

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

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

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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

*all prices inclusive of tax
& service charges*

CAFFEINE

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