

Café at the **J**



BREAKFAST



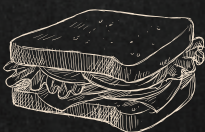
(ALL EGGS SERVED WITH TOAST)

SCRAMBLED EGGS	\$3.50
EGG WHITES	\$4.50
VEGGIE OMELET	\$6.50
BLACK BEAN OMELET	\$6.50
BAGEL WITH CREAM CHEESE	\$2.50
BAGEL WITH BUTTER	\$1.50
BAGEL WITH BUTTER & JELLY	\$1.75
OATMEAL - W/CINNAMON, RAISINS	\$3.00
MUFFINS	\$2.00
ASSORTED YOGURTS	\$2.00
COTTAGE CHEESE	\$1.49
SEASONAL FRUIT CUP	\$2.50
PIECE OF FRUIT	\$1.00
CEREAL	\$2.00
LARGE COOKIE	\$2.00
SOFT PRETZEL	\$2.00



SANDWICHES

EGG SALAD	\$6.95
TUNA SALAD	\$7.50
LIGHT TUNA SALAD	\$7.50
CHICKEN SALAD	\$7.75
CHICKEN SALAD W/CRANBERRIES, APPLES	\$7.75
TURKEY BREAST	\$8.75
BBQ TURKEY BURGER	\$5.50
VEGGIE BURGER	\$5.50
GRILLED CHICKEN	\$6.95
CHICKEN CUTLET	\$8.75
FALAFEL W/HUMMUS, ISRAELI SALAD, SHREDDED LETTUCE	\$5.95



ON THE LIGHT SIDE

SOUP AND HALF SANDWICH (2 MEATS \$1.00 EXTRA)	\$7.95
SOUP AND SMALL SALAD	\$6.95
KALE SALAD W/ CRANBERRIES, SUNFLOWER SEEDS, RED PEPPER, OLIVE OIL, LEMON	\$4.00
CHOPPED SALAD	\$4.00
CHOPPED SALAD W/GRILLED CHICKEN, TUNA, CHICKEN SALAD/EGG SALAD	\$5.95
LIGHT SANDWICH	\$5.00



PROTEIN SHAKES

\$5.00

MELISSA:

DRY OATS, RAISINS, BANANAS, CINNAMON,
WHEY PROTEIN, RICE MILK, ICE

JOSE:

PEANUT BUTTER, BANANAS, WHEY PROTEIN,
RICE MILK, ICE

SHARON:

BLUEBERRIES, STRAWBERRIES, BANANAS,
WHEY PROTEIN, FLAX SEED, RICE MILK

MANGO MADNESS:

MANGO, WHEY PROTEIN, RICE MILK
STRAWBERRY/BANANA



CAFE AT THE J
760 NORTHFIELD AVE
WEST ORANGE, NJ 07052
973-533-3904 • 973-747-2442

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APPETIZERS

POTATO OR SPINACH KNISH W/PICKLE & COLE SLAW	\$4.25
CELERY AND CARROTS W/HUMMUS	\$2.99
EMPANADAS: CHICKEN OR BEEF	\$2.95

SIDES

ISRAELI SALAD	\$8.99 LB
BLACK BEAN SALAD	\$8.99 LB
GRILLED VEGGIES	\$8.99 LB
CUCUMBER SALAD	\$6.99 LB
PESTO PASTA	\$7.99 LB
COUSCOUS W/ ROASTED PEPPERS	\$6.99 LB
MUSHROOM BARLEY	\$8.99 LB



SOUP

SOUP OF THE DAY (DIFFERENT EVERY DAY)
MATZO BALL & NOODLE (EVERY DAY)

SINGLE	\$4.00
QUART BROTH	\$6.50
QUART	\$7.50
CHILI	\$4.99

DRINKS



COFFEE	\$1.50	SMALL
	\$1.85	LARGE
ICE COFFEE	\$1.85	
HOT CHOCOLATE	\$1.50	SMALL
	\$1.85	LARGE
WATER	\$0.75	SMALL
	\$1.25	MEDIUM
	\$2.00	LARGE
VITAMIN WATER	\$2.00	
SNAPPLE	\$2.00	
DR. BROWN'S SODA	\$1.50	
CAN SODA	\$1.50	
JUICES	\$2.00	
CHOCOLATE MILK	\$1.25	SMALL
	\$2.50	LARGE
SMALL YOGURT SMOOTHIE	\$1.00	

KIDS' MEALS

EACH MEAL INCLUDES JUICE BOX & KIDS SNACK

\$6.00

HOT DOG
CHICKEN FINGERS (3 PIECES)
MACARONI & CHEESE



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