

## **Page 1: Breakfast**

### **Pancakes**

- **Ingredients:** Flour, milk, eggs, baking powder, sugar, butter, maple syrup, berries, whipped cream
- **Price:** \$8.00

### **Avocado Toast**

- **Ingredients:** Sourdough bread, avocado, cherry tomatoes, feta cheese, olive oil, salt, pepper
- **Price:** \$7.50

### **Eggs Benedict**

- **Ingredients:** English muffin, eggs, Canadian bacon, hollandaise sauce, chives
- **Price:** \$10.00

### **Greek Yogurt Parfait**

- **Ingredients:** Greek yogurt, granola, fresh fruit (berries, bananas), honey
- **Price:** \$6.50

### **Oatmeal**

- **Ingredients:** Oats, milk, water, almonds, cranberries, brown sugar
- **Price:** \$5.00

### **French Toast**

- **Ingredients:** Bread, eggs, milk, cinnamon, vanilla extract, powdered sugar, maple syrup
- **Price:** \$7.00

### **Breakfast Burrito**

- **Ingredients:** Tortilla, scrambled eggs, cheese, sausage, bell peppers, onions, salsa
- **Price:** \$8.50

### **Bagel with Cream Cheese**

- **Ingredients:** Bagel, cream cheese, smoked salmon, capers, red onion
- **Price:** \$9.00

### **Smoothie Bowl**

- **Ingredients:** Acai berries, banana, almond milk, granola, coconut flakes, fresh fruit
- **Price:** \$8.00

## **Beverages**

### **Fresh Orange Juice**

- **Ingredients:** Oranges
- **Price:** \$3.50

### **Cappuccino**

- **Ingredients:** Espresso, milk
- **Price:** \$4.00

### **Green Smoothie**

- **Ingredients:** Spinach, banana, apple, almond milk
- **Price:** \$5.00

### **Herbal Tea**

- **Ingredients:** Herbal tea leaves
- **Price:** \$2.50

### **Iced Coffee**

- **Ingredients:** Coffee, ice, milk, sugar
- **Price:** \$3.00

### **Chai Latte**

- **Ingredients:** Black tea, spices, milk, sugar
  - **Price:** \$4.00
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## **Page 2: Lunch**

### **Caesar Salad**

- **Ingredients:** Romaine lettuce, Caesar dressing, croutons, Parmesan cheese
- **Price:** \$9.00

### **Grilled Chicken Sandwich**

- **Ingredients:** Grilled chicken breast, lettuce, tomato, mayonnaise, whole wheat bun
- **Price:** \$11.00

### **Veggie Wrap**

- **Ingredients:** Whole wheat tortilla, hummus, lettuce, tomato, cucumber, bell pepper, feta cheese

- **Price:** \$8.50

### **Tomato Basil Soup**

- **Ingredients:** Tomatoes, basil, garlic, onion, vegetable broth, cream
- **Price:** \$6.00

### **Quinoa Salad**

- **Ingredients:** Quinoa, black beans, corn, bell pepper, avocado, cilantro, lime dressing
- **Price:** \$10.00

### **BLT Sandwich**

- **Ingredients:** Bacon, lettuce, tomato, mayonnaise, toasted bread
- **Price:** \$9.00

### **Caprese Sandwich**

- **Ingredients:** Mozzarella, tomatoes, basil, balsamic glaze, ciabatta bread
- **Price:** \$10.00

### **Lentil Soup**

- **Ingredients:** Lentils, carrots, celery, onion, tomatoes, vegetable broth, spices
- **Price:** \$7.00

### **Chicken Caesar Wrap**

- **Ingredients:** Tortilla, grilled chicken, romaine lettuce, Caesar dressing, Parmesan cheese
- **Price:** \$10.00

### **Falafel Salad**

- **Ingredients:** Falafel, mixed greens, cucumber, tomato, red onion, tahini dressing
- **Price:** \$9.50

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## **Page 3: Dinner & Desserts**

### **Dinner**

#### **Grilled Salmon**

- **Ingredients:** Salmon fillet, lemon, garlic, olive oil, dill
- **Price:** \$18.00

#### **Spaghetti Bolognese**

- **Ingredients:** Spaghetti, ground beef, tomatoes, onion, garlic, olive oil, Parmesan cheese
- **Price:** \$14.00

### **Vegetarian Stir-Fry**

- **Ingredients:** Broccoli, bell peppers, carrots, snap peas, soy sauce, garlic, ginger, tofu
- **Price:** \$12.00

### **Chicken Alfredo**

- **Ingredients:** Fettuccine, chicken breast, Alfredo sauce, Parmesan cheese, garlic, butter
- **Price:** \$15.00

### **Beef Tacos**

- **Ingredients:** Ground beef, taco seasoning, tortillas, lettuce, tomato, cheese, sour cream
- **Price:** \$12.00

### **Shrimp Scampi**

- **Ingredients:** Shrimp, garlic, white wine, lemon, butter, parsley, linguine
- **Price:** \$16.00

### **BBQ Ribs**

- **Ingredients:** Pork ribs, BBQ sauce, spices
- **Price:** \$20.00

### **Mushroom Risotto**

- **Ingredients:** Arborio rice, mushrooms, onion, garlic, vegetable broth, Parmesan cheese
- **Price:** \$14.00

### **Grilled Vegetable Platter**

- **Ingredients:** Zucchini, bell peppers, eggplant, mushrooms, olive oil, herbs
- **Price:** \$13.00

### **Chicken Tikka Masala**

- **Ingredients:** Chicken, yogurt, tomatoes, onion, garlic, ginger, spices
- **Price:** \$17.00