# The Menu

## CAFÉ ANDERSON

### HOME
- **Be Well Plate**
  - Maple Dijon Salmon: 180 Cal, $5.19
  - Mushroom & Peas: 100 Cal, $1.39
  - Garlic Roasted Vegetables: 60 Cal, $1.39

- **Chicken Plate**
  - Mediterranean Chicken: 220 Cal, $4.29
  - Lemon-Caper Couscous: 120 Cal, $1.39
  - Moroccan Roasted Vegetables: 70 Cal, $1.39

- **Power Plate**
  - Summer Shrimp & Pineapple Stir-Fry: 220 Cal, $5.19
  - Warm Kale Salad: 110 Cal, $1.39
  - Lemon Brown Rice Pilaf: 190 Cal, $1.39

### RESTAURANT ROTATION -- Tavolino
- Create Your Own Pasta Bowl: 255-1260 Cal, $7.99
- Caprese Salad: 190 Cal, $3.49

### FOODA
- ****Daily Pop-Up Guest Restaurant**
  - For restaurant schedule & menu details please download the FOODA app.

### PIZZA
- Meat Lover’s Pizza: 460 Cal, $3.59
- Four Cheese Stromboli: 710 Cal, $4.89

### DELI
- Nashville Hot Grilled Chicken Melt: 650 Cal, $6.49

### GRILL
- Carnitas Burrito: 580 Cal, $7.79

### SIMMER
- Chicken Double Noodle Soup: 140-280 Cal, $1.89-2.99
- Three Onion Soup: 90-180 Cal, $1.89-2.99
- Butternut Squash Bisque: 90-180 Cal, $1.89-2.99

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.
## HOME

**Be Well Plate**
- Kung Pao Beef 150 Cal $4.99
- Asian Soba Noodle Salad 210 Cal $1.39
- Vegetable Stir-Fry 40 Cal $1.39

**Chicken Plate**
- Chicken Teriyaki 280 Cal $4.29
- Teriyaki Quinoa 130 Cal $1.39
- Hoisin Glazed Portobello 150 Cal $1.39

**Power Plate**
- Marinated Flank Steak 220 Cal $4.99
- Risotto Primavera 270 Cal $1.39
- Asparagus Salad 45 Cal $1.39

## RESTAURANT ROTATION -- Tavolino

**Create Your Own Pasta Bowl** 255-1260 Cal $7.99
**Caprese Salad** 190 Cal $3.49

## FOODA

**Daily Pop-Up Guest Restaurant**
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## PIZZA

- Meat Lover's Pizza 460 Cal $3.59
- Buffalo Chicken Calzone 700 Cal $4.89

## DELI

- Nashville Hot Grilled Chicken Melt 650 Cal $6.49

## GRILL

- Carnitas Burrito 580 Cal $7.79

## SIMMER

- Chicken Double Noodle Soup 140-280 Cal $1.89-2.99
- Homestyle Chili 520-1040 Cal $2.19-3.19
- Poblano, White Cheddar & Tomatillo Soup 290-580 Cal $1.89-2.99

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# CAFÉ ANDERSON

## HOME

**Be Well Plate**
- Crispy Tilapia & Tomatillo Salsa: 200 Cal | $5.19
- Arroz Rojo: 100 Cal | $1.39
- Green Beans & Peppers: 90 Cal | $1.39

**Vegetarian Plate**
- Potato & Kale Enchiladas: 390 Cal | $4.29
- Red Beans: 140 Cal | $1.39
- Steamed Mixed Vegetables: 20 Cal | $1.39

**Power Plate**
- Glazed Chicken & Swiss Chard: 340 Cal | $4.29
- Whole Wheat Pasta w/Ricotta & Walnut: 390 Cal | $1.39
- Fall Harvest Salad: 300 Cal | $1.39

## RESTAURANT ROTATION -- Tavolino

**Create Your Own Pasta Bowl** 255-1260 Cal | $7.99

**Caprese Salad** 190 Cal | $3.49

## FOODA

**FOODA**

**Daily Pop-Up Guest Restaurant**

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## PIZZA

- Meat Lover's Pizza: 460 Cal | $3.59
- Broccoli & Red Pepper Stromboli: 600 Cal | $4.89

## DELI

- Nashville Hot Grilled Chicken Melt: 650 Cal | $6.49

## GRILL

- Carnitas Burrito: 580 Cal | $7.79

## SIMMER

- Chicken Double Noodle Soup: 140-280 Cal | $1.89-2.99
- Italian Wedding Soup: 140-280 Cal | $1.89-2.99
- Broccoli Cheddar Soup: 240-480 Cal | $1.89-2.99

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## The Menu

**CAFÉ ANDERSON**

### HOME

**Be Well Plate**
- Crispy Cajun Cod: 170 Cal | $5.19
- Brown Rice & Black Beans: 130 Cal | $1.39
- Collard Greens: 50 Cal | $1.39

**Pork Plate**
- Jerk Roasted Pork Loin: 170 Cal | $4.99
- Mashed Bacon Plantains: 290 Cal | $1.39
- Okra w/Corn & Bacon: 90 Cal | $1.39

**Power Plate**
- Walnut Encrusted Tilapia: 660 Cal | $5.19
- Pasta Shells w/Garlicky Kale: 280 Cal | $1.39
- Asparagus w/Parmesan: 60 Cal | $1.39

### RESTAURANT ROTATION -- Tavolino

Create Your Own Pasta Bowl: 255-1260 Cal | $7.99
Caprese Salad: 190 Cal | $3.49

### FOODA

**Daily Pop-Up Guest Restaurant**
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### PIZZA

- Meat Lover’s Pizza: 460 Cal | $3.59
- Italian Deli Stromboli: 760 Cal | $4.89

### DELI

- Nashville Hot Grilled Chicken Melt: 650 Cal | $6.49

### GRILL

- Carnitas Burrito: 580 Cal | $7.79

### SIMMER

- Chicken Double Noodle Soup: 140-280 Cal | $1.89-2.99
- Chipotle Chicken Tortilla Soup: 130-260 Cal | $1.89-2.99
- Black Bean Soup: 150-300 Cal | $1.89-2.99

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## HOME

**Be Well Plate**
- BBQ Roast Turkey Breast: 140 Cal, $4.29
- Southwestern Succotash: 110 Cal, $1.39
- Spicy Garlic Spinach: 60 Cal, $1.39

**Chicken Plate**
- Chipotle BBQ Chicken: 460 Cal, $4.29
- Garlic Mashed Sweet Potatoes: 110 Cal, $1.39
- Steamed Peas & Onions: 35 Cal, $1.39

**Power Plate**
- Asian Honey Chicken: 280 Cal, $4.29
- Sautéed Shiitake Mushrooms: 300 Cal, $1.39
- Soba Noodles w/Kimchi: 220 Cal, $1.39

## WORLD FARE

Chicken Pho: 430 Cal, $6.49

## PIZZA

Meat Lover's Pizza: 460 Cal, $3.59
Mushroom Calzone: 690 Cal, $4.89

## DELI

Nashville Hot Grilled Chicken Melt: 650 Cal, $6.49

## GRILL

Carnitas Burrito: 580 Cal, $7.79

## SIMMER

- Chicken Double Noodle Soup: 140-280 Cal, $1.89-2.99
- New Orleans Gumbo: 430-860 Cal, $2.19-3.19
- Pasta Fagioli Soup: 130-260 Cal, $1.89-2.99

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**FOODA**

**Daily Pop-Up Guest Restaurant**
For restaurant schedule & menu details please download the FOODA app.
DAILY OFFERINGS

GRILL
A large variety of all-American favorites fresh off the grill

DELI

Build Your Own Sandwich
Choose from a variety of breads, meats, cheeses, toppings & spreads

PIZZA

Classics like cheese pizza and pepperoni pizza available daily
**Look for new weekly pizza specials**

GRAB & GO

Assorted pre-made items
Sandwiches, salads, sushi rolls, hummus, fruit cups, and parfaits
Assorted snacks
Chips, cookies, and cakes

SALAD

Build Your Own Salad
Choose from a variety of greens, protein, nuts, legumes, fruits, vegetables, and salad dressings
**Salads priced per pound**

Chick-Fil-A
A variety of Chick-Fil-A favorites

Main Building Rose Zone, Level 1
Manager: Scott Poindexter-Naab
Phone: (713) 794-1412

HOURS OF OPERATION
Monday-Friday 6:00 AM - 8:30 PM
Saturday-Sunday 7:00 AM - 7:30 PM

Menu subject to change based on product availability