

Breakfast

Served until 11:30

*Egg Sandwich

2 eggs or egg whites, choice of bread (bagel .75)

Plain - 3.50

With cheese - 3.75

With ham, bacon or sausage - 4.00

With cheese - 4.25

*Steak egg and cheese- 4.75

*Ultimate Egg Sandwich with bacon, ham or sausage, American cheese and a hash brown patty - 5.25

Egg Platter*

2 eggs or egg whites with toast - 3.25

with a side of bacon, ham or sausage for- 4.95

Wraps or Omelets* - 5.75

3 eggs or egg whites

Premium toppings (pick2)

Additional picks - .75ea

American	Mozzarella	Ham	Turkey
Swiss	Feta	Bacon	Chicken
Provolone	Avocado	Sausage	Steak
Cheddar	Extra Egg	Extra Egg White	

Veggies

Mushroom	Tomatoes	Spinach	Olives
Broccoli	Roasted Peppers	Onion	Hot Peppers

Pick a Bread

White Wrap	Wheat Wrap	Spinach Wrap	Tomato Wrap
Rye Toast	Wheat Toast	White Toast	

Café 4 Oatmeal - \$3.75

Oatmeal, brown sugar, dried cranberries and candied walnuts

Café 4 Overnight Oats - \$4.25

w/almond milk, whey protein and fruit compote

SIDES

Bagel...1.75

With cream cheese.... 2.50

Assorted Muffins and Scones.... 2.50

Roll with butter.... 2.50

Toast with butter.... 2.00

Fresh Fruit Cup.... 4.75

3 Strips of bacon, Ham or Sausage ... 2.25

Hash Brown Patty.... 2.00

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Build Your Own Salad

6.00

Toppings

grape tomatoes	broccoli	hard boiled eggs
cucumbers	carrots	chickpeas
bell peppers	olives	dried cranberries
red onions	feta	sunflower seeds
mushrooms	beets	peanuts

Choice of Dressing

balsamic vinaigrette
house vinaigrette
parmesan peppercorn
ranch
caesar
blue cheese
1000 island
oil & vinegar

Add on:

avocado - 1.75
grilled chicken - 3.25
chicken cutlet - 3.25
tuna salad - 3.00
chicken salad - 3.00
grilled salmon - 4.25

SOUP

all soups are made in house

small - 4.75

large - 5.75

**** All Prices Subject to Change****

*Before placing your order, please inform your server if a person in your party has a food allergy. Eggs, Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Wheat



4 Corporate Drive Shelton, CT 06484

Phone: (203) 926-8473

Order Online:

www.cafe4shelton.com



Open

Monday - Friday 7:30 am - 3:00 pm

Salad – 8.75 or Wrap – 8.25

w/choice of protein

Choice of white, wheat, spinach or tomato wrap

Malin Wrap - field greens, candied walnuts, dried cranberries, feta and balsamic dressing

Cobb - bacon, lettuce, tomato, cucumbers, avocado, hard boiled eggs, gorgonzola and a house vinaigrette

Mexican Club - bacon, jack and cheddar, lettuce, tomato, avocado, salsa and house vinaigrette

Greek - feta, kalamata olives, red onion, roasted peppers, cucumbers, mixed greens, tomato and our house vinaigrette

Popeye - chopped egg, bacon, red onion, field greens, tomato, mushrooms, swiss and a peppercorn dressing

Grilled Chicken Caesar* - romaine, parmesan cheese, croutons and homemade Caesar dressing

Parmesan Peppercorn - mixed greens, cucumbers, tomato, red onion, bacon and parmesan peppercorn dressing

Mediterranean - feta, field greens, tomato, cucumbers, kalamata olives, red onion and a house vinaigrette

Antipasto - ham, salami, pepperoni, provolone, lettuce, tomato, roasted peppers, red onions, cucumbers and a house vinaigrette

Rustic Sandwiches – 8.50

Choice of ciabatta or flatbread

1. Roast Beef - melted cheddar, tomato, bacon, and horseradish sauce

2. Balsamic Portabella Mushrooms - tomato, roasted, peppers, fresh mozzarella and basil pesto

3. Grilled Vegetables - fresh mozzarella, sun-dried tomato spread, roasted peppers, zucchini, portabells and basil pesto

4. Grilled Chicken - provolone, field greens, sun-dried tomato spread, roasted peppers and basil mayonnaise

Café 4 Classics – 8.25

Cali Chicken Salad - bacon, avocado, lettuce, tomato, and mayonnaise on a hard roll

Italian - ham, salami, pepperoni, provolone, lettuce, tomato, red onion, roasted peppers, oil & vinegar on a grinder

Our Club- Choice of Chicken Cutlet or Grilled chicken or Turkey with cheddar, lettuce, tomato, bacon and chipotle mayonnaise on a hard roll

BBQ Chicken - Grilled Chicken, bbq sauce, cheddar cheese, bacon & lettuce on a hard roll

Buffalo Chicken - Chicken cutlet, blue cheese dressing, buffalo sauce, lettuce & tomato on a hard roll

French Dip - Roast beef heated in au jus & provolone cheese on a grinder

Chicken Parmesan - On a grinder

The #14 - Chicken cutlet, pepperoni, roasted peppers, provolone cheese & House Vinaigrette on a grinder

Thanksgiving - Turkey, cranberry sauce, stuffing, lettuce and mayonnaise on your choice of wrap

Grill

SIRLOIN Burger*- with lettuce, tomato & onion 6.50
- Add cheese .75 - Add Bacon 1.75

Burger Deluxe*- Served with French Fries. 8.50
- Add cheese .75 - Add Bacon 1.75

Tuna Melt*- with swiss and tomato on grilled rye ... 7.50
- Add bacon 1.75

Philly Cheesesteak*- 6oz. sirloin Philly steak, grilled onion, peppers, American cheese.... \$8.25

BLT- served with mayonnaise... 5.75
- Add avocado for 1.75

Grilled Cheese - 5.00
- Add ham or bacon for 1.75

Sides

Side of French Fries ... 2.50

Side of Onion Rings... 2.75

Side of Sweet Potato Fries...2.75

Fruit Cup.... 4.75

Healthy Choices

Topped with grape tomatoes & balsamic glaze and served with a seasonal vegetable

Pick a Protein

herb marinated chicken - 7.95

grilled salmon - 8.95

Pick a Carb

brown rice pilaf

sweet potatoes

Double the Meat

Chicken - 3.25

Salmon - 4.25

Build Your Own

Pick a Protein

Grilled Chicken - 7.00

Chicken Cutlet - 7.00

Roasted turkey - 7.00

Roast beef - 6.75

Grilled Portobello - 6.75

Tuna salad - 6.75

Egg Salad- 6.00

Chicken salad - 6.75

Ham -6.50

Pick a Bread

White Wrap White

Wheat Wrap Wheat

Spinach Wrap Rye

Tomato Wrap Hard Roll

Ciabatta (+.75 Grinder

G/F Wrap (+1.00) Portuguese

Pick a Cheese -

0.75

Cheddar

American

Swiss

Feta

Provolone

Fresh Mozzarella

Top It

Lettuce

Tomato

Red Onions

Pickles

Cucumber

Spreads

Mayo

Pesto Mayo

Chipotle Mayo

Horseradish Sauce

Deli Mustard

Honey Mustard

Oil & Vinegar

Extras

Bacon - \$1.75

Avocado - \$1.75

Roasted Peppers - \$0.50

*Before placing your order, please inform your server if a person in your party has a food allergy. Eggs, Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Wheat

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.