

the HAC cafe

RISE & SHINE

Breakfast served until 11:00 am

Egg whites may be substituted for regular eggs. add a side of cream cheese or peanut butter \$0.75

oatmeal

Home-cooked oats served with strawberries and bananas \$5.75; add walnuts \$1.00

eggs any style

2 eggs your way served with toast \$5.00

breakfast burrito

3 eggs with choice of 1 meat and cheese rolled in a flour tortilla \$8.50

veggie breakfast burrito

3 eggs with tomatoes, onions, peppers, mushrooms and choice of cheese rolled in a flour tortilla \$8.50

breakfast sandwich

2 eggs with choice of 1 meat and 1 cheese on white, multigrain, or English muffin \$6.25; on bagel add \$1.00

three egg omelet

choice of any 2: ham, bacon, turkey sausage, spinach, mushrooms, tomatoes, onions, or peppers, and choice of cheese; served with white or multigrain toast \$9.25

veggie omelet*

3 eggs with spinach, mushrooms, tomatoes, onions, peppers, and choice of cheese; served with white or multigrain toast or English muffin \$8.25

*Substitute egg whites to qualify as fit fare

LUNCH & DINNER

Served at 11:30 am

this & that

mozzarella sticks

(5) with marinara dipping sauce \$5.75

mac 'n' cheese bites

(6) served with bbq-ranch dipping sauce \$5.95

onion petals

served with tangy petal sauce \$5.75

boneless wings

(10) lightly breaded served with buffalo, BBQ, or Thai chili \$10.25

chicken tenders

(4) served with fries or fruit and choice of honey mustard or BBQ dipping sauce \$9.95

sides

French fries, sweet potato fries, fresh fruit, rice, steamed vegetables, or tater tots \$4.75

salads

dressing served on side. add chicken, tuna salad, or waldorf salad \$4.00; add shrimp (6) \$8.00; add salmon \$8.00

cobb

chopped romaine, roasted turkey, hard boiled egg, bacon, tomatoes, avocados, and cranberries \$13.25

mandarin chicken

spring mix, cucumbers, carrots, mandarin oranges, wasabi peas, crispy chicken, and crunchy chow mein noodles with sesame dressing \$13.25

hockessin

spring mix, brie, granny smith apples, walnuts, cranberries, red onions, and cranberry vinaigrette dressing \$11.25

greek

chopped romaine, feta, kalamata olives, artichokes, cucumbers, tomatoes, roasted red peppers, red onions, and a basil vinaigrette dressing \$11.75

southwest chicken

spring mix, corn, black beans, jalapeños, red onions, shredded cheddar, and tortilla strips with grilled chicken and a chipotle dressing \$13.25

quesadillas

add a side for \$2.50

small cheese

blend of American and cheddar cheese \$4.25; add chicken for \$4.00

cheese

blend of American and cheddar cheese \$5.25; add chicken for \$4.00

tex mex

black beans, corn, and pico de gallo with American and pepper jack cheese \$6.25; add chicken for \$4.00

angus burgers

served with chips and a pickle.

sub fries \$2.00

lettuce, tomatoes, and

onions available upon request

add avocado \$1.00

add bacon \$2.00

4 oz. classic

choice of cheese \$9.00; skip the bun and add side salad \$10.25

8 oz. classic

choice of cheese \$10.75; skip the bun and add side salad \$12.00

specialty burgers

veggie

black bean and corn veggie burger, avocado spread, mushrooms, cheese optional \$10.75

turkey

homemade turkey patty, avocado spread, and choice of cheese \$10.75

*cheese optional but does not qualify as fit fare

sandwiches

\$10.50 each, served on white, rye, or multigrain bread or 100 cal. sandwich thins with chips and a pickle. sub fries \$2.00

avocado turkey grilled cheese

roasted turkey, choice of cheese, bacon, avocado

turkey blt

roasted turkey, bacon, lettuce and tomatoes with mayo; add avocado \$1.00

grilled cheese

Choice of cheese and optional tomato.  Served with choice of side \$5.95; add ham or bacon \$2.00

paninis/wraps

served with chips or celery & carrots; sub fries \$2.00

sub bread for a bed of spring mix

turkey avocado

roasted turkey, bacon, lettuce, tomatoes, avocado, and ranch \$10.50

turkey cran-apple

roasted turkey, brie, spinach, granny smith apples, and cranberry vinaigrette dressing \$10.50

buffalo chicken

crispy or grilled chicken, buffalo sauce, cheddar cheese, and bleu cheese or ranch \$10.50

chicken bacon ranch

grilled chicken, bacon, cheddar cheese, and ranch \$10.50

grilled veggie hummus

squash, zucchini, peppers, onions, mushrooms, roasted red peppers, hummus, provolone, and balsamic \$10.50

chicken pesto

grilled chicken, fresh mozzarella, tomatoes, roasted red peppers, pesto, and balsamic \$10.50

Philly cheese steak

choose beef or chicken, mushrooms, onions, and choice of cheese \$10.50

rice bowls

served over brown or basmati rice \$11.25; stir fry vegetables include onions, peppers, carrots, and celery; sub shrimp, salmon or ahi \$4.00; add shrimp, salmon, or ahi \$8.00

high protein

grilled chicken, hard boiled egg, feta, avocado, sautéed mushrooms, and tomatoes topped with our homemade balsamic glaze (50g protein!)

grilled veg

peppers, onions, zucchini, squash, mushrooms, chickpeas, and balsamic glaze

HAC stir fry

grilled chicken, stir fry veg, and broccoli; choose teriyaki, Szechuan, soy or sesame dressing

buffalo

grilled chicken, buffalo sauce, tomatoes, bleu cheese crumbles, cheddar, and ranch or bleu cheese drizzle

chipotle

grilled chicken, pico de gallo, corn, black beans, avocado, cheddar, and chipotle sauce

trainer's

grilled chicken, blend of broccoli, carrots, yellow squash, and zucchini

greek

grilled chicken, artichokes, kalamata olives, tomatoes, feta, roasted red peppers, and kale pesto

bourbon

blackened grilled chicken, stir fry veg, broccoli, cheddar, and bourbon sauce



fresh fare feature

Looking for a healthier option? Try one of these  menu items, HAC-dietitian approved, based on these guidelines per serving:

Total CALORIES < 400
SUGAR 10% or less
SATURATED FATS 10% or less
SALT < 700 mgs
CHOLESTEROL < 300 mg

Note: Nutritional guidelines for HAC café based on approximate estimations. Menu items intended as single servings. Sides not included in nutritional consideration. Modifications or substitutions to menu items may change nutritional qualifications.

Our food in the HAC Café is prepared daily using fresh ingredients and made to order. We do our very best to create meals that are nutritious with little addition of salt, sugar, or processed ingredients. Our goal is to produce a variety of wholesome, flavorful menu options for our members to savor and enjoy.

Any changes, substitutions, or additions may be subject to additional charges.

Our meals are made to order, so they may take longer depending on the order and volume. We appreciate your patience! Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.

 = Vegetarian. Please ask for dairy products to be removed to create a vegan meal.

Chihiro Oka
Chihiro Oka, Cafe Director

Jeannie Versagli
Jeannie Versagli, Registered Dietitian