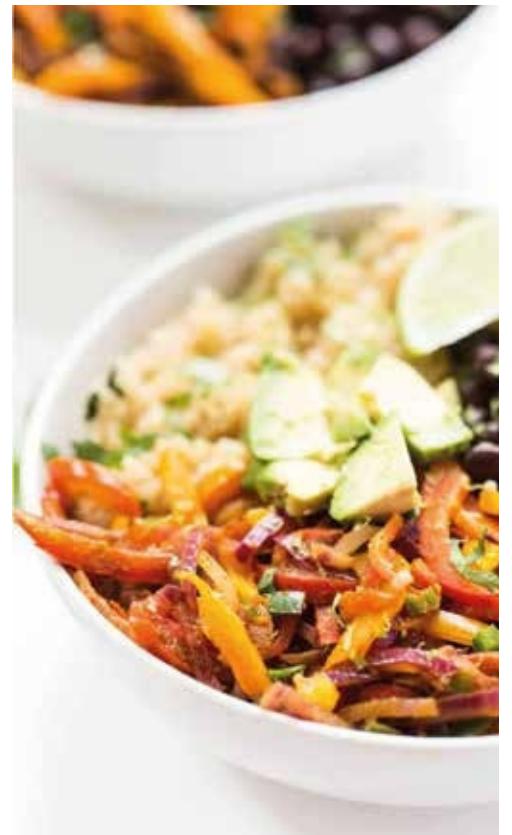


ANAS CAFE

BREAKFAST • LUNCH • CATERING

-MENU-



anascafes.com

PANINI OUT OF THE OVEN \$10.95



PORTOBELLO MUSHROOM

Mozzarella, caramelized onions, arugula & basil pesto

ROASTED TURKEY

Crispy bacon, pepper jack cheese, tomato & ranch dressing

MONTE CRISTO

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

CHICKEN FAJITA

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

EGGPLANT PARMIGIANA

Fresh mozzarella, tomato sauce & fresh basil

OVEN CRISP SANDWICHES \$10.95

CHICKEN CORDON BLEU

Chicken cutlet, swiss cheese, black forest ham & dijonaise

CHICKEN PARMIGIANA

Crispy chicken cutlet, fresh mozzarella, basil & marinara sauce

TURKEY CUBAN

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

SOUTHERN BBQ CHICKEN

Bbq chicken, cheddar cheese, bacon & bbq sauce

CHICKEN BRUSCHETTA

Grilled chicken, melted mozzarella, tomato & sourcream pesto



QUESADILLAS STUFFED W/ THREE CHEESES \$11.95



CLASSIC THREE CHEESE

Three cheeses, roasted peppers and roasted onion

GRILLED CHICKEN

Grill chicken, three cheeses, roasted peppers and roasted onions

ASADA STEAK

Chard grill steak three cheeses roasted peppers and roasted onions

WILD MUSHROOM

Sauteed grill mushrooms, three cheeses, roasted peppers and onions

BBQ CHICKEN GRILLED

Bbq chicken, three cheeses, roasted peppers and roasted onions



CREATE YOUR OWN PASTA

ENJOY YOUR SALAD TOSSED OR CHOPPED **\$11.95**

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 • **COMPLEMENTARY PARMESAN CHEESE**

Healthy Power Bowls **\$10.95**

MADE WITH YOUR CHOICE OF QUINOA OR BROWN RICE

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

Add Grilled Chicken \$2.00, Crispy Chicken \$2.00, Turkey Meatballs \$2.00, Grilled Shrimp \$3.00

PERSONAL PIZZAS **\$10.95**

HANDMADE AND HOMEMADE TOMATO SAUCE

Add Chicken \$2.00, Sausages \$2.00, Pepperoni \$2.00, Vegetables \$2.00

COFFEE

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.....	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. \$5.75.....	LG. \$6.75
MOCHA.....	REG. \$5.50.....	LG. \$6.50



ICE COFFEE

ICED CAPPUCCINO.....	REG. \$5.45.....	LG. \$6.45
ICED LATTE.....	REG. \$5.45.....	LG. \$6.45
ICE COFFEE HOUSE BLEND.....	REG. \$2.75.....	LG. \$3.25
ICED FLAVORED COFFEE.....	REG. \$3.25.....	LG. \$3.75
FRESH BREWED ICED TEA.....	REG. \$2.75.....	LG. \$3.25
ICED HERBAL TEA.....	REG. \$3.25.....	LG. \$3.75
FRESH BREWED ICED LEMONADE.....	REG. \$2.75.....	LG. \$3.25

BEVERAGES

BOTTLED SODA.....	\$2.75	VITAMIN WATER.....	\$3.25
CAN SODA.....	\$1.75	GATORADE.....	\$3.25
CHOCOLATE MILK.....	\$3.50	TROPICANA JUICE..S.....	\$3.25
PERRIER.....	\$3.25	SNAPPLE.....	\$3.25
PELLEGRINO	\$3.25	ARIZONA.....	\$3.25
REDBULL	\$4.50	WATER	\$2.00
MONSTER.....	\$3.75		



BREAKFAST SANDWICHES

TWO EGGS ON A ROLL.....	\$4.25
CHEESE OMELET ON A ROLL.....	\$6.25
EGG WHITES ON A ROLL.....	\$5.25
HEALTHY EGG WHITE OMELET WITH VEGETABLES ON A ROLL ..	\$8.25
VEGETABLE OMELET ON A ROLL.....	\$7.25
WESTERN OMELET ON A ROLL.....	\$8.25



Add Egg Whites \$1.00, Meat \$2.50, Vegetable \$1.00, Cheese \$1.00, Egg \$1.25, Avocado \$2.50, Hash Brown Or Home Fries \$1.25

BREAKFAST PLATTERS

SERVED WITH HOME FRIES AND TOAST

TWO EGGS ANY STYLE.....	\$5.75	HEALTHY EGG WHITE OMELET W/ VEGETABLES.....	\$9.75
CHEESE OMELET.....	\$7.75	VEGETABLE OMELET	\$8.75
WESTERN OMELET.....	\$9.75	HEALTHY AVOCADO TOAST W/ CHERRY TOMATOES & SCALLIONS.	\$9.75

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

GRIDDLE ORIGINALS

BUTTERMILK PANCAKES SERVED WITH MAPLE SYRUP.....	\$6.75
CHALLAH FRENCH TOAST SERVED WITH MAPLE SYRUP.....	\$6.75
BELGIAN WAFFLE SERVED WITH MAPLE SYRUP.....	\$6.75
CREPES WITH STRAWBERRY BANANA NUTELLA.....	\$10.75

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 \$1.50, Smoked Salmon \$9.45, Vegetable Cream Cheese \$2.00, Scallion Cream Cheese \$2.00

HOT CEREAL BAR

OATMEAL	SM. \$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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Apples \$1.75
Oranges \$2.00
Bananas \$1.00

HOMEMADE PARFAIT

CRUNCHY HONEY GRANOLA SERVED WITH NON FAT YOGURT, FRESH FRUIT & BERRIES \$5.95

Fresh FRUIT

FRESH FRUIT SALAD
REG. \$4.95 LG. \$5.95

YOGURT CUPS

FAGE / CHOBANI \$2.95



FRESH FROM OUR BAKERY

BAKING DONE ON THE PREMISES

MUFFINS..... \$2.75

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

DANISH..... \$3.50

Cheese, cinamon, apple, cherry, cinnamon stick chocolate stick

SCONES..... \$3.50

Walnut raisin, blueberry, cranberry, chocolate chip

LOW FAT YOGURT LOAVES..... \$3.95

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



CROISSANTS

CLASSIC BUTTER..... \$3.00

ALMOND CROISSANT..... \$3.50

CHOCOLATE CROISSANT..... \$3.50

HAM & CHEESE SERVED HOT..... \$6.95

HOMEMADE DESSERTS

BROWNIE..... \$4.95

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



ANAS CAFE



From THE GRILL

BEEF HAMBURGER..... \$7.00

TURKEY BURGER..... \$8.00

VEGGIE BURGER..... \$8.00

Add Cheese \$1.50, Tomatoes \$1.00, Bacon \$2.50,
French Fries \$3.95, Double Burger \$5.00

RUBEN..... \$11.95

Corned beef, swiss cheese, sauerkraut, russian dressing on
rye bread

TURKEY CLUB..... \$11.95

Turkey, bacon, lettuce, tomatoes, mayonnaise
on slice bread

PHILLI CHEESESTEAK CHOICE OF CHICKEN, BEEF, OR VEGGIE \$11.95

Peppers and onions, provolone

BURRITO..... CHOICE OF CHICKEN, BEEF, OR VEGGIE \$11.95

Rice, beans, jack cheddar cheese

TACO SALAD BOWL CHOICE OF CHICKEN, BEEF, OR VEGGIE \$11.95

Rice, lettuce, tomato, cheese

LAMB OR CHICKEN GYRO..... \$8.95

Lettuce, tomatoes, onions, and gyro sauce on the pita

B.L.T..... \$7.95

Bacon, lettuce, tomatoes, mayonnaise on white toast

SIDE ORDERS

ONION RINGS \$3.95, FRENCH FRIES \$3.95, CURLY FRIES \$3.95

FRESH MADE DAILY SOUPS SM. \$4.50 LG. \$5.50

(CALL FOR OUR SOUPS OF THE DAY)

ANAS CAFE

SHAKES & FRUITY SMOOTHIES REG.\$6.95 LG.\$7.95

ALOHA BERRY

Strawberries, bananas, pineapples, orange juice

PEACH ALMOND FREEZE

Peaches, bananas, almond milk, honey

BAHAMA MAMA

Strawberries, bananas, oranges

PEANUT BUTTER BLAST

Peanut butter, bananas, soy milk, honey

PEACH PARADISE SMOOTHIE

Peaches, bananas, strawberries, orange juice

WILD BERRY BLAST

Strawberries, blueberries, blackberries, orange juice

TROPICAL COOLER

Mangos, pineapples & fresh orange

GREEN MACHINE

Kales, spinachs, cucumbers, orange juice

CARROT SPINACH SMOOTHIE

Carrots, spinachs, bananas, orange juice

APPLE CINNAMON OATS SMOOTHIES

Oats, apples, cinamons, bananas, almond milk

CARROT MANGO SMOOTHIE

Bananas, mangos, carrots, orange juice

MANGO MANIA

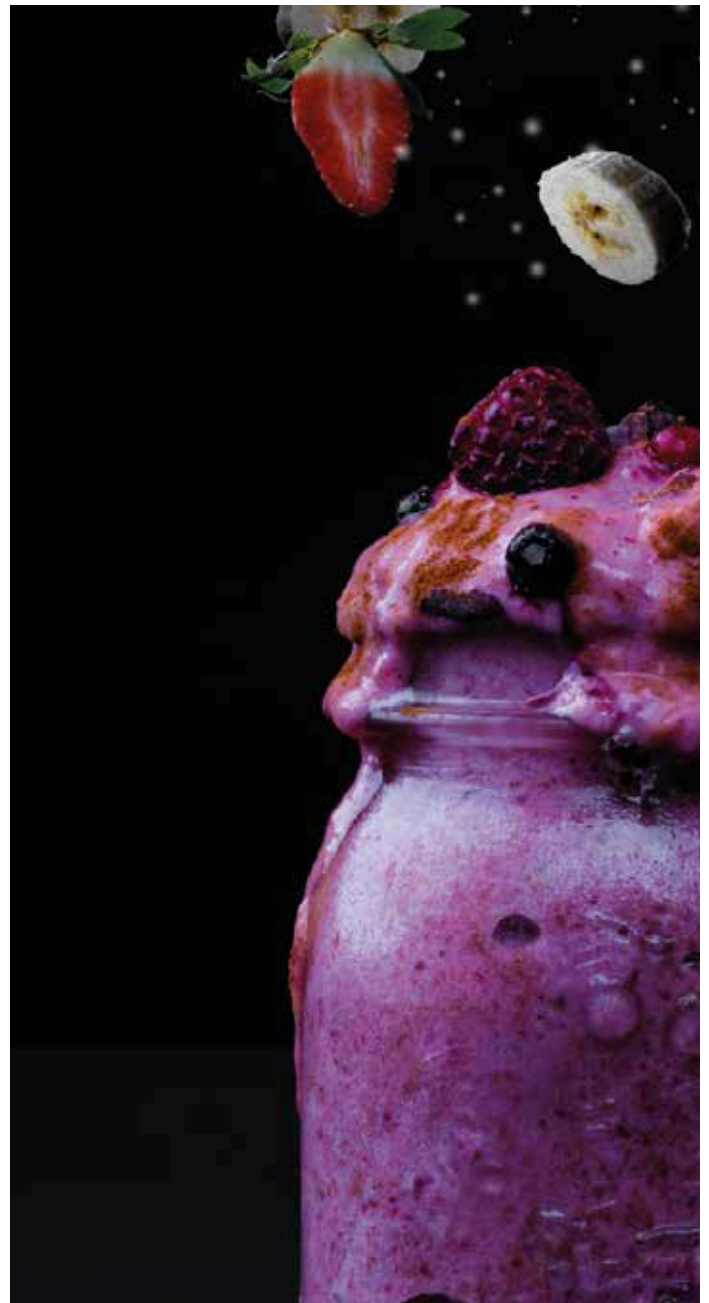
Oranges, bananas, mangos, carrots, orange juice

STRAWBERRY BANANA

Strawberries, bananas, milk

ALMOND MILK PEANUT BUTTER SMOOTHIE

Peanut butter, strawberries, almond milk



GOURMET SANDWICHES \$10.95

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

ITALIAN HERO

Baked ham, genoa salami, capicola, provolone cheese, fresh basil, roasted peppers, arugula & balsamic vinaigrette



TENDER ROAST BEEF

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

BLACK FOREST HAM & SWISS CHEESE

Leaf lettuce, tomatoes & dijon mustard on on pumpernickel bread

SMOKED SALMON

Scallion cream cheese cucumbers on black bread

HEALTHY MEDITERRANEAN TUNA SALAD

Onion, carrots, roasted peppers, on 7 grain bread



WRAP SANDWICHES \$10.95

BUFFALO CHICKEN

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

TEXAS CHICKEN

Grilled chicken, bbq sauce, cheddar, lettuce & tomato

CHICKEN CAESAR

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

CALIFORNIA CHICKEN

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

GREEK ISLAND

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

CHIPOTLE CRISPY CHICKEN CUTLET

Avocado, tomatoes, arugula w/ chipotle aioli, spread



CREATE YOUR OWN SALAD BAR

ENJOY YOUR SALAD TOSSED OR CHOPPED **\$10.95**

STEP 1

CHOOSE YOUR LETTUCE

BABY GREENS • CRISP ROMAINE • ORGANIC SPINACH • HEALTHY KALE

STEP 2

CHOOSE YOUR MAIN INGREDIENT

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

ADD SPICY SHRIMP \$1.00

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 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

STEP 5

CHOOSE YOUR DRESSING

BALSAMIC VINAIGRETTE • 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



ENTRÉE SALADS \$12.95

HOUSE GARDEN GRILL CHICKEN SALAD

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

ANAS FAVORITE SALAD

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

CHICKEN CAESAR SALAD

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

TURKEY COBB SALAD

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

GREEK SALAD

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

SIDE SALADS \$4.95

GARDEN SALAD • CAESAR SALAD • POTATO SALAD • MACARONI SALAD • COSLOW

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

