

# COURTYARD CAFÉ

SERVING 7 DAYS A WEEK 11AM - 4PM

## DAILY SOUP

*Cup* - \$2.00 *Bowl* - \$2.50

## OFF THE GRILL

All served with Lettuce Tomato Onion & Pickle.  
Gluten Free Bun Available \$1.25  
Make it a combo \$1.50 (includes Chips & fountain drink  
or Fries or Side Salad) Add Cheese  
American 340 sod - Cheddar 135 sod - Swiss 45 sod  
Provolone 180 sod

*E Towne Burger* \$5 (2.5 carbs 695 sod)

*Black Bean Burger* \$5 (5.35 carbs 1075 sod)

*Turkey Burger* \$5 (5.5 carbs 1335 sod)

*Beyond Burger* \$6 (2.5 carbs 1000 sod)

*Grilled Chicken* \$6 (2.5 carbs 720 sod)

*Portabella Stack* \$7 (1.5 carbs 195 sod)

## SANDWICHES / MELTS & WRAPS

All sandwiches served with Lettuce Tomato Onion & Pickle make it a combo  
\$1.50 includes (Chips & Fountain Drink) or Fries or Salad \$2

*Chicken Salad Sandwich* \$5 (2 carbs 928 sod)

*Egg Salad Sandwich* \$4 (2 carbs 613 sod)

*Tuna Melt* \$5 (2 carbs 979 sod)

*Grilled Cheese Melt* \$3 (2 carbs 940 sod)

Make it a melt \$2 Add Ham (350 sod) or Turkey (300 sod)

*Chicken Caesar Wrap* \$5 (2.5 carbs 1130 sod)

## ENTREES

Please Allow 15-20mins when ordering Entrees (Items 1: 2 : 3 & 4) Served  
with Vegetable of the day - Side Salad and choice of Mashed, Roasted  
Potatoes or Rice

1. *Orange Glazed Salmon* \$10 (2 carbs 940 sod)

2. *Beef Pot Roast* \$10 (2 carbs 940 sod)

3. *Surf & Turf* \$10 (2 carbs 940 sod)

4. *Hawaiian Shrimp* \$10 (.5 carbs 255 sod)

*Chicken Parmesan* \$8 (7 carbs 1110 sod)

*Chickpea Sweet Potato Bowl* \$8 (2 carbs 940 sod)