SMOOTHIES

Refreshing Real Fruit Fusions

16 oz. $4.00

Berry Fusion: Blackberries, Blueberries, Raspberries, Strawberries, Banana, Cranberry Juice & Honey

Peanut Butter & Banana: Banana, Skim Milk, Frozen Low-Fat Yogurt & Peanut Butter

Razzle Dazzle: Pineapple, Pineapple Juice & Raspberries

The Boss: Banana, Pineapple, Pineapple Juice & Frozen Low-Fat Yogurt

Tri Berry: Strawberries, Raspberries, Cranberry Juice, Plain Yogurt & Honey

Killer Tofu: Banana, Strawberries, Tofu, Orange Juice & Honey

Blueberry Blast: Blueberries, Pineapple, Pineapple Juice & Frozen Low-Fat Yogurt

Banana Shake: Banana, Skim Milk & Frozen Low-Fat Yogurt

SNACKS & BEVERAGES

New York Style Bagels (Everything, Multigrain, Cinnamon Raisin & Blueberry)

Your choice of margarine, light cream cheese or peanut butter

- Hummus
  - A fabulous blend of garbanzo beans, tahini, garlic & lemon juice
  - $1.00

- Fiesta
  - Black beans, corn, red onion, salsa, cilantro & rice vinegar
  - $1.75

Soup of the Day

- $2.75
- With Mini Wrap $4.50

Fresh Cut Carrots, Celery & Snow Peas

With Dressing: Ranch, Raspberry Vinaigrette, Italian or Caesar

- $1.75

With Hummus

- $2.50

Pura Vida Coffee

- refills $1.39
- Certified Fair Trade, Organic, Shade Grown $1.59

Hot Tea

- Green, Lemon Lift, Cranapple, Earl Grey, Cinnamon Stick, Chai
  - $1.29

WRAPS

Spinach • Honey Wheat • Sun-Dried Tomato & Basil

Garden Party $3.75

A healthy thick spread of spiced hummus with veggies.

Black Bean Gardenburger™ $3.75

Black bean burger with your choice of vegetables on a whole wheat bun.

Southwest Fiesta $4.00

A thin spread of hummus, black beans, corn, red onion, mixed peppers, salsa, cilantro & rice vinegar.

Tuna Salad $4.50

 Chunk light tuna mixed with a combination of light mayo dressing, celery & dill relish.

Tuna Melt $4.00

One scoop of tuna on a toasted whole wheat bun with your choice of cheese.

Turkey Delight $4.75

Lean sliced turkey breast and your choice of vegetables & dressing.

Chicken Breast $5.00

Chicken breast and your choice of vegetables & dressing.

Buffalo Chicken $5.00

Chicken breast, crisp romaine lettuce, celery, red onion, blue cheese & hot sauce.

Chicken Caesar $5.25

Chicken breast, crisp romaine lettuce & grated parmesan cheese.

Mini Wraps $2.25

Small plain wrap filled with a scoop of Southwest Fiesta OR Tuna Salad

Peanut Butter & Banana or Strawberry Empanada $2.00

Creamy peanut butter and fresh cut banana or strawberry preserves spread upon a honey wheat tortilla folded and cut into 4 simple wedges.

With Skim Milk $2.50

SALADS & PIZZA

DRESSINGS

Lite Ranch • Lite Raspberry Vinaigrette • Lite Italian Caesar • Blue Cheese

Lean Green Protein Salad

Mixed greens topped with your choice of lean turkey or grilled chicken & your choice of a variety of fresh cut vegetables

- With Turkey $4.75
- With Chicken $5.00

House Salad

A crisp mix of romaine lettuce and mixed greens & your choice of a variety of fresh cut vegetables

- Small $3.50
- Large $4.50

Greek Salad

Romaine lettuce, tomato, red onion, cucumber, kalamata olives, feta cheese & Greek dressing

- $4.75

Tuna Salad $2.25

One scoop of tuna on a bed of greens

Caesar Salad $3.50

Crisp romaine lettuce, grated parmesan cheese & croutons

Chicken Caesar $5.25

Chicken breast, crisp romaine lettuce, grated parmesan cheese & croutons

Vegetable Pizza $4.50

Tomato-basil sauce, parmesan & mozzarella cheese and your choice of vegetables

Pepperoni Pizza $5.00

Tomato-basil sauce, parmesan & mozzarella cheese, pepperoni and your choice of vegetables

Add cheese to any wrap/sandwich/salad $0.40

- Provolone
- Spicy Pepper Jack
- Mild Cheddar
- Swiss
Availability
Plan to have your next department, program, or club meeting at the new Food 4 Thought Cyber Café. We offer a wide variety of healthy, fresh made wraps, salads, soups, & real fruit smoothies that will satisfy your appetite and your budget*. Many vegetarian options are available.

Nutrition
If you would like, Registered Dietitians are available and willing to speak upon request. Special topics include: Nutrition and the Athlete, The New Food Guide Pyramid, Vegetarianism, Weight Loss, Holiday Eating, Fad Diets, Trans Fats, Heart Healthy Diets and Diet & the Prevention of Chronic Diseases.

Technology
The Café offers a comfortable wireless atmosphere with two large screen LCD displays which can project video and sound from a computer, DVD, camcorder, or other device for group presentations. Also, if the meeting occurs outside of the normally scheduled hours of tech support (TBD), special arrangements can be made for assistance with, projection, general troubleshooting, and most other technology needs.

With proper approval, we can bill your account directly for your charges. We welcome you and look forward to seeing you at the Café very soon!

**GREAT SAVINGS**
*Plan your gathering of 10-30 people on a Friday and receive a 10% discount on your food order.

The Food 4 Thought Cyber Café is independent of KSU Dining services and all café employees are in either in the Nutrition & Dietetics or Hospitality Management programs at KSU. All profits are allocated for student initiatives.