



# waves of superior cafe

## **MENU**

*Served all day, 9am – 3pm*

### **MINT GREEK YOGURT & MELON PARFAIT**

Served with homemade granola (v)

### **QUICHE & FRUIT**

Pancetta, asparagus, white Cheddar, onion & herbs

### **GOOD EARTH SALAD**

Organic greens, fresh seasonal veggies, wild rice, cherry tomatoes, sliced melon & lemon/basil vinaigrette (small or large; with grilled chicken or w/o) (v)

### **RADICCHIO QUINOA SALAD**

Cherry tomatoes, fresh basil, fennel, garlic, lemon & olive oil (v)

### **HUMMUS PLATTER**

Served with seasonal veggies, olives & whole wheat thins

### **TARTINE SANDWICHES**

Served on multi grain batard & fresh fruit

- Honey/lemon chevre, baby arugula, grilled pears & almonds (v)
- Goat cheese, prosciutto, cucumber, red pepper, honeydew & micro greens
- Chickpea hummus, cucumber, roasted red pepper, summer squash & micro greens (v)
- Tuscan white bean, fresh herbs, tomatoes, balsamic reduction (v)

## **SOUPS**

### **SUNDAY:**

Summer tomato with feta & micro basil (v)

### **MONDAY:**

Chilled melon with minted soy yogurt (v)

### **TUESDAY:**

White bean minestrone (v)

### **WEDNESDAY:**

Simply chicken noodle

### **THURSDAY:**

Organic wild rice, swiss chard & fennel (v)

### **SATURDAY:**

Watercress bisque, garlic multi grain croutons (v)



## À LA CARTE

Mint Greek Yogurt  
White Bean Salad  
Roasted Almonds

Fresh Seasonal Fruit  
Homemade Granola  
Assorted Olives

## BEVERAGES

**ORGANIC FAIR TRADE FRENCH PRESSED COFFEE** *(roasted in Duluth)*

**LOOSE LEAF TEA** *(Tea Forte)*

**BOTTLED WATER** *(Metro)*

**IZZY SPARKLING BEVERAGES**

**FRESHLY SQUEEZED FRUIT & VEGETABLE JUICES**

*w/ soybean milk, organic honey, agave syrup, coconut milk & fresh herbs*

**FRUIT SMOOTHIES** *w/ fruits in season*

## SWEETS

**MINT TEA COOKIES** *(dark chocolate)*, **TEA SCONES** *w/ jam*, **EARL GREY SHORTBREAD**

**ASSORTED BISCOTTIES**

**CHOCOLATE CUPS** *filled with mascarpone & fresh berries*