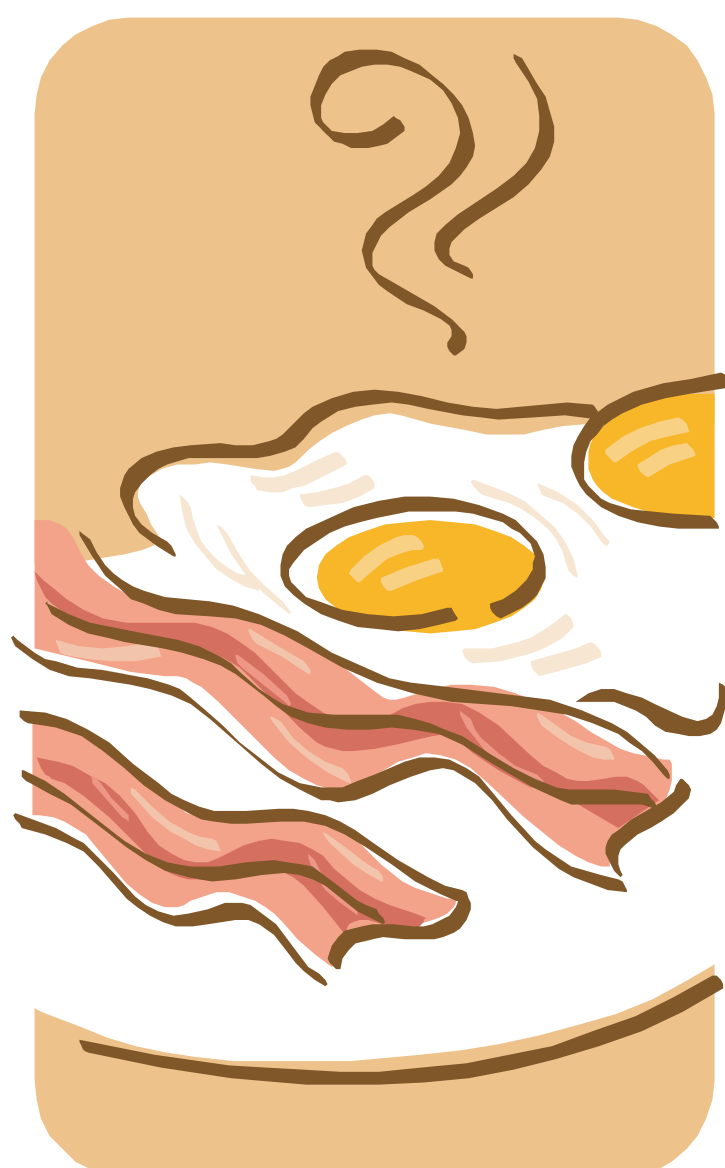


# Inspirations Café

10423 Centurion Parkway, North • Jacksonville, Florida 32256 • Inside the Brooks YMCA building • (904) 854-2061



## Breakfast

Available 6:00 a.m. - 9:30 a.m.

**Build your own Breakfast Bowl – \$2.99**

**Breakfast Bowl for Two – \$5.59**

Put up to three (3) items

Stone ground grits, eggs, bacon sausage, raisins, cheddar cheese, dried cherries, oatmeal, brown sugar, cinnamon, and more!

### “Lean & Mean”

**Breakfast – \$4.59**

Savory steel head oatmeal, roasted chicken breast, dried cranberries, and raisins

**Breakfast Sandwich & Coffee – \$3.99**

Pork bacon, turkey bacon, or turkey sausage and a scrambled egg on your choice of biscuit, croissant, garlic wrap, white, wheat or rye bread

## Soups and Sides

**Tortilla Chicken Soup – \$3.29**

A blend of chicken, tomatoes, the trilogy combination, corn, tortilla chips, and seasonal squash

**Black-eyed Pea Soup – \$3.29**

Seasonal greens, black-eyed peas, vegetable stock, apple cider, sweet onions, jalapeno peppers, and freshly baked bread.

**Chili Con Carne – \$3.39**

Meatless chili, sweet onions, kidney beans, tomato, Monterey Jack cheese, and oyster crackers



## Lunch

11:00 a.m. – 2:00 p.m.

**Chicken Stir-fry – \$5.29**

Steamed Rice or Noodles: Oriental sesame ginger, chicken breast, broccoli, carrots, celery, green peas, scallions, soy sauce, and roasted garlic.

**South of the Border – \$5.29**

Steamed Rice or Noodles: Chicken, peppers, onions, broccoli, black beans, crushed tomato, green chilies, and cumin

## SANDWICHES

**Wild Salmon Burger**

**Twins \$6.89 Single \$3.99**

Wild caught salmon, chopped spinach, sweet onions, whole grain freshly baked bread, and grain mustard sauce, lettuce and tomato. Served with a cup of mango slaw

**Italian Grilled Cheese – \$4.39**

Gorgonzola crumbles, basil pesto, tomato, and crusty Italian artisan style bread

**Turkey & Ham Swiss Club – \$5.49**

Swiss or American cheese with ranch dressing and fruit, served on a honey wheat hoagie

**Turkey Sandwich – \$5.49**

Swiss or American cheese with ranch dressing and fruit, served on a honey wheat hoagie

**Ham Sandwich – \$5.49**

Swiss or American cheese with ranch dressing and fruit, served on a honey wheat hoagie

**Specialty Sandwich  
or Gourmet Wrap**

**COMBO**

choice of snack bag of chips  
or bottled water – add **69¢**

## PRE-MADE “GRAB & GO”

**Caesar Salad or Wrap – \$4.50**

Romaine lettuce, Parmesan cheese, julienne carrots, and Caesar dressing

**Cobb Salad or Wrap – \$5.29**

Chicken breast, mixed salad greens, boiled eggs, julienne carrots, bacon, aioli, and cheddar cheese

**Greek Salad or Wrap – \$4.75**

Mixed salad, feta cheese, black olives, cucumber, artichoke hearts, and Greek dressing

**Mediterranean Hummus – \$3.79**

Chickpeas, tahini paste, cumin, and baked pita wedges

**Teriyaki Salmon Wrap – \$6.89**

Ginger garlic pineapple marinated salmon fillet, sticky rice, green peas, scrambled egg, sesame cabbage with soy sauce and cucumber garnish

**Bread Options for Selections Below:**

Honey Wheat, Hoagie, Croissant, Garlic Wrap, White, Wheat, or Rye

**Chicken Salad or  
Sandwich – \$5.49**

White chicken, fruit, celery, seasoned mayonnaise, garlic wrap or croissant

**Tuna Salad – \$5.59**

White tuna, carrots, dill mayonnaise, and green onions with baked pita bread wedges

**Egg Salad – \$3.99**

Served with grain crackers

**1/2 Sandwich &  
Cup of Soup – \$5.29**