

Menu

Farmers' Market Café

Flavored Water

Tap water is FREE of charge.

Calories Saturated Fat Grams

Vero Water \$1.00 (16 oz.)

Pure, crisp, fresh sparkling or still water with fruit or herb essence.

0

0

Breakfast

Breakfast Sandwich \$3.50

Canadian bacon, egg white and cheese on an English muffin, flatbread or whole grain toast (\$3 without bacon)

240 – 290

2-4

Steel Cut Oatmeal \$1.50

Whole grain oats create a high protein, full-bodied hot cereal (\$2.50 with toppings)

150

<1

Yogurt Bar \$2.50

Low fat yogurt, fresh fruit, granola, nuts

240

1

Smoothies \$2.75 (\$3.25 with protein)

Eight-ounce serving made with fresh ingredients and Greek yogurt or dairy alternative. Adding a scoop of whey protein is optional.



Strawberry Banana

Banana, strawberry, Greek yogurt, skim milk

158

2

Mixed Berry

Banana, strawberry, marion berry, blueberry, Greek yogurt, skim milk

193

2

Peanut Butter Banana

Banana, peanut butter, Greek yogurt

499

5

Orange Cranberry

Banana, dried cranberry, Greek yogurt, orange juice

419

3

Lemon Blueberry

Banana, blueberry, Greek yogurt, lemon juice

229

3



My Smart Choice

All Farmers' Market Café selections are My Smart Choice items that represent healthy food and beverage options that meet criteria suggested by the Dietary Guidelines for Americans and Choose MyPlate.

[SANDWICHES, SALADS AND SOUPS LISTED ON BACK]

UWHealth

American Family
Children's Hospital

Sandwiches \$5.95, 1/2 size \$3

Calories Saturated Fat Grams

South 40

All natural beef, avocado, creamy horseradish spread and micro greens wrapped in a lettuce leaf

370

8

The Orchard

All natural smoked turkey breast, sliced apple, tangy dijon mustard spread and micro greens on whole grain bread

310

<1

The Traveler

Chicken breast, sun dried tomatoes, artichoke pesto, olive oil, lettuce, tomato on whole grain bread

400

2

The Prairie

Grilled zucchini, tomato, fresh mozzarella, basil and olive oil on a whole wheat baguette

357

3

The Farmer

All natural ham, cranberry chutney, micro greens on marbled rye bread

310

3

The Field

Whole wheat wrap with cabbage, micro greens, red bell peppers, green onions, carrots and jalapeno vinaigrette

256

0

PB&J \$2.75

Natural peanut butter, homemade jelly on whole grain bread

390

2

Salads \$4.95, 1/2 size \$2.50

The Solstice

Spinach, roasted butternut squash, raisins, pumpkin seeds, with cinnamon maple vinaigrette

222

3

Beets Me

Mixed greens, tomato, roasted red beets, asparagus and crumbled goat cheese, with balsamic vinaigrette

140

3

Wisco

Mixed greens, dried cranberries, cheddar, wild rice, cucumber, orange slices and red onion, with carrot orange vinaigrette

255

3

Quinoa \$2.50

Quinoa, cucumber, yellow pepper, red onion, tomato and jalapeno, with cilantro lime vinaigrette

150

<1

Farmer's Cobb

Mixed greens, tomato, hard boiled egg, chicken breast, cucumber and red onion, with citrus chive vinaigrette

360

4

Seasonal Soups \$2.95 (8 oz)

Seasonal soup varieties will be available daily. Check back often to find your favorite!



Fresh. Local. Delicious!