

## BREAKFAST MENU

Served Monday-Friday, 7:00 -11:30 a.m.

### OMELETS

Served with Sourdough, Rye or Eight Grain Toast

- Denver** Bavarian ham, diced onion and Colby cheese....\$4.79  
**Greek** Baby spinach, diced tomato, green peppers, onions, parmesan and feta cheese.....\$4.79  
**Chicken Fajita** Grilled chicken strips, green and red peppers, mushrooms, onions and Colby cheese served with salsa and sour cream.....\$5.00  
**Western** Sliced ham, peppers, onions, mushrooms and cheddar cheese served with salsa and sour cream.....\$4.79

### CAFÉ FAVORITES

- The Hash 'Lette'** Bavarian ham, crisp bacon, green onion, Colby cheese and sour cream folded in crisp hash browns.....\$5.25  
**Tanglewood Scramble** Fresh eggs scrambled with crisp hash browns, onions, ham, green pepper, mushrooms and Colby cheese served with your choice of toast.....\$5.25  
**Breakfast Quesadilla** Sausage, bacon, green pepper, onion, scrambled eggs and Colby cheese grilled between a jalapeño Cheddar tortilla and served with salsa and sour cream...\$4.50  
**Hearty Oatmeal** topped with brown sugar, raisins, dried cranberries, toasted almonds and walnuts.  
Cup.....\$2.49 Bowl.....\$2.99  
**Two Eggs, Any style** served with bacon or sausage links and toast.....\$4.29  
Add hash browns.....\$.50

### ESPRESSO BEVERAGES

Served Hot, Iced, or Frozen

12 oz. \$2.90 16 oz. \$3.25 20 oz. \$3.80

- Caramel Macchiato** Espresso, vanilla and caramel  
**Café Miel** Espresso, honey and cinnamon  
**Rum Chatta Latte** Espresso, crème Brulee and buttered rum  
**Sunrise Mocha** Espresso, white chocolate and orange syrup  
**Aloha Latte** Espresso, white chocolate and macadamia syrup  
**Campfire** Espresso, snicker doodle, chocolate and toasted marshmallow  
**Salted Caramel** Espresso, chocolate, caramel and sea salt  
**Snickers Latte** Espresso, caramel, chocolate and hazelnut  
**Mocha Mocha** Espresso, steamed milk and chocolate syrup  
**Caramel Surprise** Espresso, steamed milk, caramel sauce and caramel syrup  
**Mocha Bianca** Espresso, steamed milk and white chocolate  
**Latte** Espresso and steamed milk  
**Cappuccino** steamed milk and *cap of foam*

# Tanglewood PARK CAFÉ

Operated by AgeWell Services



### Hours of Operation:

Monday, Wednesday and Friday  
7:00 a.m.-3:00 p.m.

Tuesday and Thursday  
7:00 a.m.-4:00 p.m.

Phone: (231) 733-8644

Call ahead and place your order!

Catering available:  
(231) 683-2650

560 Seminole Rd.  
Muskegon, MI 49444

[www.agewellservices.org](http://www.agewellservices.org)

## SALADS

Served with a dinner roll.

**Chef Salad** Romaine lettuce topped with turkey, ham, Colby cheese, Swiss cheese, cucumbers, hard-boiled eggs, tomatoes and croutons.....\$6.30

**Fusion Salad** 1/4lb. Burger topped with cream cheese and salsa on a bed of shredded lettuce with green onions, tomato, and cucumber. Topped with Feta cheese.....\$6.00

**Michigan Salad** Romaine lettuce topped with sliced turkey, dried cherries, chopped walnuts, Colby cheese and red onion. Served with Sweet Maple dressing..\$6.00

**Southwest Chicken Salad** Romaine lettuce, diced cucumber, Roma tomatoes and ripe avocado, layered with flame roasted corn and black bean blend, tri-colored tortilla chips, green onions and cilantro, then topped with a hearty portion of seasoned, slow cooked, shredded chicken. Served with Chipotle Ranch dressing.....\$6.00

## WRAPS

Includes one side item.

**Full wrap**.....\$6.00    **Half wrap**.....\$3.75

**Cobb Wrap** Grilled chicken strips, bleu cheese dressing, candied bacon, shredded lettuce, tomato, red onion and avocado.

**Southwest Chicken Wrap** Seasoned and slow-cooked shredded chicken, fire roasted corn and black bean blend, shred lettuce, Colby cheese, tri-colored tortilla chips and drizzled with chipotle ranch.

**Three Cheese Turkey Wrap** Oven roasted turkey, scallion cream cheese, white sharp cheddar, tomato, lettuce and tri-colored tortilla strips.

## YOU CHOOSE TWO

Half a sandwich *or* wrap AND a cup of soup *or* side salad. Served with a fountain drink.....\$5.15

### Half sandwich

Chicken Salad  
Egg Salad  
Bistro Ham Sandwich  
Turkey Bacon Club

### Half Wraps

Southwest Chicken  
Three Cheese Turkey

## SOUPS

Prepared in house daily.

**Cup of soup**.....\$3.02

**Bowl of soup**.....\$3.92

## SIDE ITEMS

**Broccoli Salad**.....\$2.00

**Chips**.....\$1.00

**Fresh Fruit Cup**.....\$2.00

**Low-fat Cottage Cheese**.....\$1.25

**Potato Salad**.....\$2.00

**Side Salad** (Garden or Caesar).....\$3.00

**Add a cup of soup to any meal**.....\$1.50

**21 oz. fountain drink** .....\$1.25

**Yogurt Parfait** strawberries, blueberries and granola...\$2.25

## SANDWICHES

Includes one side item.

**Bistro Ham Sandwich** Bavarian ham topped with Swiss, sharp white cheddar and parmesan cheese on sour dough bread, served with our house made bistro sauce. ....\$6.25

**Gourmet Chicken Salad** All white meat chicken, celery, toasted almonds and dried cherries, served on Artisan eight grain bread.....\$5.50

**Homemade Egg Salad** Old fashioned egg salad blended with salad dressing and seasonings, served on Artisan eight grain bread.....\$4.00

**Roast Beef Melt** Thinly sliced beef topped with sautéed onions, peppers, mushrooms, topped with melted cheddar and Swiss cheese on a Brioche sub bun. House made horseradish sauce served on the side.....\$6.50

**Tuna Salad** Albacore tuna blended with mayonnaise, onion, capers, salt, lemon pepper and oregano.....\$5.00

**Cold Tuna Salad** topped with shredded lettuce on artisan eight grain bread.

**Kicked-Up Tuna Melt** served warm covered with tomato slices and melted provolone on toasted sourdough bread.

**Turkey Bacon Club** Oven roasted turkey, chipotle mayo, sharp white cheddar, crisp bacon, lettuce and sliced tomato on sourdough bread.....\$6.00

**Vegetarian Perfection** Sun-dried tomato cream cheese, melted Swiss cheese, sautéed red onions, sliced tomatoes, fresh basil and parmesan cheese on toasted artisan eight grain.....\$5.25

## GRILLED ITEMS

Includes a bag of chips and a 21 oz. fountain drink.

**Sliders** Two mini burgers topped with American cheese, ranch, French's fried onions and bacon on toasted mini brioche buns. ....\$5.50

**Mushroom Swiss Sliders** topped with sautéed mushrooms, Swiss cheese and Bistro sauce.....\$5.50

**Jumbo Hot Dog** All beef hot dog grilled to perfection.....\$3.00

**Classic Burger** 1/4 pound topped with lettuce, tomato and Onion on a toasted bun..... \$4.50

**Add cheese**.....\$.75

**Add bacon**.....\$.75

**Veggie Burger** topped with sautéed mushrooms, onions and American cheese.....\$5.00

## PASTAS

Served with a dinner roll.

**Bee's Knees Mac 'N Cheese** Al dente shells covered in sharp white cheddar cheese, seasoned with garlic and onion powder, a pinch of nutmeg and cayenne pepper, topped with crumbled croutons and green onions.....\$5.75

**Chicken Alfredo with Broccoli** Penne covered in a creamy Alfredo sauce, chicken, broccoli and Parmesan cheese...\$5.75

**Meatball Marinara Penne** covered in a delicious marinara sauce with meatballs, topped with parmesan cheese.....\$5.75