

Ethan's Cafe

SM[@]ART

SM[@]ART

1- Chef's Salad -

Fresh lettuce blend, tomato, onion, shredded carrots, and cucumber, topped with ham, turkey, cheese, croutons, and choice of dressing. Served with a roll and butter.

2- Crispy Chicken Salad -

Fresh lettuce blend, tomato, onion, carrots, and cucumber, topped with chicken strips, cheese, crispy noodles, sunflower seeds, and choice of dressing. Served with a roll and butter.

3- Turkey & Cucumber Sandwich -

Sliced turkey, your choice of cheese, cucumber, tomato, lettuce, & basil vinaigrette served on toast. Served with a small orange juice.

*All Meals Served with Choice of
Coffee, Tea, or Iced Tea*

4- Chicken Quesadilla -

Grilled chicken, walnuts, cilantro, cayenne, and cheddar-jack cheese in your choice of tortilla flavor. Served with salsa, sour cream, and a side of coleslaw.

5- Tuna Wrap -

Classic tuna salad, provolone cheese, cucumber, lettuce, and tomato in your choice of wrap. Served with carrot and celery sticks, and a small orange juice.

6- Beef & Bleu -

Roast beef, grilled onions, spinach, and bleu cheese dressing on a Kaiser roll. Served with coleslaw.

Ask your server about SM[@]ART specials!

All SM[@]ART Meal combinations have been approved by a Licensed Dietitian/Nutritionist and meet the requirements of Title III of the Older Americans Act.