



THE CAFÉ AT SCHUMO

CREATE YOUR OWN ENTRÉE SALAD

1 Choose Your Green (10-30 cal)

1

- Mixed Lettuce
- Spinach
- Romaine
- Kale

\$8.09

2 Mix & Match Your Toppings (Choose Up to Four) (5-190 cal)

2

- Carrots
- Cucumbers
- Tomatoes
- Sweet Bell Peppers
- Jalapenos
- Red Onion
- Oranges
- Beans
- Beet
- Almonds
- Edamame
- Kalamata Olives
- Chopped Egg
- Dried Cranberries
- Quinoa
- Rice Blend
- Apple
- Strawberries
- Candied Nuts
- Crouton
- Sunflower Seeds

3 Select One Cheese (70-180 cal)

3

- Cheddar
- Pepper-Jack
- Parmesan
- Bleu Cheese
- Feta Cheese
- Provolone
- American
- Fresh Mozzarella

4 Choose a Protein (45-150 cal)

4

- Grilled Chicken
- Sliced Turkey
- Turkey Bacon
- Shrimp (Add \$2.49)
- Salmon (Add \$3.99)
- Avocado (Add \$1.99)

5 Choose Your Dressing (40-230 cal)

5

- Two Hard Cooked Egg
- Ranch (Reg or Fat Free)
- Italian
- Caesar
- Raspberry Vinaigrette
- Balsamic Vinaigrette
- Honey Mustard
- Seasonal Offerings

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.





THE CAFÉ AT SCHUMO

CREATE YOUR OWN SMOOTHIE

1

Choose Your Base (60-120 cal)

- | | |
|-------------|---------|
| Apple Juice | Yogurt |
| Almond Milk | Oatmilk |

2

Mix & Match Your Fruits (Choose up to 2) (25-80 cal)

- | | |
|--------------|----------|
| Banana | Peach |
| Strawberries | Pear |
| Blueberries | Cherries |
| Raspberries | Mango |
| Orange | Apple |
| Pineapple | |

3

Drink Your Veggies (Choose up to 1) (7-160 cal)

- | | |
|-----------------------------|----------------------|
| Kale | Cucumber |
| Spinach | Avocado (Add \$1.99) |
| Carrot | Beet |
| Wheatgrass (When Available) | |

4

Optional Add-ins (Additional \$1.69) (60-200 cal)

- | | |
|----------------|------------|
| Peanut Butter | Honey |
| Protein Powder | Chia Seeds |
| Almonds | Flax Seeds |
| Walnuts | Oatmeal |

16oz ... \$5.09
 22oz ... \$6.09



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THE CAFÉ AT SCHUMO

SANDWICHES, WRAPS and PIZZA

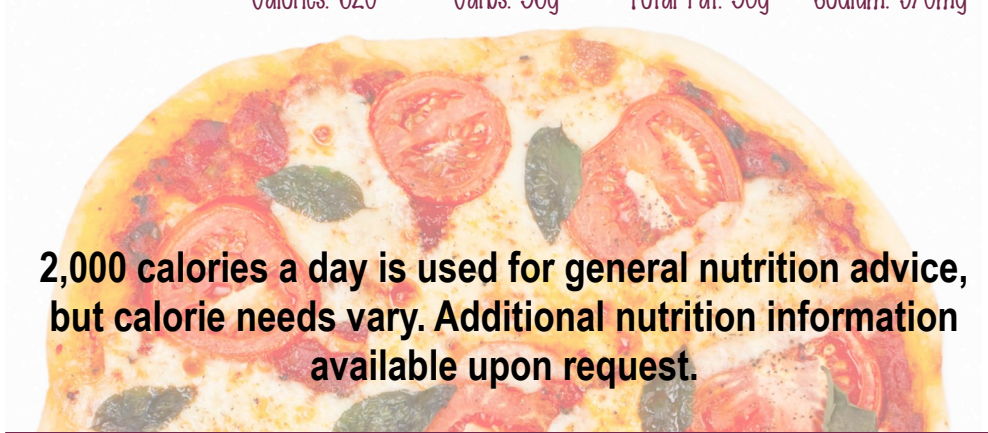
Popular Peg's Sandwiches & Wraps

- Greek Veggie Pita \$7.09
Calories: 260 Carbs: 36g Total Fat: 10g Sodium: 561mg
- Chicken Pesto Melt \$7.09
Calories: 630 Carbs: 48g Total Fat: 32g Sodium: 990mg
- Salmon Club Wrap \$7.09
Calories: 670 Carbs: 40g Total Fat: 40g Sodium: 747mg
- Turkey Chipotle Wrap \$7.09
Calories: 380 Carbs: 19g Total Fat: 12g Sodium: 588mg
- Tuna, Chicken, or Egg Salad Wrap \$7.09
Calories: 310 Carbs: 17g Total Fat: 19g Sodium: 480mg
- Chicken Caesar Wrap \$7.09
Calories: 520 Carbs: 41g Total Fat: 26g Sodium: 880mg

For additional sandwiches, wraps, pizzas, and salads, check out our menu on GrubHub or ask for more information.

Favorite Flatbread Pizzas

- Cheese Pizza \$5.99
Calories: 240 Carbs: 35 Total Fat: 7g Sodium: 720mg
 - Basil White Pesto Pizza \$6.69
Calories: 510 Carbs: 35g Total Fat: 28g Sodium: 1190mg
 - Buffalo Chicken Pizza \$6.69
Calories: 420 Carbs: 38g Total Fat: 14g Sodium: 1040mg
- ### Quesadillas
- Cheese Quesadilla \$5.99
Calories: 520 Carbs: 36g Total Fat: 31g Sodium: 920mg
 - Chicken & Cheese Pizza \$6.19
Calories: 620 Carbs: 36g Total Fat: 35g Sodium: 970mg



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