

BREAKFAST

BAGELS Kettle-boiled bagels with cream cheese, butter & jam. Plain, Everything, Sesame flavors. \$4.49/each

LOADED BAGELS A selection of loaded bagels from our café menu. \$6.99/ea

CONTINENTAL BREAKFAST Locally baked muffins, scones, croissants, and fresh sliced fruit. \$6.50/person

OVERNIGHT STEELCUT OATS Steel cut oats soaked in almond milk & chia w/ Nuts and Peanut Butter. \$5/each

GREEK YOGURT PARFAITS Served with honey, granola, and fresh berries. \$5/each.

WRAP PLATTERS AND BOXED LUNCHES

WRAP PLATTER A delicious selection of wraps. Choose a variety or pick wraps from cafe menu. \$7.75/ea

INDIVIDUAL LUNCH BOXES Perfect for groups of all sizes. Served with chips & cookie. \$10.65/ea.

SALADS AND WRAPS

PROTEIN PUNCH chicken, avocado, quinoa, chickpeas, tomatoes, house made chipotle yogurt dressing	PEANUT TOFU peanut tofu, edamame, sprouts, wasabi peas, asian sesame vinaigrette (v)	G.O.A.T. dried cranberries, sunflower seeds, goat cheese, raspberry vinaigrette (v)
WASABI grilled chicken, wasabi peas, edamame, sprouts, quinoa, tomatoes, sesame vinaigrette	SPICED TOFU spiced garlic tofu, quinoa, avocado, red onion, asian sesame vinaigrette (v)	GREEKONOMICS hummus, feta, cucumber, carrots, spinach and lemon herb vinaigrette (v)

SIDES & APPETIZERS

SIDE SALAD A large garden salad with veggies and balsamic vinaigrette and Caesar dressing. \$40S / \$57L

PREMIUM SALADS A BIG version of any salad from our café menu. \$59S / \$88L

CHIPS Bagged potato chips \$1/each **CHICKPEA GIARDINIERA SALAD** \$30

CHEESE, APPETIZER, AND SIDE PLATTERS

CHEESE PLATTER: Cubed cheeses including cheddar, swiss and muenster with bread & crackers. \$35S / \$55L	CHEESE & FRUIT PLATTER Fresh fruits with artisanal cheeses with crackers. \$40S / \$60L
PREMIUM CHEESE PLATTER: Assorted premium cheeses including brie, goat, cheddar, swiss. Served w/ crackers & nuts. \$59S / \$88L	CRUDITÉ PLATTER Sliced baguette and a variety of sliced veggies w/ hummus or ranch. \$31S / \$45L
ANTIPASTO Delicious platter includes Salami, hot coppa, mortadella, provolone, and more.	FRUIT TRAY Fresh fruit and berries. \$3.50/person
	CHIPS & DIPS House made guacamole, hummus and salsa served with pita and tortilla chips. \$24S / \$42L

DESSERT PLATTERS

BITE SIZE COOKIES Fresh small cookies \$26S/ 52L

BIG COOKIES Freshly big cookies including \$26S / 52L

BEVERAGES

TrueNorth Café Proudly Serves Chicago's Famous Metropolis Coffee and Rishi Tea.

COFFEE FOR 10 (96oz) Fresh Brewed Metropolis Coffee. Comes With Cups, Sweeteners, Stir Sticks; \$19.85

COLD BREW COFFEE GALLON \$29. **ICED TEA GALLON** Blueberry, Classic Black, or Citrus Green. \$25

ORANGE JUICE GALLON \$15 **WATER BOTTLES** \$1.75/EA, **LACROIX & SODA CANS** \$1.75/EA