

LECOM Medical Fitness & Wellness Center

Healthy Living Cafe

Soup

Served with whole grain bread.

Soup of the Day.....\$2.25

Salads

Mixed Green Salad – seasoned croutons, chopped egg, tomato and cucumber.....\$3.50

Spicy Melon Salad – melons marinated in a jalapeno dressing served with mixed greens.....\$4.50

Panzanella – fresh toasted bread, red onion, tomato, cucumber, and greens.....\$4.50

Tarragon Vegetable Salad – roasted vegetables and chickpeas marinated with tarragon and mixed greens.....\$4.00

Panini and Sandwiches

All Panini served on a multi grain ciabatta bun.

Sloppy Joe – lean ground beef flavored with coke zero, low sugar ketchup and aromatic spices.....\$5.00

Roasted Turkey Panini – roasted turkey breast, beer mustard dressing, roasted peppers, lettuce and provolone cheese.....\$5.00

Chicken Quesadilla – chicken slow roasted with chipotle chili sauce, cheddar cheese, and roasted peppers.....\$4.50

Mushroom Chimichurri Panini – portabello's marinated in chimichurri sauce, swiss cheese, red onions and jicama.....\$4.75

Wraps

Served on your choice of sun-dried tomato, spinach, or garlic herb wrap.

Turkey Wrap – sliced turkey, roasted shallot dressing, tomato and lettuce.....\$4.75

Pulled Pork Wrap – chipotle chili light mayonnaise, jicama, onion, tomato and lettuce.....\$4.75

Chicken Wrap – sliced white meat chicken, roasted pepper, sesame tahini dressing and greens.....\$4.75

Lemony Chickpea Salad Wrap – lemon chickpea salad, provolone, cucumber, roasted peppers and lettuce.....\$4.50

*Consumer Advisory – Eating undercooked beef, poultry, seafood, or egg products may cause food borne illness.

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Pizza

All pizzas are served on a 7 inch whole wheat crust

Traditional – home-made tomato sauce, shredded mozzarella and pepperoni.....	\$4.25
Chicken Pesto – white meat chicken, basil pesto sauce, mozzarella cheese and roasted red peppers.....	\$4.75
Margharita – extra virgin olive oil, garlic, shredded mozzarella, fresh basil and chopped roma tomatoes.....	\$4.25
Buffalo Chicken Pizza – white meat chicken marinated in spicy buffalo sauce, red onions, shredded mozzarella and a light ranch seasoned sauce.....	\$4.75
Ham and Pineapple – home-made tomato sauce, shredded mozzarella, smoked ham and pineapple.....	\$4.75

Whole Grain Bowl

\$5.50

Choose a grain....

brown rice pilaf or quinoa

Choose a meat...

cumin scented pulled pork or seared chicken breast

Choose a sauce...

soy ginger sauce or a light tomato and herb coulis

Choose a vegetable...

sautéed onion, squash and zucchini or herbed mushrooms

Baked Potato Bowl

\$5.00

Choose one...

turkey chili sauce, pulled pork, chipotle roasted chicken

Choose two...

cheddar cheese, mozzarella cheese, broccoli, mushrooms, roasted peppers, sour cream, chimichurri sauce

Grab and Go

Shrimp Salad Sandwich.....	\$5.50
Half Home-Made Lemon Chicken or Tuna Salad Sandwich.....	\$3.00
Half Smokey Egg Salad Sandwich.....	\$2.50
Lemon Chicken or Tuna Stuffed Tomato.....	\$3.25
Smokey Egg Salad Stuffed Tomato.....	\$2.75
2 Hard Boiled Eggs.....	\$1.20
Cranberry Waldorf Chicken Salad.....	\$4.75

Daily sides and snack items.

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