## WATERFALL CAFÉ

### HOME

- **Be Well Plate**
  - Grilled Lemon Salmon: 140 Cal | $5.19
  - Spicy Sweet Potato & Corn Hash: 120 Cal | $1.39
  - Lemon Garlic Broccoli: 30 Cal | $1.39

- **Chicken Plate**
  - Crispy Pecan Chicken: 420 Cal | $4.29
  - Cheddar-Chive Mashed Potatoes: 150 Cal | $1.39
  - Roasted Carrots: 70 Cal | $1.39

### PIZZA

- Buffalo Chicken Pizza: 1070 Cal | $4.09
- Meatball Calzone: 730 Cal | $4.89

### GRILL

- Carnitas Burrito: 580 Cal | $7.79

### RESTAURANT ROTATION - Laki

- CYO Bowl: 670 Cal | $9.79
- Umami Ahi Tuna Bowl: 860 Cal | $8.79
- Hawaiian Chicken Bowl: 650 Cal | $8.79
- Edamame: 80 Cal | $1.99
- Seaweed Salad: 90 Cal | $1.99

### SIMMER

- Chicken Double Noodle: 140-280 Cal | $1.89-2.99
- Homestyle Chili: 520-1040 Cal | $2.19-3.19
- Broccoli Cheddar Soup: 240-480 Cal | $1.89-2.99

### ASIA

- Assorted Rice & Noodle Bowls: 780-830 Cal | $6.99
- Assorted Steamed Dumplings (5-6 ct.): 250-270 Cal | $3.99
- Assorted Loaded Dumplings (5-6 ct.): 370-400 Cal | $4.99
- Loaded Chicken Dumplings (10 ct.): 570 Cal | $6.99
- Chicken Egg Rolls (2 ct.): 220 Cal | $2.49

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

## HOME

**Be Well Plate**
- Beef & Broccoli Stir-Fry: 220 Cal, $4.99
- Edamame & Mushroom Quinoa: 150 Cal, $1.39
- Stir-Fry Vegetables: 45 Cal, $1.39

**Chicken Plate**
- Sesame Chicken: 560 Cal, $4.29
- Vegetable Fried Rice: 130 Cal, $1.39
- Ginger Green Beans: 70 Cal, $1.39

## PIZZA

- Buffalo Chicken Pizza: 1070 Cal, $4.09
- Meatball Calzone: 730 Cal, $4.89

## GRILL

- Carnitas Burrito: 580 Cal, $7.79

## RESTAURANT ROTATION - Laki

- CYO Bowl: $9.79
- Umami Ahi Tuna Bowl: 670 Cal, $9.79
- Hawaiian Chicken Bowl: 860 Cal, $8.79
- Sesame Crunch Tofu Bowl: 650 Cal, $8.79
- Edamame: 80 Cal, $1.99
- Seaweed Salad: 90 Cal, $1.99

## SIMMER

- Chicken Double Noodle: 140-280 Cal, $1.89-2.99
- Twice Baked Potato Soup: 240-480 Cal, $1.89-2.99
- Pasta Fagioli Soup: 130-260 Cal, $1.89-2.99

## ASIA

- Assorted Rice & Noodle Bowls: 780-830 Cal, $6.99
- Assorted Steamed Dumplings (5-6 ct.): 250-270 Cal, $3.99
- Assorted Loaded Dumplings (5-6 ct.): 370-400 Cal, $4.99
- Loaded Chicken Dumplings (10 ct.): 570 Cal, $6.99
- Chicken Egg Rolls (2 ct.): 220 Cal, $2.49

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## WATERFALL CAFÉ

### HOME

**Be Well Plate**
- Honey BBQ Pork Chop: 230 Cal, $4.99
- Roasted Corn: 100 Cal, $1.39
- Brussels Sprouts & Carrots: 30 Cal, $1.39

**Beef Plate**
- BBQ Brisket: 280 Cal, $4.99
- Hearty Baked Beans: 180 Cal, $1.39
- Spicy Collard Greens: 60 Cal, $1.39

### PIZZA

- Buffalo Chicken Pizza: 1070 Cal, $4.09
- Meatball Calzone: 730 Cal, $4.89

### GRILL

- Carnitas Burrito: 580 Cal, $7.79

### RESTAURANT ROTATION- Laki

- CYO Bowl: $9.79
- Umami Ahi Tuna Bowl: 670 Cal, $9.79
- Hawaiian Chicken Bowl: 860 Cal, $8.79
- Sesame Crunch Tofu Bowl: 650 Cal, $8.79
- Edamame: 80 Cal, $1.99
- Seaweed Salad: 90 Cal, $1.99

### SIMMER

- Chicken Double Noodle: 140-280 Cal, $1.89-2.99
- Turkey Chili: 210-420 Cal, $2.19-3.19
- Wild Mushroom Bisque: 130-260 Cal, $1.89-2.99

### ASIA

- Assorted Rice & Noodle Bowls: 780-830 Cal, $6.99
- Assorted Steamed Dumplings (5-6 ct.): 250-270 Cal, $3.99
- Assorted Loaded Dumplings (5-6 ct.): 370-400 Cal, $4.99
- Loaded Chicken Dumplings (10 ct.): 570 Cal, $6.99
- Chicken Egg Rolls (2 ct.): 220 Cal, $2.49

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

**Waterfall Café**

**Thursday 2/20/20**

### HOME

*Be Well Plate*
- Chili-Lime Baked Pollock: 170 Cal, $5.19
- Mexican Rice: 100 Cal, $1.39
- Calabacitas: 50 Cal, $1.39

*Chicken Plate*
- Baked Panko Crusted Ranch Chicken: 240 Cal, $4.29
- Southwest Black Beans: 90 Cal, $1.39
- Ancho Brussels Sprouts: 100 Cal, $1.39

### PIZZA

- Buffalo Chicken Pizza: 1070 Cal, $4.09
- Meatball Calzone: 730 Cal, $4.89

### GRILL

- Carnitas Burrito: 580 Cal, $7.79

### RESTAURANT ROTATION - Laki

- CYO Bowl: $9.79
- Umami Ahi Tuna Bowl: 670 Cal, $9.79
- Hawaiian Chicken Bowl: 860 Cal, $8.79
- Sesame Crunch Tofu Bowl: 650 Cal, $8.79
- Edamame: 80 Cal, $1.99
- Seaweed Salad: 90 Cal, $1.99

### SIMMER

- Chicken Double Noodle: 140-280 Cal, $1.89-2.99
- Italian Wedding Soup: 140-280 Cal, $1.89-2.99
- Butternut Squash Bisque: 90-180 Cal, $1.89-2.99

### ASIA

- Assorted Rice & Noodle Bowls: 780-830 Cal, $6.99
- Assorted Steamed Dumplings (5-6 ct.): 250-270 Cal, $3.99
- Assorted Loaded Dumplings (5-6 ct.): 370-400 Cal, $4.99
- Loaded Chicken Dumplings (10 ct.): 570 Cal, $6.99
- Chicken Egg Rolls (2 ct.): 220 Cal, $2.49

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## Home

### Be Well Plate
- Grilled Lemon-Rosemary Chicken: 160 Cal, $4.29
- Whole Grain Penne with Sauce: 120 Cal, $1.39
- Ratatouille: 40 Cal, $1.39

### Pork Plate
- Italian Sausage: 580 Cal, $4.29
- Tomato Basil Farro: 240 Cal, $1.39
- Cauliflower au Gratin: 170 Cal, $1.39

## Pizza

- Buffalo Chicken Pizza: 1070 Cal, $4.09
- Meatball Calzone: 730 Cal, $4.89

## Grill

- Carnitas Burrito: 580 Cal, $7.79

## Restaurant Rotation - Laki

- CYO Bowl: $9.79
- Umami Ahi Tuna Bowl: 670 Cal, $9.79
- Hawaiian Chicken Bowl: 860 Cal, $8.79
- Sesame Crunch Tofu Bowl: 650 Cal, $8.79
- Edamame: 80 Cal, $1.99
- Seaweed Salad: 90 Cal, $1.99

## Simmer

- Chicken Double Noodle: 140-280 Cal, $1.89-2.99
- New Orleans Gumbo: 430-860 Cal, $2.19-3.19
- Tomato Basil Soup: 140-280 Cal, $1.89-2.99

## Asia

- Assorted Rice & Noodle Bowls: 780-830 Cal, $6.99
- Assorted Steamed Dumplings (5-6 ct.): 250-270 Cal, $3.99
- Assorted Loaded Dumplings (5-6 ct.): 370-400 Cal, $4.99
- Loaded Chicken Dumplings (10 ct.): 570 Cal, $6.99
- Chicken Egg Rolls (2 ct.): 220 Cal, $2.49

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

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

PIZZA
Classics like cheese pizza & 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**

Waterfall Café,
Mays Clinic, Level 2
Manager: Delicia Slaughter
Phone: 713-563-6550

HOURS OF OPERATION
Monday-Friday 7:00 AM - 2:30 PM

Breakfast 7:00 AM - 10:00 AM
Grab-n-Go 7:00 AM - 2:30 PM
Lunch 11:30 AM - 2:30 PM

Menu subject to change based on product availability