**BREAKFAST - ALL DAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Rise &amp; Shine</td>
<td>$4.75</td>
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<tr>
<td>2 eggs scrambled, your choice of cheese, served with your choice of bread, as a sandwich or on the side</td>
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<tr>
<td><strong>Cardo Breakfast</strong></td>
<td>$3.50</td>
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<tr>
<td>3 eggs your way and your choice of bread</td>
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<tr>
<td>add cheese $1.00</td>
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<tr>
<td><strong>Breakfast Wrap</strong></td>
<td>$5.50</td>
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<tr>
<td>3 eggs scrambled with crispy hash browns and your choice of cheese served on your choice of wrap</td>
<td></td>
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<tr>
<td>salsa &amp; sour cream on request</td>
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<tr>
<td><strong>Omelet or Scrambler</strong></td>
<td>$8.25</td>
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<tr>
<td>2 eggs &amp; 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 jalapeños, red peppers, kalamata olives</td>
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<tr>
<td><strong>Pancake</strong></td>
<td>$2.00</td>
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<tr>
<td>1 pancake cooked on the grill until golden brown, served with 2 butters &amp; 1 syrup</td>
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<tr>
<td><strong>Bagels</strong></td>
<td>$2.50</td>
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<tr>
<td>plain, cinnamon raisin or everything, toasted &amp; served with butter or cream cheese</td>
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<tr>
<td><strong>Yogurt Parfait</strong></td>
<td>$2.50</td>
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<tr>
<td>fresh fruit on the bottom with low fat plain yogurt, topped with golden honey, served with granola made with honey, raisins &amp; almonds</td>
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<tr>
<td><strong>Muffins</strong></td>
<td></td>
</tr>
<tr>
<td>assorted varieties</td>
<td></td>
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<tr>
<td>regular $2.00</td>
<td>large $2.70</td>
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<tr>
<td><strong>Cheese Options</strong></td>
<td></td>
</tr>
<tr>
<td>shredded cheddar, shredded mozzarella, sliced american</td>
<td></td>
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<tr>
<td><strong>Bread Options</strong></td>
<td></td>
</tr>
<tr>
<td>rye, wheat, sour dough, challah, challah roll</td>
<td></td>
</tr>
<tr>
<td><strong>Wrap Options</strong></td>
<td></td>
</tr>
<tr>
<td>wheat, spinach, cheddar jalapeno</td>
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</tbody>
</table>

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

**LUNCH - ALL DAY**

**MAKE IT A COMBO**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>small sweet potato fries, french fries, onion rings, curly fries or chips &amp; fountain drink, add 2.50</td>
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<tr>
<td>cup of soup &amp; a fountain drink, add 2.90</td>
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<tr>
<td><strong>low carb or gluten free wrap, add 0.50</strong></td>
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**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

a 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 golden 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 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

**Personal Pizza** $7.00

pocketless pita with marinara sauce & shredded mozzarella cheese any vegetables of your choice: diced tomatoes, diced mushrooms, diced onion, fresh spinach, sliced jalapeños, 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 $3.00
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

**Cheese Tortellini** $6.00

multi colored cheese tortellini mixed with roasted red peppers, sautéed 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

**Vegetarian Chicken Caesar Wrap** $9.50

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

**Tuna & Chips or Tuna & Salad** $5.00

small scoop tuna salad with your choice 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

**Mozzarella Sticks** $6.00

pick 2 mozzarella sticks with roasted red peppers, sautéed red onions, shredded parmesan cheese & Italian dressing

**Hash Browns** $0.90

**Scoop Tuna Salad** $3.50

**Scoop Egg Salad** $3.50

**Hard Boiled Egg** $0.90
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

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