

# RICE & NOODLE BOWLS

WOK SEARED FRESH TO ORDER \$7.56

Fresh Asian Inspired Vegetables Mix: Zucchini, Squash, Red Pepper, Onion, Mushroom, Snow Peas, Broccoli, Carrots and Sesame Seeds.

## STEP 1: Bowl

Choose your bowl

- Organic Brown Rice
- Asian Rice Noodles

## STEP 2: Sauce

Choose your sauce

- Sweet & Spicy Thai Chili
- Spicy Chinese Peanut
- Japanese Ginger Soy
- Shanghai Sesame
- Tangy Teriyaki

## STEP 3: Meat

- Grilled Chicken: Add \$2.96
- Flank Steak: Add \$3.96
- Salmon: Add \$3.96
- Grilled Shrimp: Add \$3.96

## STEP 4: Special Requests

- Extra Veggies add \$1.96
- Extra Sauce add \$.50
- Sauce On Side
- Spicy Stir Fry
- Light Oil
- No Onion or Mushroom
- No Sesame Seeds

# SANDWICHES & WRAPS

## Wholesome Wrap

(Spinach Wrap)

Grilled Zucchini, Squash, Portobello and Red Pepper. Wrapped with Spring Mix, Tomatoes and Pesto. \$8.96

## The Virtue

(Rustic Ciabatta)

Grilled Chicken, Tomato, Baby Spinach and Fresh Mozzarella with Pesto. \$9.56

## Comfort BBQ Chicken

(Rustic Ciabatta)

Grilled BBQ Chicken, Lettuce, Tomato, Bacon, Cheddar and Fried Onion. \$9.56

## Bourbon Street

(Rustic Ciabatta)

Blackened Chicken, Lettuce, Tomato, Red Onion and Creamy Blue Cheese. \$8.96

## Honey Maple Roast Turkey

(Multigrain Ciabatta)

Honey Maple Roasted Turkey, Lettuce, Tomato, Monterey Jack Cheese and Honey Mustard. \$8.96

## Smoked Turkey and Brie

(Sun-dried Tomato Wrap)

Smoked Turkey, Baby Spinach, Tomato, Creamy Brie and Cranberry Mayo. \$8.96

## The GLEEK Greek

(Spinach Wrap)

Grilled Chicken, Diced Cucumber and Tomato, Lettuce, Feta, Olive Oil and Green Goddess. \$8.96

## Caprese

(Multigrain Ciabatta)

Baby Spinach, Tomato, Roasted Red Pepper, Fresh Mozzarella and Basil with Olive Oil and Balsamic. \$8.96

## The B.L.C. Wrap

(Sun-Dried Tomato Wrap)

Grilled Chicken, Lettuce, Tomato, Bacon, Swiss and Honey Mustard. \$9.56

## Harmony Wrap

(Whole Wheat Wrap)

Waldorf Salad with Chicken, Apples, Raisins, Celery, Cranberries, Red Grapes, Walnuts and Cranberry Mayo. \$8.96

## Buffalo Chicken Wrap

(Whole Wheat Wrap)

Buffalo Chicken, Lettuce, Tomato, Cheddar and Buttermilk Ranch. \$8.96

## Philly Steak Wrap

(Whole Wheat Wrap)

Grilled Flank Steak, Caramelized Onion, Mushroom, Red Pepper, Mozzarella and Honey Mustard. \$9.96

## Be Bold

(Rustic Ciabatta)

Grilled Flank Steak, Caramelized Onions and Mushrooms, Lettuce, Tomato, Monterey Jack and Aioli. \$9.96

## Cleveland Steak Wrap

(Sun-Dried Tomato Wrap)

Flank Steak, French Fries, Alfalfa, Monterey Jack, Lettuce, Tomato and Caesar. \$9.96

All Sandwiches and Wraps served with Housemade Chips.  
Substitute French Fries or Small Fruit Cup \$1.00

# HOUSEMADE SOUPS

Please Ask The Cashier or Server About Our Daily Selections

# SIDES BEVERAGES

French Fries \$2.56

Housemade Chips \$.95

Pretzel Bagel \$1.26

Fruit Cup \$3.56

Dressings and Sauces \$.60

Side Garden Salad \$4.96

Fresh Brewed Iced Tea \$1.96

Black, Herbal Raspberry, Tropical Green

Hot Tea \$1.96

Fresh Brewed Iced Coffee \$2.56

Coffee (regular or decaf) \$1.96

Purified Bottled Water \$1.56

Bottled Teas / Juices \$1.96-\$2.56

Canned Soda \$1.25

FRESH · PURE · SIMPLE



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# 56 SALADS

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## CAFE 56 FAVORITES

- #1 The Original Pewter Mug**  
(House Garlic Vinaigrette)  
Chilled Iceberg Lettuce, Julienne Ham, Turkey, Swiss and Tomatoes. \$9.96  
**with Turkey off the Bone +\$1.96**
- #2 Arizona Sun**  
(Honey Mustard)  
Mixed Greens topped with Julienne Turkey, Shredded Mozzarella, Tortilla Strips, Tomatoes and Grilled Flank Steak. \$9.96
- #3 The Oriental**  
(Poppyseed Sweet & Sour)  
Mixed Greens topped with Mandarin Oranges, Crunchy Chow Mein Noodles, Sesame Seeds and Grilled Chicken. \$8.96
- #4 Greek Interlude**  
(Greek Oregano Vinaigrette)  
Mixed Greens, Sliced Red Onion, Grape Tomatoes, Cucumber, Black and Kalamata Olives and Feta. \$8.96  
**#5 with Grilled Chicken +\$2.96**  
**#6 with Grilled Salmon +\$3.96**
- #7 The Millionaire**  
(Balsamic Vinaigrette)  
Mixed and Wild Greens topped with Crumbled Blue Cheese, Strawberries, Dried Cranberries and Artichoke. \$8.96  
**#8 with Grilled Chicken +\$2.96**  
**#9 with Grilled Salmon +\$3.96**
- #10 French Kiss**  
(Balsamic Vinaigrette)  
Mixed and Wild Greens with Mild Goat Cheese, Caramelized Pears and Sliced Strawberries. \$8.96  
**#11 with Grilled Chicken +\$2.96**  
**#12 with Grilled Shrimp +\$3.96**
- #13 Popeye**  
(Apple Bacon Dressing)  
Baby Spinach topped with Chopped Egg, Sliced Red Onion and Sliced Mushrooms. \$7.56  
**#14 with Grilled Chicken +\$2.96**  
**#15 with Grilled Salmon +\$3.96**
- #16 The Wedge**  
(Green Goddess Dressing)  
Chilled Iceberg Lettuce Wedge with Crumbled Bleu Cheese, Grape Tomatoes, Bacon and Chives. \$7.96  
**#17 with Grilled Flank Steak +\$3.96**  
**#18 with Grilled Shrimp +\$3.96**
- #19 Say Cheese**  
(House Garlic Vinaigrette)  
For Cheese Lovers! Shredded Cheddar, Mozzarella, Swiss with Grape Tomatoes. \$8.96

## CAESAR SALADS

- #20 Caesar Salad**  
(Tossed in Caesar Dressing)  
Crisp Romaine Lettuce, Shredded Parmesan and Garlic Herbed Croutons. \$7.56  
**#21 with Grilled Chicken+\$2.96**  
**#22 with Crispy Chicken +\$2.96**  
**#23 with Flank Steak +\$3.96**  
**#24 with Grilled Salmon +\$3.96**  
**#25 with Grilled Shrimp +\$2.96**

## SEAFOOD, FRUIT & VEGGIE SALADS

- #26 The Jane Fonda**  
(Raspberry Vinaigrette)  
Mixed Greens, Seasonal Melons, Red Grapes, Mandarin Oranges & Strawberries with Granola. \$8.96
- #27 Buffalo Shrimp**  
(Bleu Cheese)  
Mixed Greens topped with Crumbled Blue Cheese, Tomato, Celery and Spicy Tangy Buffalo Shrimp. \$8.96
- #28 The Gump**  
(Roasted Garlic Vinaigrette)  
Mixed Greens, Cucumber, Grape Tomatoes, Celery and Black Olives. Topped with Grilled Shrimp, Buffalo Shrimp and Crispy Shrimp. \$9.96
- #29 Fruits of the Forest**  
(Fat Free Raspberry Vinaigrette)  
Mixed and Wild greens with Alfalfa, Strawberries, Dried Cranberries, Raisins, Fresh Mushrooms and Grilled Portobello Mushroom. \$8.96
- #30 Salmon Davis Jr**  
(Green Goddess Dressing)  
Mixed Greens with Tomato, Cucumber, Black Olives, Red Peppers Croutons and Apple-Grilled Salmon. \$9.96

- #31 The Amore**  
(Balsamic Vinaigrette)  
Baby Field Greens and Basil with Fresh Mozzarella and Sliced Roma Tomato. Drizzled with Extra Virgin Olive Oil and Balsamic Vinegar. \$7.96  
**#32 with Grilled Chicken+\$2.96**  
**#33 with Grilled Shrimp +\$3.96**
- #34 Fruity Nutty Spinach**  
(Fat Free Raspberry Mango)  
Baby Spinach with Seasonal Melons, Strawberries, Cranberries, Raisins, Mandarin Oranges and Walnuts. \$7.96  
**#35 with Grilled Chicken+\$2.96**  
**#36 with Grilled Salmon +3.96**

- #37 The VEG**  
(Fat Free Toasted Sesame)  
Mixed Greens with Tomato, Red Onion, Cucumbers, Black Olives, Mushrooms, Zucchini and Squash. \$7.96

## STEAK SALADS

- #38 Flank Sinatra**  
(Green Goddess Dressing)  
Mixed Greens with Black Olives, Red Onion, Cucumbers, Tomato, Mozzarella and Grilled Flank Steak. \$9.96
- #39 Philly Steak Salad**  
(Buttermilk Ranch)  
Mixed Greens Loaded with Grilled Red Peppers, Mushrooms and Red Onion. Topped with Grilled Flank Steak. \$9.96
- #40 FlankBook**  
(Caesar Dressing)  
Be Our Friend! - Romaine Lettuce, with Alfalfa, Black Olives and Mozzarella. Piled with French Fries and Grilled Flank Steak. \$9.96
- #41 Black 'n Bleu**  
(Caesar Dressing)  
Romaine Lettuce, Herbed Croutons, Black Olives and Crumbled Bleu. Topped with Blackened Flank Steak. \$9.96

- #42 The Drew Carey**  
(Roasted Garlic Vinaigrette)  
Mixed Greens with Cheddar, Black Olives and Tomato. Topped with a Pile of French Fries and Blackened Flank Steak. \$9.96

## TACO, TURKEY & CHICKEN SALADS

- Taco Salad**  
(Buttermilk Ranch)  
Chilled Iceberg In a Taco Shell with Cheddar, Sour Cream, Tomatoes, Jalapenos and Chives.  
**#43 Seasoned Beef \$8.96**  
**#44 Chili \$9.96**  
**#45 Fajita Chicken or Steak \$9.96**

- #46 Turkey Club**  
(Buttermilk Ranch)  
Iceberg Lettuce topped with Julienne Turkey, Herbed Croutons, Tomato and Chopped Bacon. \$8.96

- #47 Buffalo Chicken**  
(Bleu Cheese)  
Iceberg Lettuce with Crumbled Bleu, Cucumbers and Celery. Topped with Buffalo Chicken Tenders. \$8.96

- #48 Crispy Chicken Club**  
(Buttermilk Ranch)  
Mixed Greens with Cheddar, Chopped Egg, Crispy Chicken, Chopped Bacon and Tomato. \$9.96

## TURKEY & CHICKEN SALADS

- #49 Napa Valley**  
(Raspberry Vinaigrette)  
Mixed and Wild Greens with Mozzarella, Red Grapes and Walnuts. Topped with Grilled Chicken. \$8.96

- #50 Longhorn**  
(Buttermilk Ranch)  
Mixed greens in a Taco Shell with Cheddar and Mozzarella, Tomato, Red Onion and Grilled BBQ Chicken. \$9.56

- #51 Santa Fe**  
(Caesar Dressing)  
Romaine Lettuce, Shredded Parmesan, Blue Tortilla Strips and Jalapenos. Topped with Grilled Chicken. \$8.96

- #52 Mardi Gras**  
(Caesar Dressing)  
Romaine Lettuce, Shredded Parmesan, Blue Tortilla Strips, Red Peppers, Red Onion and Walnuts. Topped with Blackened Grilled Chicken. \$9.56

- #53 Fajita Chicken**  
(Buttermilk Ranch)  
Mixed Greens topped with Mozzarella, Red Peppers, Red Onion and Grilled Fajita Chicken. \$8.96

- #54 The Caribbean Jerk**  
(Raspberry Vinaigrette)  
Mixed and Wild Greens topped with Mozzarella, Strawberries, Mandarin Oranges and Dried Cranberries with Grilled Caribbean Chicken. \$9.56

- #55 Ty Cobb**  
(Buttermilk Ranch)  
Mixed Greens with Julienne Turkey, Chopped Bacon, Chopped Egg, Tomato, Crumbled Bleu, Chopped Walnuts and Tomato. \$9.96

- #56 The Singapore**  
(Tossed with Singapore Sling)  
Chopped Nappa Cabbage, Purple Cabbage, Shredded Carrots, Chow Mein Noodles. Topped with Grilled Chicken and Sesame Seeds. \$8.56

All salads served with a fresh pretzel bagel. Salads Tossed or Chopped on Request.

## DRESSINGS

Dressing on Side Unless Noted. Extra Dressings \$.60

House Garlic Vinaigrette  
Balsamic Vinaigrette  
Greek Oregano Vinaigrette  
Raspberry Vinaigrette  
Roasted Garlic Vinaigrette  
Buttermilk Ranch  
Bleu Cheese  
Apple Bacon  
Creamy Caesar

Poppyseed Sweet & Sour  
Singapore Sling  
Honey French  
Green Goddess  
Fat Free Raspberry Mango  
Fat Free Toasted Sesame  
Fat Free Ranch  
Fat Free Italian  
La Flora Italian