
BREAKFAST - ALL DAY

Rise & Shine 4.75

2 eggs scrambled, your choice of cheese, served with your choice of bread, as a sandwich or on the side

Cardo Breakfast 3.50

3 eggs your way and your choice of bread
add cheese 1.00

Breakfast Wrap 5.50

3 eggs scrambled with crispy hash browns and your choice of cheese.
Served on your choice of wrap.
salsa & sour cream on request

Omelet or Scrambler 8.25

3 eggs & your choice of cheese, served with your choice of bread.
add any additional vegetables of your choice - diced tomatoes, diced mushrooms, diced onion, fresh spinach, sliced jalapenos, red peppers, kalamata olives

Pancake 2.00

1 pancake cooked on the grill until golden brown, served with 2 butters & 1 syrup

Bagels 2.50

plain, cinnamon raisin or everything, toasted & served with butter or cream cheese

Yogurt Parfait 2.50

fresh fruit on the bottom with low fat plain yogurt, topped with golden honey, served with granola made with honey, raisins & almonds

Muffins

assorted varieties
regular 2.00 | large 2.70

Cheese Options

shredded cheddar, shredded mozzarella, sliced american

Bread Options

rye, wheat, sour dough, challah, challah roll

Wrap Options

wheat, spinach, cheddar jalapeno

LUNCH - ALL DAY

MAKE IT A COMBO

small sweet potato fries, french fries, onion rings, curly fries or chips & fountain drink, add 2.50

cup of soup & a fountain drink, add 2.90

low carb or gluten free wrap, add 0.50

Cardo Original Tuna Salad 8.30

albacore tuna mixed with diced red apples, shredded carrots, diced red onion & mayonnaise, served on your choice of bread or wrap with fresh green leaf lettuce & sliced tomatoes

Cardo Original Egg Salad 8.40

chopped hard boiled eggs mixed with dill, garlic & herbs, chives & mayonnaise, served on your choice of bread or wrap with fresh green leaf lettuce & sliced tomatoes

Falafel Wrap 8.00

4 fried falafel balls served on your choice of wrap with homemade hummus, fresh green leaf lettuce, diced tomatoes & diced cucumber

Greek Wrap 8.20

fresh green leaf lettuce, diced tomatoes, diced cucumbers, diced red onion, crumbled feta, chopped kalamata olives with a homemade vinaigrette on your choice of wrap

1/2 Sandwich or Wrap 4.10

tuna, egg, falafel or greek on your choice of bread or wrap

Veggie Burger 6.60

grilled Morning Star™ burger made with green leaf lettuce & sliced tomato, served on a toasted challah bun

Late Riser 6.20

3 scrambled eggs & your choice of cheese with fresh green leaf lettuce & sliced tomatoes, served on your choice of bread

Tuna Melt 8.30

original cardo tuna salad with american cheese served on wheat bread, toasted on the grill until golden brown & melted

PB&J 2.80

your choice of strawberry or grape jelly & peanut butter served on wheat bread

Kids Grilled Cheese 3.20

sliced american cheese served on wheat bread, toasted on the grill until olden brown & melted

Grown Up Grilled Cheese 7.70

sliced american, shredded mozzarella & shredded cheddar cheese with homemade pesto served on your choice of bread, toasted on the grill until golden brown & melted

Vegetarian Chicken Sandwich 5.80

fried vegan chicken cutlet, with lettuce & tomato, served on a toasted challah roll
add cheese 1.00

Vegetarian Chicken Caesar Wrap 9.50

fried vegan chicken cutlet, fresh green leaf lettuce, diced tomatoes, homemade caesar dressing, grated parmesan cheese & French's™ crispy onions, served on your choice of wrap

Vegetarian Buffalo Wrap 5.50

fried vegan chicken cutlet, fresh green leaf lettuce, diced tomatoes drizzled with a spicy buffalo sauce, served on your choice of wrap
ranch on request

Quesadilla 7.20

mix of shredded cheddar & shredded mozzarella cheese served on your choice of wrap, with salsa & sour cream

add any vegetables of your choice: black beans, diced tomatoes, diced mushrooms, diced onion, fresh spinach, sliced jalapenos, sliced red peppers, kalamata olives

Personal Pizza 7.00

pocketless pita with marinara sauced & shredded mozzarella cheese
any vegetables of your choice: diced tomatoes, diced mushrooms, diced onion, fresh spinach, sliced jalapenos, sliced red peppers, kalamata olives

SOUP, SIDES & MORE

Homemade Soup of the Day

cup 2.90 | bowl 4.35

Crinkle Cut Fries

small 2.30 | large 3.10

cinnamon & sugar 0.50

garlic parmesan 1.00

Sweet Potato or Curly Fries

small 2.50 | large 3.30

cinnamon & sugar 0.50

garlic parmesan 1.00

Onion Rings

small (6) 2.40 | large (12) 4.10

Mozzarella Sticks (6) 3.50

with marinara dipping sauce

Hash Browns 0.90

Scoop Tuna Salad (4oz) 3.50

Scoop Egg Salad (4oz) 3.50

Hard Boiled Egg 0.90

Tuna & Chips or Tuna & Salad 5.00

small scoop tuna salad with your chose
of homemade tortilla chips or side salad

Chips 0.90

Appetizer Sampler 8.00

pick 2 fries (crinkle cut fries, seasoned curly fries, sweet potato fries), with 6 onion rings & 3 mozzarella sticks, served with a side of ranch, honey mustard, BBQ, chipotle & marinara sauces

Cheese Tortellini 6.00

multi colored cheese tortellini mixed with roasted red peppers, sauteed red onions, shredded parmesan cheese & italian dressing

Add

vegan chicken cutlet 2.00

falafel (4 balls) 2.00

any dipping sauce or dressing 0.50

extra cream cheese 0.25

Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.

SMOOTHIES

2 cups fruit recommended per smoothie
~ We do not add ice or extra water to our smoothies ~

FRUIT (price per cup)

strawberries 2.30
bananas 1.75
peaches 2.20
blueberries 2.85
pineapple 2.90
mango 2.70
spinach 2.00

LIQUID

water
milk (2% or skim)
soy milk
almond milk
apple juice
orange juice
cranberry juice

MAKE IT SWEET

honey
sugar
equal
splenda
sweet'n low
stevia

ADD FLAVOR

ginger
cinnamon
vanilla
cocoa powder

ENERGY BOOST (optional)

protein powder (vanilla) 0.75 | peanut butter 0.50 |
almonds 0.75 | flax seed 0.50 | yogurt 0.50 | oats 0.50

DRINKS

Regular & Decaf Coffee

large 1.70 | small 0.90

Gourmet Coffee Drinks \$3

mocha, espresso, cappuccino, hot chocolate
assorted syrups on request

Hot Tea 1.40

Fountain Drinks 1.79

Milk 0.90

Bottled Water 0.90

Juice Box 0.90

SELF-SERVE SALAD BAR

0.60 per ounce - minimum 6 oz

Monday 12pm-2pm

Tuesday-Friday 11am-2pm

Email your orders to
lunch @ ujft.org

All major credit cards accepted
with a \$5.00 minimum purchase.
(excludes sales tax)

Cardo Cafe gift cards available for purchase

The
CARDO
CAFÉ

UJFT Community Campus, LLC
5000 Corporate Woods Dr | Suite 200
Virginia Beach, VA 23462

The
CARDO

CAFÉ

MENU

lunch@ujft.org

MONDAY - FRIDAY 9AM-2PM

SATURDAY & SUNDAY
CLOSED

ON THE REBA & SAM SANDLER FAMILY CAMPUS
OF THE TIDEWATER JEWISH COMMUNITY