

# The Meadows Café & Catering

Open M-F 8:00 a.m. – 8:00 p.m.  
and Sat. 10:00 a.m. – 4:00 p.m.  
Closed Sundays and Holidays

Located in The Meadows Gift Shop at Methodist Hospital

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6500 Excelsior Blvd. • St. Louis Park, MN 55426

Janine Aich • Owner/Operator

Catering menu available upon request

## BREAKFAST

### Classic Breakfast Sandwich... \$2.99

Scrambled egg, cheddar cheese, & bacon, ham, or sausage, on a toasted English Muffin or bagel.

### Breakfast Wrap... \$3.79

Scrambled eggs, cheddar cheese, & bacon, ham, or sausage, all rolled in our warm flatbread. Served with salsa and sour cream.

## Bakery

Everything is baked fresh  
daily in our own ovens!

We offer a wide variety of fresh baked pastries & muffins each day.  
Please stop in to see each day's  
selections... \$1.79 each

Muffin Loafs

Strudels

Bagels

Warm Caramel Rolls

Danish

Scones

Cinnamon Twists

**Cake** – Each day we have a variety of cakes for you to choose from.  
Please come in or give us a call to see what we have that day. Customer  
favorites include: German Chocolate, Fresh Strawberry, and Lemon  
Crème.

Slice or Jumbo Cupcake... \$2.29 slice

Whole Cake... \$14.99 (Please call 24 hrs ahead)

**Cookies** – We bake our jumbo cookies every morning.  
Choose from Triple Chocolate Chip, English Toffee, Oatmeal Raisin  
or Sugar Cookies & more... 99¢ each



## CIABATTA

Ciabatta Sandwiches... \$5.29  
Served with Kettle Chips

**Little Italy** – Salami, ham, pepperjack cheese, black olives, tomato, lettuce, onion, & Italian dressing

**Roast Beef** – Cheddar cheese, lettuce, tomato, sprouts, & Dijon mustard

**Turkey Club** – Turkey, bacon, lettuce, tomato, sprouts, & cranberry mayo

**Salad Stuffed** – Choose from our chicken, tuna or egg salad, piled high with lettuce & tomato



## CLASSICS

Classic Sandwiches... \$4.69  
Served with Kettle Chips

**Turkey & Cheddar** – on honey wheat or sourdough with lettuce, tomato & sprouts

**Ham & Swiss** – on honey wheat or sourdough with lettuce & tomato

**Corned Beef & Swiss** – on marbled rye with lettuce & tomato

**Chicken, Tuna or Egg Salad** – on your choice of bread with lettuce & tomato

## WRAPS

Flatbread Wraps... \$5.29  
Served with Kettle Chips

**Chicken Bacon Ranch** – Chicken breast, smoky bacon, lettuce, tomato, & cheddar cheese, wrapped in our flatbread with sundried tomato mayo

**Veggie** – Tomatoes, cucumbers, sprouts, avocado, pepperjack cheese, and ranch dressing

**Salad Stuffed** – Choose our chicken, egg, or tuna salad with lettuce & tomato

**Santa Fe** – Chicken breast, lettuce, tomatoes, black beans, cheddar cheese, & our salsa ranch dressing

## THE MALT SHOPPE

The Meadows Café famous

Malts & Shakes (16 oz.)... \$3.99

Root Beer Float (16 oz.)... \$3.49

Smoothies... \$3.99

Made with non-fat  
frozen yogurt

Strawberry Banana  
or Pineapple

Small Sundae (1 scoop)... \$2.49

Large Sundae (2 scoops)... \$3.49

Vanilla Chocolate Strawberry  
Banana Pineapple Butterscotch  
Peppermint Bon Bon



## PANINI

Panini Sandwiches... \$5.29  
Served with Kettle Chips

Panini sandwiches are made on French baguette bread & toasted in our panini presses.

**Turkey Club** – Turkey, bacon, spinach, Swiss cheese & sundried tomato mayo

**Italian** – Salami, ham, mozzarella cheese with Caesar dressing

**Veggie Melt** – Artichoke hearts, tomatoes, spinach, red onions, black olives, mushrooms with mozzarella cheese & served with a side of honey mustard dressing

**Classic Tuna Melt** – Our own tuna salad with a generous portion of cheddar cheese

**Buffalo Chicken** – Chicken breast, spinach, red onion, blue cheese dressing, and zesty buffalo sauce

**Chicken Basil** – Chicken breast, fresh basil, artichoke hearts, mozzarella cheese and Italian dressing

## PIZZA

Made on our flatbread crusts & baked in our WoodStone pizza oven.

**Margherita** – Diced tomatoes, fresh basil, garlic, olive oil, & Parmesan cheese... \$5.29

**Veggie Lovers** – Artichokes, spinach, red onions, tomatoes, mushrooms, & mozzarella... \$5.29

**Caribbean Chicken** – Chicken, zesty BBQ sauce, tomatoes, red onion & mozzarella... \$5.99

**Hawaiian** – Canadian bacon, pineapple, & mozzarella... \$5.29

**Chicken Margherita** – Chicken, olive oil, garlic, tomatoes, & parmesan... \$5.99

**Meat Lovers** – Pepperoni, sausage, Canadian bacon, & mozzarella... \$5.99

Create your own pizza on our delicious flatbread. Start with a cheese pizza & add as many additional ingredients as you like (not including cheese or sauce). Cheese Pizza... \$4.29

**Additional Ingredients...** 59¢ each

Pepperoni	Sausage	Chicken
Canadian Bacon	Red Onion	Tomatoes
Mushrooms	Artichokes	Spinach
Parmesan Cheese	Black Olives	Bacon



## POTATOES

Basic... \$3.29 each  
Loaded & Souper... \$4.29 each

**The Basic** – butter, sour cream & chives

**The Loaded** – bacon, cheddar cheese, butter, sour cream & chives

**The Souper** – a generous portion of any of our daily soups ladled over the top

## FRESH FRUIT BOWL

A variety of fresh seasonal fruit cut each day  
Large... \$2.29 Small... \$1.49

**Fresh Yogurt Parfait...** \$2.29

Low-fat vanilla yogurt & crunchy granola layered with grapes and fresh cut strawberries



## SALADS

Entrée... \$5.29  
Side... \$2.29

**Garden Salad** – Lettuce, cheddar cheese, mushrooms, tomato & cucumbers

**Minnesota** – (Our most popular salad!) Lettuce, bacon, corn, peas, tomato, wild rice & cucumbers. Try it with Ranch or our honey mustard dressing.

**Greek Salad** – Lettuce, tomatoes, black olives, feta cheese & cucumbers. Served with our Greek Feta Vinaigrette on the side.

**Oriental Chicken Salad** – Lettuce, chicken breast, pineapple chunks, almonds & chow mein noodles. Served with Sesame Thai Vinaigrette on the side.

**Strawberry Spinach Salad** – Fresh spinach, strawberries, Mandarin oranges & walnuts. Served with our Sweet Poppypseed dressing on the side.

**Chef Salad** – Entrée size... \$6.29

Lettuce, turkey, ham, cheddar cheese, Swiss cheese tomatoes, cucumbers & hardboiled eggs

**Chicken Taco Salad** – Entrée size... \$6.29

Served in a tortilla bowl. Seasoned chicken breast, lettuce, tomatoes & cheddar cheese. Served with salsa & sour cream.

## Pasta & Specialty Salads

Large (16 oz.)... \$3.29 Small (8 oz.)... \$1.79

Each day we make 3 pasta or specialty salads.

Please check our weekly menu for the day's selection or give us a call.

Customer favorites include:

Albacore Tuna Pasta

Turkey Cherry w/Almonds

Chinese Chicken w/Cashews

Greek Pasta w/Feta

Italian Cheese Tortellini

Waldorf w/Chicken

Broccoli Bacon

Veggie Parmesan Pasta



## SOUPS

We offer at least 3 varieties of hot delicious soup daily. Selections will change each day – please see our weekly calendar for each day's choices. All soups come with our free bread of the day. Whether it's corn bread or garlic bread, it is sure to be delicious!

**Soup only:** Cup... \$3.39 Bowl... \$3.99

**W/salad or sandwich:** Cup... \$2.39 Bowl... \$2.99