

WellSpring Café Menu

Veggie Burger \$6.50

Served with tomato, red cabbage slaw, sriracha mayo on a multi grain bun.

Brown Rice & Roasted Vegetables \$7.25

Roasted beets, zucchini, toasted pine nuts, artichokes, Garlic, shallots and a fresh herb vinaigrette tossed with A brown rice pilaf.

Hamburger \$7.50

A 6 oz. angus beef patty, lettuce, tomato, red onion, choice of Swiss or American cheese on a soft roll.

Grilled Cheese \$5.75

Choice of Swiss or American cheese, with a filling of ham, tomato, or bacon and choice of bread.

Grilled Chicken Breast Sandwich \$6.50

With hummus spread, roasted red & yellow peppers, Alfalfa sprouts, on toasted cranberry walnut bread.

Breakfast Sandwich \$4.55

Bacon, egg & cheese on a toasted Kaiser roll.

Quesadilla \$6.50

WellSpring Café Menu

Quinoa Salad \$6.00

Blanched quinoa with sweet potato, apples, oranges, red onion, baby arugula, scallions, and champagne vinaigrette.

Turkey Wrap \$6.75

Deli turkey, with smoked cheddar cheese, cucumber, bacon, avocado, and BBQ mayonnaise.

The American Sandwich \$6.50

Ham Turkey, Swiss & American cheese, lettuce, tomato, avocado, bacon, on whole wheat toast with roasted garlic aioli.

Lo Mein Salad \$6.00/\$7.50

Lo mein noodles with sesame seeds, scallions, snow peas, toasted almonds, carrots, bean sprouts, & a soy rice wine dressing, can be served with shrimp.

Lentil Salad \$6.50

Black beluga & red lentils with tomatoes, red onion, peppers, cucumber. Egg whites and lemon lime dressing.

Tofu Salad \$6.50

Firm tofu tossed with an array of dried fruits, grapes, edamame, celery, toasted cashews, eggplant & an

Classic Items Always Available

Breakfast sandwich

Deli Style sandwiches

Plain grilled chicken breast sandwich

BLT Sandwich

The Osborn uses trans fat free oils in all of our cooking and frying.



WELLSPRING
Café

MENU

Monday through Friday
9:30 am to 2:00 pm