

CAFÉ FAVORITES

- Quiche with Soup or Half Salad 6.95
- Quiche with a side \$5.95
- Quiche alone 4.50
- Spinach Stuffed Potato with Soup or Half Salad 6.95
- Potato alone 4.50
- Half Deli Style Sandwich with Soup or Half Salad 6.95
- Half Deli Style Sandwich with a side 4.95
- Soup and Half Salad 6.95
- Bowl of soup 3.50
- Cup of soup 1.95
- Grilled Pita Bread 1.25
- 4 oz. Sun-dried Tomato Hummus with Pita 3.75

See Board for Daily Specials

JUST FOR KIDS!

for kids 8 and under only

1/2 sandwich with side 3.95

Choose Bread: White or Wheat, (3-seed .25 extra)

Choose Inside: Ham & Cheese, Turkey & Cheese,
Grilled Cheese, or Peanut Butter & Grape Jelly

Choose Spread: Mayo or Mustard

Choose Side: Chips, Pretzels or Fruit (seasonal)

BEVERAGES

Tea, Soda, Lemonade, Bottled Water

(Free refills dine in only)

Cup of ice or water .35

DESSERT

Daily Homemade Cake, Pie, Cheesecake or Treats

Cookies

LARGER QUANTITIES:

Advanced notice may be needed

By the Pound:

- Chicken Salad or Tuna Salad 8.95
- Pimento Cheese or Egg Salad 6.95
- Pasta Salad or Potato Salad 4.95
- Broccoli Salad or Fruit Salad 6.95

Other Options:

- Whole Quiche 25.00
- Whole Cheesecake 35.00
- Whole Cake 25.00 Whole Pie 15.00

Soups available by the quart

**We are also available for
all of your catering needs!**

ABOUT US ...

Fresh Choice café opened December 21, 1998. Judy & Miriam, the founding owners, wanted a place where folks could get "healthy foods" fast. Made from scratch soups, fresh produce, whole grains, fresh fruits and veggies are the specialty. The goal was to make it easier for people to eat healthier.

On March 15, 2003 Amanda Myres Sullivan purchased the café and had the pleasure of continuing this commitment to you.

In May 2007, Patty Eiland and her sister, Judy Powell, purchased the Café and continued to serve the same healthy foods. When asked why they moved to NC, both sisters shrug and say, "we don't know why, but we love it here!"

Thank you for choosing the Fresh Choice Café for lunch today!



805 Wicker Street Sanford NC 27330

Open:

Monday through Thursday 11:00 am - 8:00 pm
Friday 11:00 am - 2:30 pm

Phone (919) 775-6008 Fax (919) 777-9579

Call for our daily specials, soups & quiche

**Full Catering Service Available
Monday through Saturday**

FROM THE GARDEN PATCH

Fresh Choice: Cucumber, carrots, onion, zucchini, peppers, cabbage & tomato on green leaf. Lg 5.50, Sm 4.50

Caesar: Romaine, bacon bits, croutons & parmesan tossed in Caesar dressing. Lg 5.50, Sm 4.50

Southwest: Black beans & corn, tortilla chips, tomato, peppers, onions & cheddar on green leaf Lg 5.95 Sm 4.95

BLT Salad: Bacon, tomato, cheddar on green leaf 5.50

Spinach: Mushrooms, onion, egg, bacon, pecans & mandarin oranges on spinach leaves. Lg. 6.75, Sm 5.75

Greek: Olives, onions, tomato & feta on green leaf with a side of balsamic vinaigrette Lg. 6.75 Sm. 5.75

Café Choice: Turkey, havarti, granny-smith apples & sunflower seeds on green leaf with fat-free raspberry dressing. 6.95

Chef: Turkey, ham, cheddar, egg & veggies on green leaf 6.95

Chicken or Tuna Salad Plate: with a garden salad and side item of your choice. 6.95

Vidalia Onion Chicken Salad: Bacon, tomato, cheddar and chicken on green leaf. Lg. 7.25, Sm. 5.95

Add ons ...

Grilled chicken 1.95 Grilled Tuna Steak 2.50

Chicken or Tuna Salad Scoop 2.50 Veggies .25

DRESSINGS

Balsamic Vinaigrette, FF Raspberry, FF Ranch, Ranch, 1,000 Island, Vidalia Onion, Honey French, Honey Mustard, Bleu Cheese, Caesar, Poppyseed

SIDE ITEMS

Pasta Salad, Potato Salad, Cranberry Salad,
Broccoli Salad - Fruit Cup (seasonal) - Cole Slaw 1.95
Cup of Soup 1.95
Potato chips, Pretzels .75

SIGNATURE SANDWICHES & WRAPS

Served with a pickle & choice of side.

Substitute bowl of soup or half salad for 1.95

Bread Choices: 3-seed, White, Wheat, Rye, Wrap

Sandwiches served on 3-seed unless otherwise specified.

Veggie Wrap: Lettuce, tomato, carrots, mushrooms, onions, cucumber, sprouts & sun-dried tomato hummus in a flour tortilla. 6.25 (also great on 3-seed)

Veggie Burger: Loaded with all our veggies, topped with honey mustard, on a toasted 3-seed bun 6.95

The Cucumber: House spread, cucumber, tomato, lettuce & havarti on 3-seed. 5.75

Portabella: Marinated portabella mushrooms, roasted red peppers, provolone, spinach & basil dressing on a grilled club roll 6.95

Kelly Club: Turkey, ham, bacon, cheddar, honey mustard & lettuce on 3-seed 6.25 Great grilled too!

Café Choice: turkey, havarti, granny smith apples & house spread on 3-seed. 6.25

French Ham n Swiss: Ham marinated in French dressing, Swiss, lettuce, tomato & caramelized onion aioli on a toasted wheat hoagie roll 6.75

Italian Roast Beef: Roast beef marinated in Italian dressing with grilled peppers & onions and havarti on a toasted hoagie roll 6.75

The Firecracker: Turkey, sprouts, tomato, cheddar and chipotle on toasted 3-seed 6.25

Turkey Melt: Turkey, cheddar and bacon on a toasted croissant. 6.35

Tuna Melt: Tuna salad, tomato & melted Swiss grilled on 3-seed. 6.35

Tuna Salad: with lettuce & tomato on 3-seed. 5.95

Chicken Salad: with lettuce & tomato on toasted 3-seed. 5.95. Substitute croissant. 6.25

Egg Salad: 4.75

Pimento Cheese: grilled. 4.95

Grilled Three Cheese: Swiss, Havarti & cheddar grilled on 3-seed. 4.50 (provolone cheese may be substituted)

Classic Chicken Wrap: Grilled chicken, corn, ranch and lettuce in a tortilla wrap. 6.75

Chicken Caesar Wrap: Grilled chicken, parmesan, bacon, Caesar dressing and romaine in a tortilla wrap 6.75

Southwest Chicken Wrap: Grilled chicken, black beans & corn, lettuce, tomato, onion, shredded cheddar & chipotle in a tortilla wrap 6.95

Mr. Fancy Pants: Roast beef, tomato, onion, provolone, lettuce & chipotle in a tortilla wrap. 6.75

BLT: with mayo in a wrap. 5.75 (also great on 3-seed)

Reuben: Corned beef, sauerkraut, 1,000 Island & Swiss grilled on rye. 6.25 **Rachel** same but with turkey 6.25

Grilled Chicken Sandwich: with lettuce, tomato and mayo on a kaiser roll. 6.75

Grilled Tuna Steak Sandwich: with lettuce, tomato, onion & dijon on a kaiser roll. 7.50

Caribbean Chicken: Grilled chicken, Havarti, pineapple, lettuce & jerk sauce on a kaiser 6.95

The Elvis: Banana, bacon, peanut butter & honey grilled on white bread. 4.50

Design Your Own: 6.25

Choose Bread: 3-seed, White, Wheat, Rye or Wrap

Choose 1 Meat: Turkey, ham, roast beef or bacon

Choose 1 Cheese: Swiss, Provolone, Cheddar or Havarti

Choose 3 Toppings: Lettuce, tomato, sprouts, onion, cucumber, carrots or mushrooms

Choose Spread: Dijon, yellow or honey mustard, mayo, chipotle spread, creamy horseradish spread

Sandwich & Wrap Add Ons ...

Veggies: .25 Cheese: .25

Bacon: .50 Hummus: .25 Deli Meat: 1.25

Croissant, Kaiser roll or 3-seed bun: .50