrée and snack items at both our outside snack window and at the Sobrato Commons area.

The outside snack counter also includes a healthy, athlete friendly menu to help our athlete prepare for their practice or workouts and to replenish their bodies after their workout or practice.