



Where making a healthy choice becomes second nature.

- ◆ Provides the most food volume and nutrients for a given amount of calories
- ◆ Visual representation of a Mindful plate
- ◆ Key to taking that series of small steps that helps make healthy choices second nature
- ◆ Look for the Heart Symbol to lead you towards a healthier choice



- ◆ Myfitnesspal App/website will track food and activity
- ◆ Myfitnesspal contains Thousands of Sodexo foods including all Mindful items in the database
- ◆ 1.8 million foods items in total are available on Myfitnesspal
- ◆ Contact Our Dietitian or Retail Manager for assistance with these programs



Questions Call

Michael Daley - Retail Manager

E-mail: michaeld@moravian.com

X-1355 - Office

Seating

First come, first serve

Service

Serve Yourself or Service

Provided If Needed

Clearing your table will be greatly appreciated

Hours of Operation

Sunday

11:00 am to 7:00 pm

Monday

10:30 am to 7:00 pm

Tuesday thru Friday

8:30 am to 7:00 pm


Saturday

10:00am to 7:00pm

Café Closed Each Day

Between

2:00 pm & 3:00 pm



family & togetherness

Inspired Cooking in a Casual Family Setting
Freshly Made Grill, Deli, and Hot Bar
Options

Reservations & Orders
Phone: 610-746-1035

Breakfast

Create your favorite breakfast fare with our freshly made choices. All eggs are served with toast.

2 Eggs Any Style	\$2.59
Plain Omelet Omelet toppings \$.29 each	\$2.59
Pancakes with Syrup	\$2.79
French Toast with Syrup	\$2.79
Breakfast Sandwich Egg, Cheese, & Choice of Bread	\$3.09
Breakfast Sandwich w/ Meat Egg, Cheese, Choice of meat & Choice of Bread	\$3.49
Hash Brown Potatoes	\$1.29
Sausage, Bacon, or Ham	\$1.29

Muffin Wednesday's

Freshly Baked Muffin &

Coffee ... **\$1.99**

Saturday Brunch ... **\$8.79**

10:00 am to 2:00 pm

Good Spirit Baking & Catering Available

Year Round

Stop In To Try Our
Full Menu Today!

Fresh From the Deli

Choose from one of our delicious freshly made sandwiches. All Served with Chips and a Pickle.

Turkey Sandwich	\$4.19
Ham Sandwich	\$3.79
Roast Beef Sandwich	\$4.19
BLT Sandwich	\$3.59
Tuna Salad Sandwich	\$3.69
Chicken Salad Sandwich	\$4.19
Egg Salad Sandwich	\$3.79
Italian Sub	\$4.59
1/2 Sandwich & Cup of Soup	\$4.19

Fresh From the Deli - Salads

Choose from one of our delicious freshly made salad

Fresh from the Garden Salad 	\$4.29
Lettuce, cucumbers, tomato, onion, peppers, & Mushrooms w/ choice of dressing	
Chicken Caesar Salad 	\$5.69
Romaine lettuce, grilled chicken, parmesan cheese, peppers, croutons, & Caesar dressing	
Chef Salad	\$5.79
Lettuce, ham, turkey, roast beef, egg, pickle, cucumber, & tomato w/ a choice of dressing	
Asian Chicken Salad	\$5.79
Lettuce, grilled chicken, chow mien noodles, sesame seeds, oranges, & Asian dressing	
Café Trio Salad	\$5.69
Lettuce, chicken, egg, & tuna salad, cucumbers, & tomato w/ a choice of dressing	

Hot Off the Grill

Choose from one of our delicious freshly made sandwiches. All Served with Chips and a Pickle.

Hamburger Add Cheese \$.20	\$4.09
Grilled Chicken Breast Sandwich	\$3.99
Bistro Turkey Burger 	\$4.29
Chicken Finger Basket w/ Fries	\$5.09
Shrimp Basket w/ Fries	\$5.19
Monterey Black Bean Burger 	\$4.79
Jumbo Hot Dog	\$2.99
Boneless Chicken Wings Buffalo Sauce, Ranch, BBQ, Asian	\$3.99
Chicken Roma Sandwich 	\$4.99
Grilled Chicken, Spinach, Tomato, Mozzarella & Pesto	
Honey BBQ Chicken Sandwich	\$4.29
Grilled Chicken, Sautéed Onions, Lettuce, Tomato, BBQ Ranch Sauce 	
French or Sweet Fries	\$1.89

Beverages

Coffee	\$1.39
Cappuccino or Latte	\$2.99
Gold Peak Tea (unsweetened black, sweetened green, & raspberry)	\$1.39
Bottled Soda or Water	\$1.39
Vitamin Water or Juice	\$1.79
Fruit Smoothie & Milkshake (strawberry, mango, banana, & pina colada) (vanilla, chocolate, & strawberry)	\$2.99