

# SMOOTHIES & SHAKES



\$7.00 (24oz)

Add 10g protein +\$1.00

Substitute Dairy-Free Milk +\$1.00

## Piña Colada

pineapple juice, coconut, vanilla protein

## Creamsickle

orange juice, banana, vanilla protein

## Banilla

banana, almond milk, vanilla protein

## Mango Madness

mango, oj, coconut, yogurt, carrot

## Green Goddess

almond milk, honey, yogurt, banana, spinach

## Green Machine

almond milk, oj, avocado, mango, kale, chia seeds

## Strawberry Fields

strawberries, peaches, yogurt, coconut

## Wake up!

coffee, chocolate protein, milk

## PB & Chocolate

chocolate protein, peanut butter, oats, milk

## Peach Mango

vanilla protein, mango, peach, almond milk



Located inside of the Princeton  
Fitness & Wellness Center

1225 State Road  
Princeton, NJ 08540

Hours of Operation

Monday - Friday  
8AM - 5PM

Saturday  
8AM - 3PM

Sunday  
Closed

(609) 683 - 7888  
ext. 116

@PRINCETONCAFEATPFW



# BREAKFAST SPECIALS



Egg & Cheese on a Bagel, Roll, or Wrap  
\$3.50

Meat, Egg & Cheese on a Bagel, Roll, or Wrap  
\$4.50

Breakfast Combo w/ toast & Coffee  
two eggs any style, add meat or a side  
(fruit, avocado, tomato) for \$1.50 ea  
\$6.00

Spicy Mama Wrap  
eggs, bacon, jalapeño, cheddar, tomato,  
onion, shriracha mayo  
\$5.00

Cali Avocado Roll  
eggs, turkey bacon, avocado,  
'Everything Bagel' seasoning, avocado mayo  
\$6.00

Avocado Toast  
(add an egg +\$1)  
\$8.00



## BYO OMELETTE



\$7.00  
with meat: \$8.00 Substitute Egg Whites: +\$1.00

3 Egg Omelette w/ toast  
red peppers, tomatoes, onions,  
spinach, carrots, avocado,  
jalapeños, mushrooms

Cheese: american, mozzarella,  
pepper jack, cheddar



# FRESH SALADS



\$8.95

Add Chicken \$1.00

Substitute Spinach \$1.00

## Caesar

grilled chicken, romaine lettuce, seasoned croutons, grated parmesan cheese, lite caesar dressing

## Buffalo Chicken

grilled chicken, buffalo sauce, jalapeños, tomato, cheddar cheese, tortilla crumbles, blue cheese dressing

## Apple Cranberry

grilled chicken, sliced fresh apples, dried cranberries, walnuts, raspberry vinaigrette

## Southwest

grilled chicken, avocado, bacon, tomato, tortilla crumbles, carrots, cheddar cheese, chipotle ranch

## Garden

mixed greens, tomato, avocado, onion, carrots, olives, roasted red peppers, mozzarella, seasoned croutons, lite balsamic

## Cold Salad Platter

A scoop each of our homemade tuna, chicken, and egg salad, served over a bed of fresh leafy greens



# COFFEE & TEA

	small	large
Coffee.....	\$1.50	\$2.25
Espresso.....	\$2.50	\$3.50
Latte.....	\$3.50	\$4.50
Cold Brew.....	\$3.50	\$5.00
Herbal Tea.....	\$1.75	\$2.50

add espresso shot for \$1!

# SNACKS & SIDES



Homemade Soup of the Day.....	\$4.00
Homemade Baked Goods.....	\$1 - \$3
Hard Boiled Eggs.....	2 for \$1.00
Whole Fresh Fruit.....	\$1.00
Fruit Cup.....	\$2.00
Roll or Bagel with butter.....	\$1.50
Bagel with cream cheese.....	\$1.90
Protein Bars.....	\$2.00
Overnight Oats.....	\$4.00
Chips.....	\$1.00



# WRAPS & SLIDERS



\$5.95 · \$6.95 · \$7.95

## Roasted Veggie Wrap

roasted red peppers, eggplant, yellow squash, zucchini, sriracha mayo, mozzarella, sun-dried tomato wrap

## Fit & Fresh

chicken, roasted red peppers, onion, mozzarella, sun-dried tomato pesto

## Western Wrap

chicken, sweet hickory BBQ, cheddar, lettuce, tomato, onion

## Caesar Wrap

chicken, romaine, crouton, parmesan cheese, lite caesar dressing

## Buffalo Chicken Wrap

chicken, buffalo sauce, blue cheese crumbles, cheddar cheese, tomato, lettuce, jalapeño, crumbled tortilla chips

## Italiano

chicken, roasted red peppers, onion, mozzarella, balsamic glaze

## BLTA

bacon, avocado, lettuce, tomato, chipotle mayo

## Chicken, Tuna, or Egg Salad

your choice of homemade bound salad with lettuce, tomato, and mayo

## Sliders

protein-packed, bite-sized, perfect for sharing!

Meatball Parm, Thanksgiving Dinner, Buffalo Chicken,

Schwarma, Jersey Sloppy Joe, + Weekly Special

Check our Social Media for more!