

## SIDE SALADS \$4.95

GARDEN SALAD • CAESAR SALAD • POTATO SALAD  
• MACARONI SALAD • COLESLAW

## CREATE YOUR OWN PASTA \$10.95

### STEP 1

CHOOSE 1 ADD WHOLE WHEAT PENNE \$1.00  
PENNE • LINGUINI • CHEESE TORTELLINI

### STEP 2

CHOOSE YOUR OWN SAUCE ADD MEAT SAUCE \$1.00  
TOMATO BASIL • ALFREDO SAUCE • VODKA SAUCE • PESTO SAUCE

### STEP 3

CHOOSE 1 MEAT ADD SHRIMPS \$1.00  
GRILL CHICKEN • CRISPY CHICKEN • ITALIAN SAUSAGE • MEATBALLS

### STEP 4

CHOOSE UP TO 4 INGREDIENTS  
CARAMELIZED ONIONS • CHERRY TOMATOES • OLIVES • ROASTED PEPPERS  
SUN-DRIED TOMATOES • SWEET PEAS • BROCCOLI FLORETS • ROASTED CORN  
FRESH MOZZARELLA ADD \$1.00 COMPLEMENTARY PARMESAN CHEESE



## PERSONAL PIZZAS \$10.95

HANDMADE AND HOMEMADE TOMATO SAUCE

CHOOSE 1 CHICKEN, SAUSAGES,  
PEPPERONI, VEGETABLES



## HEALTHY POWER BOWLS

MADE WITH YOUR CHOICE OF  
QUINOA OR BROWN RICE \$10.95

### GREEK-STYLE QUINOA BOWL

Quinoa, fresh kale, feta cheese, savory kalamata olives,  
roasted peppers, cherry tomatoes, scallion & fresh basil with  
fat-free lemon garlic sauce

### TOFU QUINOA BOWL

Quinoa, fresh kale, napa cabbage, grilled tofu, pickled ginger,  
carrots, edamame, kidney beans, cilantro, sesame seeds  
& sweet chili sauce

### FAJITA QUINOA BOWL

Quinoa, fresh kale, pico de gallo, grilled corn, black beans,  
scallions, cheddar cheese, fresh avocado w/ chipotle ancho

### VEGAN ASIAN QUINOA BOWL

Quinoa, cabbage, avocado, edamame, shredded carrots,  
broccoli, scallions, pickled ginger, fresh cilantro with organic  
sesame ginger

### HEALTHY HAVEN

Brown rice, fresh kale, roasted sweet potatoes, avocado,  
cherry tomatoes, sunflower seeds, oven roasted brussels  
sprouts with tahini maple

COMPLEMENTARY 1 MEAT  
ADD GRILLED SHRIMPS \$1.00

## FROM THE GRILL

BEEF HAMBURGER ..... \$6.00  
TURKEY BURGER ..... \$7.00  
VEGGIE BURGER ..... \$7.00

Add Cheese \$1.00, Tomatoes \$1.00,  
Bacon \$2.50, French Fries \$2.50

RUBEN ..... \$10.95  
Corned beef, swiss cheese, sauerkraut, russian  
dressing on rye bread

TURKEY CLUB ..... \$10.95  
Turkey, bacon, lettuce, tomatoes, mayonaise  
on slice bread

PHILLI CHEESESTEAK (CHOICE OF CHICKEN OR BEEF) ..... \$10.95  
Peppers and onions, provolone

BURRITO (CHOICE OF CHICKEN, BEEF OR VEGGIE) ..... \$10.95  
Rice, beans, jack cheddar cheese

TACO SALAD BOWL (CHOICE OF CHICKEN, BEEF OR VEGGIE) ..... \$10.95  
Rice, lettuce, tomato, cheese

CHICKEN FINGERS WITH FRIES ..... \$10.95

BUFFALO WINGS WITH FRIES ..... \$10.95

MOZZARELLA STICKS WITH FRIES ..... \$10.95

LAMB OR CHICKEN GYRO ..... \$8.95  
Lettuce, tomatoes, onions, and gyro sauce on the pita

B.L.T. .... \$7.25  
Bacon, lettuce, tomatoes, mayonaise on white toast

## SIDE ORDERS \$3.50

ONION RINGS • FRENCH FRIES • CURLY FRIES

## CHEF'S DAILY HOT ENTREES

HOT ENTREES CHANGE DAILY PLEASE CALL FOR SPECIALS

### CHICKEN ENTRÉE

Chicken francese, chicken parmigiana, chicken marsala  
w/ mushrooms, chicken florentine w/ spinach, chicken  
cordon bleu, chicken lemon, chicken tabasco, roasted  
chicken

### PASTA ENTRÉE

Macaroni & beef, baked ziti, spaghetti meat balls,  
grilled chicken penne, penne w/ veggies, penne  
tufu fresco

### FISH ENTRÉE

Stuffed flounder, baked salmon, nut crusted salmon,  
shrimp frances, shrimp creole, lemon herb flounder,  
crab cakes, salmon cakes

### MEAT ENTRÉE

Beef stew, steak & onions, bbq pork, meatballs,  
pork chops, london broil, salisbury steak meat loaf

### SIDE DISH SAMPLER

Steam veggies, sauteed vegetables, mashed potatoes,  
sauteed spinach, macaroni and cheese, roasted potatoes,  
rice and veggies, white rice, yellow rice, rice and beans

## SHAKES & FRUITY SMOOTHIES

REG. \$6.45 LG. \$7.45

### ALOHA BERRY

Strawberries, bananas,  
pineapples, orange juice

### BAHAMA MAMA

Strawberries, bananas,  
oranges

### PEACH PARADISE

Peaches, bananas,  
strawberries, orange juice

### TROPICAL COOLER

Mangos, pineapples & fresh  
orange

### CARROT SPINACH SMOOTHIE

Carrots, spinachs,  
bananas, orange juice

### CARROT MANGO SMOOTHIE

Bananas, mangos,  
carrots, orange juice

### STRAWBERRY BANANA

Strawberries, bananas, milk

### PEACH ALMOND FREEZE

Peaches, bananas, almond  
milk, honey

### PEANUT BUTTER BLAST

Peanut butter, bananas,  
soy milk, honey

### WILD BERRY BLAST

Strawberries, blueberries,  
blackberries, orange juice

### GREEN MACHINE

Kales, spinachs,  
cucumbers, orange juice

### APPLE CINNAMON OATS SMOOTHIES

Oats, apples, cinamons,  
bananas, almond milk

### MANGO MANIA

Oranges, bananas, mangos,  
carrots, orange juice

### ALMOND MILK PEANUT BUTTER SMOOTHIE

Peanut butter, strawberries,  
almond milk

## FRESH MADE DAILY SOUPS

SM. \$4.50 LG. \$5.50

[CALL FOR OUR SOUPS OF THE DAY]

## COFFEE

PREMIUM ADD \$1

HOUSE BLEND COFFEES ... REG. \$2.00 ... LG. \$2.50

DECAF & FLAVOR COFFEE ... REG. \$2.50 ... LG. \$3.00

LIPTON TEA ..... REG. \$2.00 ... LG. \$2.50

HERBAL TEA ..... REG. \$2.50 ... LG. \$3.00

HOT CHOCOLATE <sup>100% MILK REGULAR</sup> ... REG. \$3.45 ... LG. \$4.45

CAFE AU LAIT ..... REG. \$3.75 ... LG. \$4.75

CAPPUCCINO ..... REG. \$4.95 ... LG. \$5.95

AMERICANO ..... REG. \$3.50 ... LG. \$4.50

ESPRESSO ..... REG. \$2.50 ... LG. \$3.50

LATTE ..... REG. \$4.95 ... LG. \$5.95

CHAI LATTE ..... REG. \$4.95 ... LG. \$5.95

MOCHA ..... REG. \$5.50 ... LG. \$6.50

## ICE COFFEE

ICED CAPPUCCINO ..... REG. \$4.95 ... LG. \$5.95

ICED LATTE ..... REG. \$4.95 ... LG. \$5.95

ICE COFFEE HOUSE BLEND ... REG. \$2.75 ... LG. \$3.25

ICED FLAVORED COFFEE ... REG. \$3.25 ... LG. \$3.75

FRESH BREWED ICED TEA ... REG. \$2.70 ... LG. \$3.25

ICED HERBAL TEA ..... REG. \$3.25 ... LG. \$3.75

FRESH BREWED

ICED LEMONADE ..... REG. \$2.70 ... LG. \$3.25

## BEVERAGES

VITAMIN WATER ... \$3.00 CHOCOLATE MILK ... \$3.00

GATORADE ..... \$3.00 PERRIER ..... \$3.00

TROPICANA JUICES \$3.00 PELLEGRINO ... \$3.00

SNAPPLE ..... \$3.00 WATER ..... \$3.00

ARIZONA ..... \$3.00

REDBULL ..... \$4.00

MONSTER ..... \$3.50

BOTTLED SODA ... \$2.50

CAN SODA ..... \$1.50

# ANAS CAFE

BREAKFAST • LUNCH • CATERING

## TAKEOUT MENU



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Consuming raw or under cooked meats,  
fish, shellfish or fresh shell  
eggs may increase your risk of  
food-born illness, especially if you have  
certain medical conditions.

Texture and temperature may alter  
based on time in transit.

If you have food allergies, please let  
your server know when ordering.

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## BREAKFAST

### SANDWICHES

TWO EGGS ON A ROLL .....	\$3.75
CHEESE OMELET ON A ROLL .....	\$5.75
EGG WHITES ON A ROLL .....	\$4.75
HEALTHY EGG WHITE OMELET WITH VEGETABLES ON A ROLL .....	\$7.75
VEGETABLE OMELET ON A ROLL .....	\$6.75
WESTERN OMELET ON A ROLL .....	\$8.25
AVOCADO TOAST .....	\$8.95

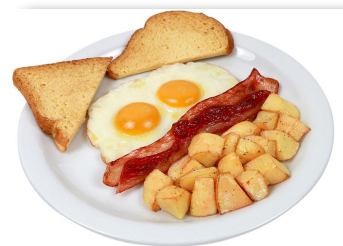
Add Bacon, Turkey Bacon, Ham, Pork Sausage, Turkey Sausage, Beef Sausage \$2.50



### PLATTERS

TWO EGGS ANY STYLES.....	\$4.75
CHEESE OMELETTE .....	\$6.75
WESTERN OMELETTE .....	\$9.75
HEALTHY EGG WHITE OMELETTE .....	\$8.75
VEGETABLE OMELETTE .....	\$7.75

With Home Fries & Toast



### GRIDLE ORIGINALS

BUTTERMILK PANCAKES SERVED W/ MAPLE SYRUP .....	\$5.75
CHALLAH FRENCH TOAST SERVED W/ MAPLE SYRUP .....	\$5.75

Add Bacon, Ham Or Sausage \$2.50, Strawberries \$1.50, Bananas \$1.50

### JUMBO BAGELS AND ROLLS

BAGEL .....	\$1.50
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Plain • poppy • sesame • cinnamon raisin • onion • everything • whole wheat

Add Butter \$0.50, Jelly \$0.50, Cream Cheese \$1.00, Lox Spread \$4.25, Salmon \$9.45, Vegetable Cream Cheese \$1.50, Scallion Cream Cheese \$1.50

### HOT CEREAL BAR

OATMEAL .....	LG. \$4.50	LG. \$5.50
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Complementary two toppings

Add Bananas \$1.00, Strawberries \$1.00, Blueberries \$1.00, Almond \$1.00, Cranberries \$1.00, Walnuts \$1.00, Raisins \$1.00

### FRESH SQUEEZED ORANGE JUICE

REGULAR .....	\$5.95
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### YOGURT CUPS

FAGE / CHOBANI	\$2.95
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### HOMEMADE PARFAIT

CRUNCHY HONEY GRANOLA SERVED WITH NON FAT YOGURT, FRESH FRUIT AND BERRIES	\$5.95
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### GOURMET SANDWICHES \$9.95

**CRANBERRY WALNUT CHICKEN SALAD**  
Lettuce tomatoes on 7 grain bread

**CAJUN GRILLED CHICKEN**  
Pepper jack cheese, tomato, leaf lettuce & chipotle mayo on ciabatta bread

**SMOKED TURKEY & BRIE CHEESE**  
Leaf lettuce, roma tomato & honey mustard on pretzel baguette

**SIERRA SMOKED TURKEY**  
Smoked turkey, red onion, tomato, baby greens & chipotle mayo on baguette



### PROSCIUTTO DE PARMA

Fresh mozzarella, lettuce, tomato, roasted peppers & balsamic drizzle on ciabatta

### TENDER ROAST BEEF

Cheddar cheese, plum tomatoes, leaf lettuce & herb mayo on pumpkin bread

### SMOKED SALMON (+\$1.00)

Scallion cream cheese cucumbers on black bread

### WRAP SANDWICHES \$9.95

#### BUFFALO CHICKEN

Carrots, buffalo sauce, lettuce, tomato & blue cheese dressing

#### CHICKEN CAESAR

Grilled chicken, lettuce, parmesan & roasted peppers with caesar dressing

#### GREEK ISLAND

Wrap tomato, feta, kalamata olives, cucumber, onion & balsamic drizzle

#### TEXAS CHICKEN

Grilled chicken, bbq sauce, cheddar, lettuce & tomato

#### CALIFORNIA CHICKEN

Grilled chicken, lettuce, tomato, roasted pepper, avocado & ranch dressing

#### CHIPOTLE CRISPY CHICKEN CUTLET

Avocado, tomatoes, arugula with chipotle aioli, spread



### PANINI OUT OF THE OVEN \$9.95



#### EGGPLANT PARMIGIANA

Fresh mozzarella, tomato sauce & fresh basil

#### ROASTED TURKEY

Crispy bacon, pepper jack cheese, tomato & ranch dressing

#### CHICKEN FAJITA

Grill chicken, roasted peppers and onions, jack cheese & mild salsa

#### PORTOBELLO MUSHROOM

Mozzarella, caramelized onions, arugula & basil pesto

#### MONTE CRISTO

Baked ham, smoked turkey, swiss, cheddar, tomato & honey mustard

#### CHICKEN CLUB

Bacon, lettuce, tomatoe, honey mustard

### OVEN CRISP SANDWICHES \$9.95

#### CHICKEN CORDON BLEU

Chicken cutlet, swiss cheese, black forest ham & dijonaise

#### TURKEY CUBAN

Turkey, prosciutto, sliced pickles, swiss cheese & russian dressing

#### CHICKEN BRUSCHETTA

Grilled chicken, melted mozzarella, tomato & sourcream pesto

#### CHICKEN PARMIGIANA

Crispy chicken cutlet, fresh mozzarella, basil & marinara sauce

#### SOUTHERN BBQ CHICKEN

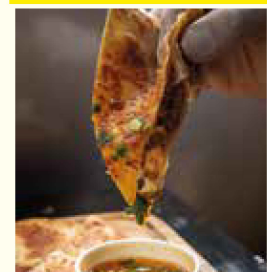
Bbq chicken, cheddar cheese, bacon & bbq sauce

#### CHIPOTLE TURKEY MELT

Turkey, pepper jack cheese, pico de gallo



### QUESADILLAS STUFFED W/ THREE CHEESES \$10.95



#### CLASSIC THREE CHEESE

Three cheeses, roasted peppers and roasted onion

#### ASADA STEAK

Chard grill steak three cheeses roasted peppers and roasted onions

#### BBQ CHICKEN GRILLED

Bbq chicken, three cheeses, roasted peppers and roasted onions

#### GRILLED CHICKEN

Grill chicken, three cheeses, roasted peppers and roasted onions

#### WILD MUSHROOM

Sauteed grill mushrooms, three cheeses, roasted peppers and onions

## FRESH FROM OUR BAKERY

BAKING DONE ON THE PREMISES

### MUFFINS

Corn, blueberry, cranberry, honey raisin bran, banana nut, carrot, apple, cinnamon, lemon poppy \$2.25

### FAT FREE MUFFINS

Blueberry, bran, corn, chocolate chip, oat bran \$2.25

### SUGAR FREE MUFFINS

Blueberry, bran, corn, chocolate chip, oat bran \$2.25

### DANISH

Cheese, cinamon, apple, cherry, cinnamon stick chocolate stick \$3.00

### SCONES

Walnut raisin, blueberry, cranberry, chocolate chip \$3.00

### LOW FAT YOGURT LOAVES

Plain, ice lemon, marble, banana walnut, red velvet, chocolate, lemon poppy, carrot \$3.95



### CROISSANTS

CLASSIC BUTTER \$2.50

ALMOND CROISSANT \$3.00

CHOCOLATE CROISSANT \$3.00

HAM & CHEESE (SERVED HOT) \$6.00

### HOMEMADE DESSERTS

BROWNIE \$4.50

Oreo brownie, chocolate fudge brownie, walnut brownie, mango brownie, peanut butter brownie, snicker brownie, pecan bar brownie

LARGE COOKIES \$4.00

Giant oatmeal raisin cookie, giant black & white cookie, giant chocolate chip cookie

### CREATE YOUR OWN SALAD BAR \$9.95

ENJOY YOUR SALAD

#### STEP 1

CHOOSE YOUR LETTUCE

BABY GREENS • CRISP ROMAINE • ORGANIC SPINACH • HEALTHY KALE

#### STEP 3

CHOOSE UP TO 2 ITEMS

SAGA BLUE CHEESE • ARTICHOKE • FETA CHEESE • ROASTED PEPPERS • SHAVED ROMANO • KALAMATA • OLIVES • SHREDDED CHEDDAR • FRESH MOZZARELLA FRESH AVOCADO • BACON BITS DRY CRANBERRIES • EGG WHITES • HARD BOILED EGGS

#### STEP 5

CHOOSE YOUR DRESSING

BALSAMICVINAIGRETTE • SESAME GINGER • LOW FAT HONEY DIJON • LOW FAT LOW CAL CAESAR • BLUE CHEESE • CLASSIC FRENCH • RUSSIAN • ROASTED GARLIC VINAIGRETTE • LOW FAT RANCH • LOW FAT ITALIAN • FAT FREE LEMON HERB • FAT FREE RASPBERRY • RED WINE VINEGAR • BALSAMIC VINEGAR • EXTRA VIRGIN OLIVE OIL • FRESH SQUEEZED LEMON JUICE

#### STEP 2

CHOOSE YOUR MAIN INGREDIENT

ROSEMARY GRILL CHICKEN • CRISPY CHICKEN CUTTLE • GRILL CAJUN HCKEN ALBACORE TUNA • PORTOBELLO MUSHROOMS SMOKED TURKEY • SPICY SHRIMP

#### STEP 4

CHOOSE UP TO 4 TOPPINGS

SHAVED RED ONIONS • SCALLIONS • CROUTONS • BELL PEPPERS • CHOPPED TOMATOES • SLICED CUCUMBERS • BROCCOLI FLORETS • SLICED MUSHROOMS • SWEET CORN • SHREDDED CARROTS • CHICKPEAS SWEET PEAS • SESAME NOODLES • KIDNEY BEANS • PENNE PASTA • SUNFLOWER SEEDS • ALFALFA SPROUTS • CHERRY TOMATOES • SLICED BEETS • GOLDEN RAISINS • MANDARIN ORANGES

### ENTRÉE SALADS \$10.95

#### HOUSE GARDEN GRILL CHICKEN SALAD

Mix greens, carrots, cucumbers, alfalfa sprouts, cherry tomatoes, broccoli florets with our house balsamic vinaigrette dressing

#### CHICKEN CAESAR SALAD

Crisp romaine, grilled chicken, romano cheese, cherry tomatoes, house made croutons and caesar dressing

#### GREEK SALAD

Crisp romaine, stuffed grape leaves, cucumber, cherry tomatoes, feta cheese, onions with virgin olive oil and red vinegar

#### ANAS FAVORITE SALAD

Organic baby greens, grapes, cranberries, fresh perline mozzarella, caramelized walnuts with raspberry vinaigrette

#### TURKEY COBB SALAD

Organic mix greens, smoked turkey, avocado, bacon, boil egg, cherry tomatoes and blue cheese dressing