Café Menu

Café Hours: Monday – Saturday 10 am to 3 pm

Before placing your order, please inform your server if a person in your party has a food allergy

TATNUCK SIGNATURE GOURMET SANDWICHES

APPLE WALNUT CHICKEN SALAD

Chicken breast, Fuji apples, walnuts, mayo, cheddar cheese, lettuce, salt & pepper

FULL 9.99 HALF 5.99

TATNUCK TURKEY

Turkey breast with lettuce and tomato, hummus, guacamole or mayo and bacon FULL 9.99 HALF 5.99

EGG SALAD BLT

Freshly made egg salad, crispy bacon, lettuce and tomatoes

FULL 9.99 HALF 5.99

ROAST BEEF

Roasted beef, Swiss cheese, lettuce, tomatoes, with horseradish sauce

FULL 10.59 HALF 5.99

TATNUCK TUNA MELT

White albacore tuna salad, tomatoes, and cheddar cheese

FULL 9.99 HALF 5.99

ITALIAN SUB

Mortadella, Capicola, salami, provolone cheese, lettuce, tomato, onion and sub oil 10.99

3 CHEESE GRILLED CHEESE

Swiss, cheddar, and provolone cheese with tomatoes

FULL 9.99 HALF 5.99

FRESH VEGGIE WRAP

Carrots, cukes, onions, lettuce, tomato and provolone cheese with hummus or guacamole 9.99

HAM & SWISS

Ham, Swiss cheese, lettuce, tomatoes, spicy Dijon mustard

FULL 9.99 HALF 5.99

BLT

Crispy bacon, lettuce, tomato, mayo FULL 9.99 HALF 5.99

BLACK BEAN CHIPOTLE

Veggie patty topped with lettuce, tomatoes, onions, Swiss cheese, Dijon mustard on bulky roll

11.99

PEANUT BUTTER AND JELLY 5.99

BREAD

Country White Whole Wheat Soft Rye Sourdough Assorted Wraps

ADD-ONS per slice: Cheese 50¢ Bacon 75¢

CHECK OUT OUR DAILY BLACKBOARD SPECIALS!

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508-366-5383



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SALADS

9.99

Tossed Veggie Chicken Caesar Greek Salad Spinach Salad Seasonal Add protein for **\$3.00**

PIZZA

5.99

HOT DOG WITH LAYS CHIPS 5.99

QUICHE WITH GRAPES 8.39

SOUPS

| CUP | BOWL |
|------|------|
| 5.99 | 6.99 |

MAC & CHEESE

| CUP | BOWL |
|------|------|
| 5.99 | 6.99 |

PICK TWO COMBO

Your choice of 1/2 sandwich and cup of soup **10.59** Substitute salad **\$3.00**

TATNUCK-STYLE BREAKFAST

BREAKFAST SANDWICH

2 eggs, American cheese, choice of ham or bacon. Served on English muffin, toast or bagel 7.99

BAGEL WITH CREAM CHEESE 2.99 Additional cream cheese .75

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Start with a bed of spinach & scoop of quinoa

PROTEIN BOWLS

CHOOSE 4:

13.99

avocado broccoli beets tomato cukes hard boiled egg chicken kalamata olives sweet potato dry tuna egg, tuna, or apple walnut chicken salad

DIPPING

hummus guacamole creamy balsamic any packet of salad dressing

SMOOTHIES 9.29

TROPICAL BLEND

strawberries diced pineapple diced mango banana

TRIPLE BERRY

blueberries raspberries strawberries pomegranate juice

STRAWBERRY BANANA BLEND

strawberries banana orange juice

ADD TWO NO COST:

spinach flaxseed honey peanut butter coconut milk milk/non-dairy cinnamon cherries shot of coffee or espresso yogurt Scoop of whey **1.00**

Scoop of organic plant protein **1.50**



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