

## ENERGY BARS | \$2

### Lara Bars

apple pie or chocolate chip cookie dough

### Kind Bars

peanut butter dark chocolate, chocolate

cherry cashew, chocolate almond mint or

dark chocolate mocha almond

### Clif Bars

white chocolate macadamia nut, chocolate

chip or crunchy peanut butter

### Clif Bars (Filled)

peanut butter or chocolate peanut butter

### ZClif Bars (Kids)

chocolate brownie, chocolate chip or

iced oatmeal cookie

## SIDE ITEMS

**Bacon or Turkey Bacon** 4

**Sausage or Turkey Sausage** 4

**Fruit Cup** 4

**White, Wheat or Rye Toast** 2

**Cottage Cheese** 2

**Hard Boiled Eggs (2)** 1

**Sliced Tomato** 1

**Avocado** 2

## BREAKFAST BOWLS | \$5

### The Elvis

steel cut oatmeal, peanut butter

banana & chocolate chips

### Tropical Delight

steel cut oatmeal, agave syrup, banana

pineapple, coconut, toasted almonds

### Fruit Parfait

non-fat plain & strawberry greek yogurt,

mixed berries, agave syrup, granola

### The Irishmen

eggs, corned beef, potato, green onion

## SUPERFOOD BREAKFAST BOWLS | \$7

### Mexican Quinoa Bowl

black beans, avocado, red onion

spiced pumpkin seeds, herb lime yogurt

### Spring Quinoa Bowl

alfalfa sprouts, boiled egg, avocado

feta cheese, almonds

### Tropical Chia Pudding Bowl

coconut milk, banana, pineapple

coconut, toasted almonds

### Chia Pudding Parfait

coconut milk, mixed berries, granola

## BREAKFAST SANDWICHES | \$6

*All sandwiches come with 2 eggs, served on a croissant, wrap, or english muffin. Turkey bacon or sausage can be substituted at no cost. Substitute a gluten free bagel for \$1.50*

### The Classic Wrap

scrambled, bacon, cheese, flour tortilla

### The Classic Sandwich

over medium, bacon, cheese, english muffin

### The Mediterranean

spinach, roasted red peppers, olives, feta

### The Club

spinach, tomato, bacon, avocado

### The Sprout

alfalfa sprouts, avocado, red onion

add smoked salmon for \$8

*all prices inclusive of tax & service charges*

## SMOOTHIES | \$4.5

### Peanut Butter Dream

peanut butter, chocolate & banana

### Mixed Berry

strawberries, blueberries & raspberries

### Tropical

mango, pineapple, banana, coconut water

## ISAGENIX | \$6.5

gluten free meal replacements

### French Vanilla

### Strawberries & Cream

### Dutch Chocolate

### Vanilla Chai (dairy free)

### Rich Chocolate (dairy free)

24 grams of protein • 250 calories

## BAKERY | \$2.5

### Croissant or Chocolate Croissant

### Raspberry Danish

### Housemade Muffin Du Jour

### Old Fashioned Donut

### Apple Fritter

### Bagel with Cream Cheese

add smoked salmon

## GRAB & GO BEVERAGES

<b>Dunkin Donuts Coffee Drinks</b>	<b>3</b>
mocha, french vanilla or espresso	
<b>Core Power Shake</b>	<b>4</b>
vanilla, chocolate or strawberry banana	
<b>Horizon Organic Milk</b>	<b>2</b>
<b>Nesquik</b>	<b>3</b>
double chocolate or strawberry	
<b>Minute Maid Juice</b>	<b>3</b>
orange, apple or ruby red	
<b>Herbert's Lemonade</b>	<b>4</b>
original or strawberry lemonade	
<b>Peace Tea</b>	<b>4</b>
green or caddy shack	
<b>Zico Coconut Water</b>	<b>4</b>
plain, chocolate or pineapple	
<b>Vitamin Water</b>	<b>4</b>
kiwi strawberry, tropical citrus or blueberry pomegranate	
<b>Fiji Water (500 ml)</b>	<b>3</b>
<b>Fiji Water (1 Liter)</b>	<b>5</b>
<b>Saratoga Sparkling Water (500 ml)</b>	<b>3</b>
<b>Saratoga Sparkling Water (1 Liter)</b>	<b>5</b>

*Thank you for  
joining us at*



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THE  
CAFÉ  
— AT PGCC —

### HOURS OF OPERATION

Tuesday through Saturday

6:00 am – 11:00 am

954-905-2144

[parklandgcc.com](http://parklandgcc.com)

*all prices inclusive of tax  
& service charges*

## CAFFEINE

<b>L&amp;S Coffee</b>	<b>2</b>
ask us about our seasonal flavors	
<b>Dopio Espresso</b>	<b>3</b>
steam extracted, rich & intense	
<b>Macchiato</b>	<b>4</b>
a double shot with a dollop of froth	
<b>Cappuccino</b>	<b>5</b>
steamed, frothed milk & espresso	
<b>Latte</b>	<b>5</b>
twice the milk of a cappuccino	
<b>Hot Tea</b>	<b>2</b>
please ask for our assorted flavors of harney & sons brand black & herbal teas	
<b>Iced Tea</b>	<b>2</b>
plain or add syrup flavor for \$0.5	
<b>Hot Chocolate</b>	<b>4</b>
<b>ADDITIONS + SUBSTITUTIONS</b>	
<b>Add a Flavor (Hot or Cold Drinks)</b>	<b>.50</b>
vanilla, sugar free vanilla, caramel, chocolate hazelnut, raspberry, chai or peppermint	
<b>Add a Flavor (Hot Drinks only)</b>	<b>1</b>
chocolate, white chocolate, pumpkin spice	
<b>Espresso Shot</b>	<b>1.5</b>
<b>Soy Milk or Almond Milk</b>	<b>.50</b>