



HEALTHY MORNING

- Old Fashioned Rolled Oats** \$2.75
with assorted toppings
- Cold Cereal** \$1.95
assorted whole grain
- Muffins** \$1.25/\$1.75
Apple Streusel
Triple Berry
Margo's Best Choice
- Bagels** \$1.85
with low fat cream cheese
- Danishes** \$1.75
Apple
Raspberry
Cheese
Cinnamon
- Croissants** \$1.50
- Scones** \$1.60

WAKE UP! QUESADILLAS ON WHOLE WHEAT TORTILLA

- Scrambled Egg, Canadian
Bacon, Jack Cheese** \$2.95
- Egg White, Tomato,
Alpine Lace Swiss** \$2.35
- Scrambled Egg, Spinach,
Roasted Red Pepper** \$2.35

ULTIMATE BREAKFAST SANDWICHES

- Bagel, Egg, Canadian
Bacon, Choice of Cheese** \$2.95
- Focaccia, Egg, Bacon,
Choice of Cheese** \$2.95

COOL STARTS

- Fruit & Yogurt Platter** \$4.75
- Granola, Berries &
Yogurt Parfait** \$3.75
- Fresh Fruit Cup** \$1.75

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Studies have linked healthy breakfasts with less chronic disease, increased longevity and better health. Starting your day with a good breakfast boosts your energy, increases your attention span and heightens your sense of well-being.

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COFFEE DRINKS

STARBUCKS COFFEE ALL DRINKS ARE AVAILABLE ON ICE

\$1.65/\$1.85/\$1.95

- House Blend**
Breakfast Blend
Fair Trade Coffee
Decaf
- Caffè Latte** \$2.85/\$3.30/\$3.60
- Cappuccino** \$3.00/\$3.45/\$3.75
- Caramel Macchiato** \$3.15/\$3.60/\$3.90
- Café Mocha** \$3.15/\$3.60/\$3.90
- Espresso** \$1.55/\$1.85
add flavored syrup \$0.45
add caramel \$0.55
- Hot Chocolate** \$1.95
- Hot Tea** \$1.25
- Chai** \$1.70/\$1.95/\$2.50

SMOOTHIES

16oz \$3.65

- TRIPLE BERRY**
Strawberries, Raspberries & Blueberries
in Non Fat Yogurt with Honey
- STRAWBERRY**
Strawberries In Non Fat Yogurt
with Honey
- TROPICAL**
Pineapples, Bananas & Mango
in Orange Juice
- TURBO 5-A-DAY**
Strawberries, Apples, Bananas
& Peaches in Carrot Juice
- ANTIOXIDANT**
Strawberries, Blueberries & Raspberries
in Pomegranate Juice with
Non Fat Yogurt & Honey



The concept and menu for the café were developed in collaboration with faculty, staff and students. By offering healthy choices, the intention is to model good eating habits for the health sciences community.

MENU PLANNING PRINCIPLES

Entrées will have no more than 600 calories and contain less than 20 grams of fat.

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Entrées will be comprised of no more than 3 ounces of protein; when cheese is combined with another protein, only 1 ounce will be used.

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Whole grain breads, wraps and sides will be utilized wherever possible.

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Complex carbohydrates, high fiber and low fat foods will be featured.

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Entrées will include vegetables and/or fruit.

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CONSUMER ADVISORY: CONSUMING RAW OR UNCOOKED MEAT, POULTRY OR EGGS CAN INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

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PRICES & OFFERINGS MAY VARY.

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WE ACCEPT CASH, JUMBOCASH (CAMPUS DEBIT CARD), MASTER CARD & VISA.

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THIS MENU WAS PRINTED USING SOY INK ON 100% POST-CONSUMER WASTE PAPER.

FOOD⁴ THOUGHT

Hours:

MON-THURS 7:30am-10pm

FRI 7:30am-4pm

SAT 12noon-6pm

SUN 12noon-10pm

WWW.TUFTS.EDU/MED/FOOD4THOUGHT

Sackler Building · 145 Harrison Avenue
Boston, MA 02111

FOOD⁴ THOUGHT



DAILY SUSTENANCE

AVAILABLE AT LUNCH & DINNER

SPECIALITY SANDWICHES

SERVED ON WHOLE GRAIN BREAD,
LAVASH OR CIABATTA
ALL NATURAL MEATS

Low Fat Roast Beef, \$5.95
**Caramelized Onion
& Horseradish Sauce**

Turkey Avocado with Roasted \$5.95
**Peppers, Mixed Greens
& Chipotle Mayo**

Cape Chicken Salad \$5.95
**with Dried Cranberries,
Celery & Low Fat Mayo**

Mediterranean: \$4.95
**Hummus, Tabbouleh,
Cucumber & Tomatoes**

Low Fat Roast Beef \$5.95
**with Crunchy Slaw
& Smoky Bistro Sauce**

Grilled Chicken, Caramelized \$5.95
**Onions, Field Greens
& Smoky Barbecue Sauce**

Classic Tuna with Cheddar, \$4.95
Tomato & Romaine Lettuce

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Ciabatta (literally, carpet slipper because of its shape) is an Italian white bread made with wheat flour and yeast. The loaf is somewhat elongated, broad and flattish and, like a slipper, should be somewhat collapsed in the middle. Since the late 1990s it has been popular across Europe and in the United States, and is widely used as a sandwich bread. A toasted sandwich made from small loaves of ciabatta is known as a panino (plural panini).

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DAILY SUSTENANCE

AVAILABLE AT LUNCH & DINNER

HOT PANINI

HOT GRILLED SANDWICHES ON
WHOLE WHEAT FLATBREAD OR CIABATTA

Mediterranean Vegetables: \$5.50
**Roasted Eggplant, Tomato,
Spinach & Hummus**

Fresh Mozzarella Ovalini \$5.95
**with Roasted Red Peppers
& Basil Pesto**

Smoked Turkey, Vermont \$5.95
Cheddar & Cranberry Chutney

Italian-Style Tuna with Oven \$5.95
**Roasted Tomato, Black Olive &
White Bean Tapenade & Arugula**

Grilled Chicken Breast, \$5.50
**Arugula, Asiago Cheese
& Sundried Tomato Pesto**

Garden Burger, Muenster \$4.95
**Cheese or Hummus,
Pepper Relish & Arugula**

Chicken Cuban: \$5.95
**Marinated Chicken, Swiss
Cheese, Tomato, Mojo & Pickles**

SOUPS TO CONTEMPLATE

BRIMMING WITH GOODNESS

Chowder SMALL \$3.25 LARGE \$3.75

We are proud to offer three selections daily of our aromatic, nutrient packed soups. They are crafted daily by our chefs from the freshest ingredients with minimal fat and never any MSG.

A chicken variety and vegetarian choice are always available. Our creamed soups get their richness from milk and pureed vegetables.

SMALL \$2.95 LARGE \$3.65

Roasted Tomato Bisque

Chicken Fettuccine

Vegetarian Minestrone

Tuscan Bean

Carrot Ginger

Wild Mushroom Barley

Butternut Bisque

Crimson Lentil



DAILY SUSTENANCE

AVAILABLE AT LUNCH & DINNER

INSIGHTFUL SALADS

SUPER-HEALTH! \$5.95

PACKED WITH SUPER FOODS
Baby Spinach with Roasted Turkey,
Edamame, Kidney Beans & Grape
Tomatoes, garnished with Dried
Cranberries & Walnuts
& Orange Soy Vinaigrette

JULIUS CAESAR \$5.95
Classic Caesar with Grilled Chicken,
Shaved Parmesan, Croutons
& Caesar Dressing

SANTA FE CHICKEN \$5.95
Cumin Lime Spiced Chicken with
Roasted Corn & Grape Tomatoes
over Mixed Greens

TUSCAN TUNA \$5.50
Italian-Style Tuna with Extra Virgin Olive
Oil, White Beans & Artichoke Hearts
over Mixed Greens & Herb Vinaigrette

COBBLESTONE \$5.95
Boston Bib Lettuce with Diced Chicken,
Tomato, Cucumber, Apple, Canadian
Bacon & Crumbled Blue Cheese
& Apple Cranberry Vinaigrette

KNEELAND STREET \$5.95
Grilled Ginger Chicken, Field Greens,
Carrots, Scallions, Mandarin Oranges,
Crispy Noodles & Ginger Vinaigrette

SAUTÉ SAUTÉ SAUTÉ

(AVAILABLE AT DINNER)

VEGETARIAN \$5.95 MEAT \$6.95

Spicy Plum Bowl – Snow Peas, Broccoli, Red
Peppers, Pineapple Chunks & Scallions

Ginger – Pea Pods, Mushrooms, Onions &
Scallions in an Aromatic Ginger Sauce

Sesame – Carrots, Onions, Celery, Water Chestnuts
& Sesame Seeds with Sweet & Tangy Chili Sauce

...OR BUILD YOUR OWN CREATION

CHOOSE A NOODLE OR RICE, ADD A PROTEIN & A SAUCE

Noodles – Whole Wheat Udon, Egg Lo Mein, Penne

Rice – Brown, Sticky

Protein – Tofu, Chicken, Tiny Shrimp, Beef

Sauces – Sesame Ginger, Chili Garlic, Spicy Plum

Vegetables – Bok Choy, Carrots, Broccoli
Florettes, Snow Peas & Red Peppers

HEALTHFUL ENTRÉE OF THE DAY

Try our delicious, freshly prepared
special of the day



DAILY SUSTENANCE

AVAILABLE AT LUNCH & DINNER

SALAD FOR YOUR THOUGHTS...

BUILD YOUR OWN CREATION

SMALL \$4.50 LARGE \$5.95

Select Your Greens

Baby Spinach
Mesclun Greens
Trio of Lettuces
Romaine

Select Your Protein

Grilled Chicken
Tuna
Hummus
White Beans
Lentils

Add Your Accents

Bermuda Onion
Carrots
Cucumber
Roasted Peppers
Olives
Artichoke Hearts
Almonds
Dried Cranberries
Apple Slices
Cherry Tomatoes
Walnuts
Bleu Cheese

Dressings

Orange Soy Vinaigrette
Balsamic Vinaigrette
Apple Cranberry Vinaigrette
Ginger Vinaigrette
Caesar Dressing

SWEETS

Cookies:

\$1.25
Chocolate Chunk,
Oatmeal Cranberry Orange,
M&M, Peanut Butter

Brownies

Biscotti

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Biscotti are named according to their original method of baking. The root words "bis" and "cotto" literally mean "twice" and "baked."

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