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

ULTIMATE BREAKFAST SANDWICHES

Bagel, Egg, Canadian Bacon, Choice of Cheese $2.95
Focaccia, Egg, Bacon, Choice of Cheese $2.95

COOL STARTS

Fruit & Yogurt Platf $4.75
Granola, Berries & Yogurt Parfait $3.75
Fresh Fruit Cup $1.75

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.

COFFEE DRINKS

STARBURKS 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
Expresso $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 S-A-DAY
Strawberries, Apples, Bananas & Peaches in Carrot Juice

ANTIOXIDANT
Strawberries, Blueberries & Raspberries in Pomegranate Juice with Non Fat Yogurt & Honey

FOOD 4 THOUGHT

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. ... 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.

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

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

Entrées will include vegetables and/or fruit.

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

PRICES & OFFERINGS MAY VARY.

WE ACCEPT CASH, JUMBO CASH (CAMPUS DEBIT CARD), MASTERCARD & VISA.

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

FOOD 4 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
DAILY SUSTENANCE
AVAILABLE AT LUNCH & DINNER

SPECIALTY SANDWICHES
SERVED ON WHOLE GRAIN BREAD, LAVAL OR CIABATTA
ALL NATURAL MEATS

Low Fat Roast Beef $5.95
Caramelized Onion & Horseradish Sauce

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

Cape Chicken Salad with Dried Cranberries, Celerly & Low Fat Mayo $4.95

Mediterranean Hummus, Tabbouleh, Cucumber & Tomatoes

Low Fat Roast Beef with Crunchy Slaw & Smokey Bistro Sauce $5.95

Grilled Chicken, Caramelized Onions, Field Greens & Smokey Barbecue Sauce $5.95

Classic Tuna with Cheddar, Tomato & Romaine Lettuce $4.95

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 vegetable 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

HOT PANINI
HOT GRILLED SANDWICHES ON WHOLE WHEAT FLATBREAD OR CIABATTA

Mediterranean Vegetables $5.50
Roasted Eggplant, Tomato, Spinach & Hummus

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

Smoked Turkey, Vermont Cheddar & Cranberry Chutney

Italian-Style Tuna with Oven Roasted Tomato, Black Olive & White Bean Tapenade & Arugula $5.50

Grilled Chicken Breast, Arugula, Asiago Cheese & Sundried Tomato Pesto $5.95

Garden Burger, Muemster, Cheese or Hummus, Pepper Relish & Arugula $4.95

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

DAILY SUSTENANCE
AVAILABLE AT LUNCH & DINNER

INSIGHTFUL SALADS

SUPER-HEALTHY PACKED WITH SUPER FOODS $5.95
Baby Spinach with Roasted Turkey, Edomame, 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

COBBSTONE $5.95
Boston Bib Lettuce with Diced Chicken, Tomato, Cucumber, Apple, Canadian Bacon & Cumbled Blue Cheese & Apple Cranberry Vinaigrette

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

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
Tri 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
Blue 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

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