

Better Bites Café

menu

PRISMA
HEALTH®

Eggs



Scrambled, fried, poached, hard boiled, omelet

Two eggs made your way

\$4.75 214 calories

With cheese and served with toast. Substitute fresh fruit for \$.50.



Pita egg sandwich

\$6.00 528 calories

Two eggs, spinach, tomato, cheese, served with fresh fruit



Breakfast burrito

\$5.75 582 calories

Black beans, 2 eggs, mixed vegetables, cheese, salsa

Add-ons:

Veggies	\$.85
Egg whites	\$1.00
Ham or turkey (2 oz)	\$1.00
Extra egg	\$1.10
Chicken (2 oz)	\$1.50
Turkey bacon (2 strips)	\$1.50
Veggie sausage (1 patty)	\$1.50
Side of fresh fruit	\$2.00
Steak (2 oz)	\$2.50



Breakfast hash

\$6.75 308 calories

Two sunny side up eggs, potatoes, spinach, turkey bacon



Asian egg bowl

\$6.75 273 calories

Two eggs, brown rice, vegetables, peppers, jalapenos, cheese, soy sauce, chipotle BBQ sauce, Yum Yum sauce



Breakfast bowl

\$6.00 242 calories

Two eggs scrambled, roasted potatoes, tomato, peppers, onion, cheese



French toast

\$6.75 515 calories

Served with turkey bacon and fresh fruit



Egg sandwich

\$3.99 274 calories

Two eggs prepared to order; choice of cheddar, feta or mozzarella cheese; on toast



Break-fa-dilla

\$6.25 568 calories

Two eggs scrambled, ham, cheese, peppers, onion, with salsa on the side

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs that may contain harmful bacteria may increase your risk of foodborne illness or death, especially if you have certain medical conditions.

Sandwiches, wraps, burger and salad

Served with chips



Turkey burger melt

\$7.99 571 calories

Turkey burger with mushrooms, onion, mozzarella



Turkinator 2.0

\$7.99 525 calories

Turkey, onions, banana peppers, mozzarella, cranberry chipotle jam



Chicken tender wrap

\$7.99 843 calories

Grilled or breaded chicken, greens, tomato, cheese, with ranch or honey mustard dressing

Add-ons:

Ham or turkey (2 oz)	\$1.00
Turkey bacon (2 strips)	\$1.50
Chicken (2 oz)	\$1.50
Side of fresh fruit	\$2.00
Steak (2 oz)	\$2.50



Chicken Philly pita

\$7.99 772 calories

Chicken, mozzarella, peppers, onions, with honey mustard glaze



Chicken Tex-Mex wrap

\$7.99 778 calories

Chicken, brown rice, black beans, peppers, onions, cheddar cheese, chipotle BBQ sauce



Buffalo chicken wrap

\$7.99 783 calories

Chicken, greens, tomato, cheese, with buffalo sauce, ranch dressing



Zesty Italian wrap

\$7.99 769 calories

Ham, pepperoni, greens, onions, mozzarella banana peppers, with balsamic glaze



Banana wrap

\$3.60 455 calories

Banana with peanut butter
No side



Black bean burger

\$7.99 417 calories

Black bean burger, spinach, sun-dried tomato, mozzarella, Yum Yum sauce or Asian aioli



Garden salad

\$6.00 196 calories

Greens, carrots, cucumbers, tomatoes, peppers, cheese
Dressings: Balsamic, honey mustard, ranch

Deluxe banana wrap

\$4.10 627 calories

Banana with peanut butter, almonds, raisins and honey
No side

Rice bowls and quesadillas



Chicken stir-fry

\$7.99 516 calories

Vegetables, brown rice, pineapple, sesame ginger sauce



Chicken hibachi

\$7.99 607 calories

Vegetables with carrots, brown rice, soy sauce, lemon juice, butter, Yum Yum sauce



Beef stir-fry

\$8.99 527 calories

Vegetables with carrots and broccoli, brown rice, sesame ginger sauce

Add-ons:

Chicken (2 oz)	\$1.50
Fresh fruit	\$2.00
Shrimp (2 oz)	\$2.00
Steak (2 oz)	\$2.50



Orange sesame chicken

\$7.99 600 calories

Grilled or breaded chicken, rice, peppers, onion, orange zest. Served mild, medium or hot



Chicken Tex-Mex bowl

\$7.99 628 calories

Chicken, brown rice, black beans, spinach, peppers, onions, cheddar cheese, chipotle BBQ sauce



Seven seas tuna

\$9.25 362 calories

Tuna, riced cauliflower, peas, carrots, sesame ginger dressing



Chef special chicken quesadilla

\$8.25 841 calories

Chicken, black beans, brown rice, onions, mushrooms, cheddar cheese
Served with chips and salsa



Billy Bonarroo quesadilla

\$8.99 848 calories

Chicken, steak, vegetables, Southwest corn, cheddar cheese, Cajun seasoning, chipotle BBQ sauce
Served with rice and chips and salsa



Chicken fajita bowl

\$7.99 470 calories

Grilled chicken, mojito lime, peppers, onions, cheddar cheese, jalapenos, side salsa

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Kids menu

For the 16 and under crowd. | Served with chips and salsa or fresh fruit.



Grilled cheese
\$4.50 288 calories



PB&J
\$4.50 400 calories



Cheese quesadilla
\$4.50 308 calories
With salsa upon request



Chicken quesadilla
\$5.00 378 calories
With salsa upon request



Chicken tenders
\$5.00 190 calories
With BBQ sauce, honey mustard, ranch or ketchup

Ask about our baked goods, smoothies and chef-prepared meals!

