

JUNE 29TH-
JULY 3RD

HELIX CAFE



HOURS 8:00am – 2:00pm

	M	T	W	TH	F	
BREAKFAST	Egg & Avocado Breakfast Sandwich \$6.30 	The Cheesy Mushroom Omelet \$6.30 	Egg White & Tomato English Muffin \$6.30 	South of the Border Omelet \$6.30 	Happy Holiday!! 	
ENTREE	Grilled Lemon Pepper Chicken With Wedged Potato and Fresh Steamed Vegetables \$8.65	Beef Burrito Bowl With Seasoned Beans and Spanish Rice and Your Favorite Toppings \$8.65	Marinated Lamb Tips Fresh Onions and Peppers With Whole Grain Rice \$8.65	Curried Chicken With Curried Lentil and Basmati Rice Medley and Fresh Vegetable \$8.65		
HOT BAR		Classic Ice Cream Bar Vanilla and Chocolate Ice Cream With Hot Fudge, Caramel with Candy Toppers 11:30-2pm Small \$3.50 Large: \$6.50	Gold Finger Salad Bar With BBQ Honey Mustard Dressing Small \$4.20 Large \$7.80	Outdoor Grill With BBQ Chicken Kielbasa Subs and Beyond Burgers Choice Of Potato, Cole Slaw or Pasta Salad \$8.65	Happy 250 USA!!	
GRILL	Cubana Sandwich With Pork, Ham and Swiss On French Bread With pickle and mustard \$8.65	Ham and Cheddar Melt On Sourdough With Tomato \$8.65	Chicken Parmesan Sub On Hoagie With Marinara and Cheese \$8.65	Roasted Mushroom Wrap With Fresh Roast Peppers and Onions and Choice Of Cheese \$6.30		
DELI	Curry Chicken Salad On Fresh Ciabatta With Lettuce and Tomato \$8.00	Pastrami Wrap With Cheddar, Tomato, Lettuce and Spicy Brown Mustard \$8.00	Roasted Vegetable Sub With Hummus With Avocado and Lettuce \$8.00	Sweet Chili Roast Tofu Sandwich With Baby Spinach and tomato on wheat bread \$6.30		