Café in the Park

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

SIMMER

Chicken Double Noodle Soup 140-280 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.
# CAFÉ IN THE PARK

## 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

## SIMMER

- Homestyle Chili: 520-1040 Cal, $2.19-3.19
- Poblano White Cheddar & Tomatillo Soup: 290-580 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.
# CAFÉ IN THE PARK

## HOME

**Be Well Plate**

- Crispy Tilapia & Tomatillo Salsa  
  Calorie: 200 Cal  
  Price: $5.19
- Arroz Rojo  
  Calorie: 100 Cal  
  Price: $1.39
- Green Beans & Peppers  
  Calorie: 90 Cal  
  Price: $1.39

**Vegetarian Plate**

- Potato & Kale Enchiladas  
  Calorie: 390 Cal  
  Price: $4.29
- Red Beans  
  Calorie: 140 Cal  
  Price: $1.39
- Steamed Mixed Vegetables  
  Calorie: 20 Cal  
  Price: $1.39

## SIMMER

- Italian Wedding Soup  
  Calories: 140-280 Cal  
  Price: $1.89-2.99
- Broccoli Cheddar Soup  
  Calories: 240-480 Cal  
  Price: $1.89-2.99

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

## 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

## Simmer

- Chipotle Chicken Tortilla Soup: 130-260 Cal, $1.89-2.99
- Black Bean Soup: 150-300 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.
# The Menu

**Friday 02/21/20**

## CAFÉ IN THE PARK

### HOME

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Be Well Plate</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BBQ Roast Turkey Breast</td>
<td>140 Cal</td>
<td>$4.29</td>
</tr>
<tr>
<td>Southwestern Succotash</td>
<td>110 Cal</td>
<td>$1.39</td>
</tr>
<tr>
<td>Spicy Garlic Spinach</td>
<td>60 Cal</td>
<td>$1.39</td>
</tr>
<tr>
<td><strong>Chicken Plate</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chipotle BBQ Chicken</td>
<td>460 Cal</td>
<td>$4.29</td>
</tr>
<tr>
<td>Garlic Mashed Sweet Potatoes</td>
<td>110 Cal</td>
<td>$1.39</td>
</tr>
<tr>
<td>Steamed Peas &amp; Onions</td>
<td>35 Cal</td>
<td>$1.39</td>
</tr>
</tbody>
</table>

### SIMMER

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta Fagioli Soup</td>
<td>130-260 Cal</td>
<td>$1.89-2.99</td>
</tr>
<tr>
<td>New Orleans Gumbo</td>
<td>430-860 Cal</td>
<td>$1.89-2.99</td>
</tr>
</tbody>
</table>

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

TURBO CHEF GRILL
Classics like: Angus Burger, Cheeseburger, Bacon Cheeseburger, Grilled Chicken Sandwich, Turkey Burger, Chicken Strips, Buffalo Wings

SALAD
Build Your Own Salad
Choose from a variety of greens, protein, nuts, legumes, fruits, vegetables, and salad dressings

**Salads sold in regular and petite sizes**

SMOOTHIE KING
Custom-blended smoothies with fruits, fruit juices, vegetables, yogurt, milk, and protein blends

ASSORTED PASTRIES
Cookies, Scones, Muffins, Breakfast Bread, Pound Cakes, Dessert Bars
BREAKFAST
Scrambled Eggs, Hash Browns, Breakfast Potatoes, Pork and Turkey Breakfast Sausage, Bacon, Oatmeal, Grits, Breakfast Sandwiches and Tacos, Buttermilk Biscuits and Gravy

GRAB & GO
Assorted pre-made items
Sandwiches, salads, sushi rolls, hummus, fruit cups, and parfaits

Café at the Park
Main Building, Level 2, Alkek Park
Manager: Scott Poindexter-Naab, ext. 5-5186

Menu subject to change based on product availability

HOURS OF OPERATION
Breakfast 7:00 AM – 10:00 AM
Lunch 11:00 AM – 3:00 PM
Salad 11:00 AM – 7:00 PM
Late Night 11:00 PM – 3:30 AM
Weekend 11:00 AM – 7:00 PM

Starbucks and Smoothie King open 24/7