

# THE EARLY BIRD

breakfast

## Cheese Omelet

Served with your choice of side  
Additions: ham, bacon, mushroom, green onion, peppers, tomato, spinach, cheddar, pepper jack, Swiss or American cheese  
(.49ea)  
4.59

## Huevos Rancheros

Two eggs any style on a bed of breakfast potatoes with sausage, peppers and onion with fresh fruit  
4.99

## Build Your Own Breakfast Sandwich

Choose type of egg, meat, cheese and bread (bagel, English muffin or croissant)  
Starting at 3.29 plus meat

## 2 Eggs Your Way

Two eggs any style served with breakfast potatoes and choice of side  
3.49

## Sides

French Toast 2.89 Oatmeal 1.99  
Bacon (1) 0.79 Sausage (1) 0.79  
Breakfast Potatoes 1.59 Toast (1) 0.59  
Egg (1) 0.99 Fresh Fruit Cup 1.59  
Bagel 1.59 Toast 0.59 English Muffin 1.19

All condiments and toppings are extra charge

# wild greens

## Spinach and Arugula Salad

Onion, seasonal fruit, boiled egg, crouton, blue cheese, tomato and black pepper vinaigrette  
5.99

## Tuna Niçoise Salad

Baby lettuce, tuna, boiled egg, pepper and potato, olive, beans and tomato with balsamic vinaigrette  
6.29

## Chinese Chicken Salad

Cabbage, arugula, romaine, chicken, carrot, green onion, mandarin oranges, crisp wonton and peanut dressing  
6.29

## Add-ons:

Grilled Salmon +3.29  
Grilled Chicken Breast +1.99  
20oz Bottled Water +1.29

# SODELI

## Build Your Own Sandwich

6.59

Meat: Choose 1: Turkey, Ham, or Roast Beef  
Cheese: Choose 1: Cheddar, Swiss, Pepper Jack or American  
Toppings: Mayo, Mustard, Basil or Chipotle Aioli, Lettuce, Tomato, Pickle and Onion  
Bread: White, Multi-grain, Marble Rye, Sesame or Wheat Bun

\*All sandwiches served with choice of french fries, sweet potato fries, kettle chips or fresh fruit cup\*

Soup of the Day: 2.19

## Make it a combo:

Half sandwich with a cup of soup: 5.79

# CHEF'S

# EXHIBIT

**Traditional Beef Lasagna** Served with fresh green beans 5.99

**Fish Tacos** Tilapia, pico de gallo, cilantro cream served with brown rice 5.99

**Personal Pizza:** Pepperoni or Cheese  
4.99 or 4.69

**Quesadilla:** Served with sour cream, pico de gallo and guacamole. Cheese 4.69, Vegetable 4.99, add Chicken +1.99

**Roasted Chicken Quarter with Herb Jus**  
Served with homemade mashed potatoes  
4.99

# grilled

**Build Your Own Burger** Choice of Beef, Turkey or Black Bean. Same topping options as the deli. Served with a choice of fresh fruit, french fries or sweet potato fries  
6.99

## Kid Friendly Entrees:

Chicken Fingers 4.19  
Grilled Cheese 3.99  
Mac & Cheese 3.99  
Peanut Butter Jelly Sandwich 3.49  
Hot Dog 3.49

\*Served with a choice of fresh fruit, french fries or sweet potato fries \*

## Sides:

Fresh Fruit Cup 1.59  
French Fries 1.59  
Sweet Potato Fries 1.59  
House Kettle Chips 1.19  
Fresh Vegetables 1.59

# Crave

SMOOTHIES

## Strawberry and Banana

Fresh Strawberries and Banana with Yogurt

## Peanut Butter and Banana

Peanut Butter, Fresh Banana and Yogurt

## Mango

Mango Puree and Orange Juice

## Green Machine

Spinach, Banana, Strawberries, Honey and Orange Juice

Small - 3.69 Large - 4.29

\*Add a Scoop of Protein Powder  
(Vanilla or Chocolate)\* 1.49

## Beverages



### Coffee:

Small 1.99 Medium 2.19 Large 2.39

### Espresso:

Single 1.69 Double 2.29

Café Mocha 3.39 3.99 4.59

Café Americano 2.49 2.79 3.09

Carmel Macchiato 3.39 3.69 3.99

Cappuccino 2.69 3.29 3.89

Café Latté 2.69 3.29 3.89

### Fountain Drink

Small 1.59 Large 2.19

Hot Chocolate 1.99

Tazo Hot Tea 1.19

## Hours of Operation

Monday-Thursday  
7am-8pm

Friday-Saturday  
7am-2pm

Sunday  
Closed

(847) 535-7100

Call ahead to have your food  
waiting for you!



Lake Forest  
Health & Fitness Center

## The Forest Café

At Lake Forest  
Health & Fitness  
Center