

ESPRESSO BEVERAGES

All drinks can be Hot, Iced, or Frozen.

- Latte** Espresso and steamed milk
12 oz. \$2.25 16 oz. \$2.80 20 oz. \$3.40
- Cappuccino** steamed milk and *cap of foam*
12 oz. \$2.25 16 oz. \$2.80 20 oz. \$3.40
- Flavored Latte** Espresso, steamed milk and choice of flavored syrup
12 oz. \$2.80 16 oz. \$3.15 20 oz. \$3.70
- Mocha Mocha** Espresso, steamed milk and chocolate syrup
12 oz. \$2.90 16 oz. \$3.25 20 oz. \$3.80
- Caramel Surprise** Espresso, steamed milk, caramel sauce and caramel syrup
12 oz. \$2.90 16 oz. \$3.25 20 oz. \$3.80
- Mocha Bianca** Espresso, steamed milk and white chocolate
12 oz. \$2.90 16 oz. \$3.25 20 oz. \$3.80
- Americano** Espresso and hot water
12 oz. \$1.18 16 oz. \$1.68 20 oz. \$2.18
- Shot in the Dark** Espresso and coffee
12 oz. \$2.25 16 oz. \$2.75 20 oz. \$3.25
- Café Au Lait** Equal parts brewed coffee and steamed milk
12 oz. \$1.75 16 oz. \$2.20 20 oz. \$2.90

HOUSE SPECIALITIES

All drinks can be 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 syrup
- Sunrise Mocha** Espresso, white chocolate and orange syrup
- Aloha Latte** Espresso, white chocolate and macadamia syrup
- Campfire Latte** Espresso, snicker doodle, chocolate and toasted marshmallow
- Salted Caramel** Espresso, chocolate, caramel and sea salt
- Snickers Latte** Espresso, caramel, chocolate and hazelnut



Café Phone: (231) 733-8644
Call ahead and place your order!

Catering available!
(231) 683-2650

560 Seminole Road
Muskegon, MI 49444
(231) 733-8644

www.agewellservices.org

Tanglewood PARK CAFÉ

Operated by AgeWell Services

Lunch Menu

January-March 2017



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 Road
Muskegon, MI 49444

www.agewellservices.org

SALADS

All salads come with a dinner roll.
Add a 21 oz. fountain drink for only \$.50

- Chef Salad** Romaine lettuce topped with turkey, ham, Colby cheese, Swiss cheese, cucumbers, hard-boiled eggs, tomatoes and croutons.....\$6.00
- Chicken Caesar Salad** Romaine lettuce topped with grilled chicken breast, tomatoes, red onion, parmesan cheese and croutons.....\$6.00
- Fusion Salad** 1/4lb. burger topped with cream cheese and salsa on a bed of shredded lettuce with green onions, tomato, and cucumber and 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
- Warm Bacon Spinach Salad** Baby spinach topped with grilled chicken, crisp bacon, Colby cheese, diced tomatoes, hardboiled egg, sweet red onions, sunflower seeds and house made bacon honey mustard dressing.....\$6.00

PASTA

All pastas come with a dinner roll.
Add a 21 oz. fountain drink for only \$.50

-  **Bee's Knees Mac 'N Cheese** Al dente shells covered in sharp white cheddar cheese, seasoned with garlic powder, a pinch of nutmeg, cayenne pepper and paprika. Topped with crumbled croutons and green onions. Includes your choice of a side.....\$5.75
- Chicken Alfredo with Broccoli** Penne noodles covered in a creamy Alfredo sauce, chicken, broccoli and shredded mozzarella. Includes your choice of a side.....\$5.75
- Meatball Marinara Penne** Penne noodles covered in a delicious marinara sauce and meatballs. Topped with parmesan cheese. Includes your choice of a side.....\$5.75

YOU CHOOSE TWO

Half a sandwich or wrap, cup of soup, or side salad.
Served with a fountain drink.....\$5.46
Half sandwich or wrap, choose from: Chicken Salad, Egg Salad, Bistro Ham Sandwich, Southwest Chicken, Turkey Bacon Club or Three Cheese Turkey Wrap.

SOUPS

We offer 2 soups daily.

Cup of soup.....\$3.02
Bowl of soup\$3.92

SIDE ITEMS

Potato Salad.....\$2.00
Fresh Fruit Cup.....\$2.00
Broccoli Salad\$2.00
Low-fat Cottage Cheese.....\$1.25
Chips\$1.00
Side Salad (Garden or Caesar).....\$3.00
Add a cup of soup to any meal.....\$1.50

SANDWICHES

All sandwiches include a side.
Add a 21 oz. fountain drink for only \$.50

- Bistro Ham Sandwich** Bavarian ham topped with Swiss cheese, sharp white cheddar and parmesan cheese with our house made bistro sauce. Served on sour dough bread.....\$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 made with salad dressing, seasonings and paprika. Served on artisan eight grain bread.....\$4.00
- Roast Beef Melt** Thinly sliced roast beef topped with sautéed onions, peppers and mushrooms and melted cheddar and provolone cheese. House made horseradish sauce served on the side. Served on a Brioche Bun..\$6.50
- Tuna Salad** Homemade albacore tuna blended with celery, lemon pepper seasoning, dill and salad dressing. Served on artisan eight grain bread.....\$5.00
- Turkey Bacon Club** Oven roasted turkey with chipotle mayo, sharp white cheddar, crisp bacon, lettuce and sliced tomato. Served on sour dough bread.....\$6.00
- Vegetarian Perfection** Sun-dried tomato cream cheese, melted Swiss cheese, sautéed red onion, sliced tomatoes, fresh basil and parmesan cheese. Served on artisan eight grain bread.....\$5.25

WRAPS

All wraps include a side.
Add a 21 oz. fountain drink for only \$.50

- Choose your wrap:** Spinach or Jalapeno Cheddar
- Cobb Wrap** Grilled chicken strips, bleu cheese dressing, candied bacon, shredded lettuce, tomato, red onion, and avocado.
Full wrap.....\$6.00 Half wrap.....\$3.75
- Three Cheese Turkey** Oven roasted turkey, scallion cream cheese, sharp white cheddar, tomato, lettuce and tri-colored tortilla strips.
Full wrap.....\$6.00 Half wrap.....\$3.75
- Southwest Chicken** A wrap drizzled with chipotle ranch; topped with tender chicken, fire roasted corn & black bean, lettuce, Colby cheese and tri-colored tortillas strips.
Full wrap.....\$6.00 Half wrap.....\$3.75

GRILLED ITEMS

- B&T Sliders** Two mini hamburgers (sliders) topped with American cheese, ranch, French's fried onions, and bacon between two toasted mini buns. Includes a bag of chips and a fountain drink.....\$5.50
- Classic burger** ¼ lb. burger topped with lettuce, tomato, onion and mayo.....\$4.50
Add cheese.....\$.75
Add bacon\$.75
- Jumbo Beef Hot Dog** An all beef hot dog chargrilled for that outdoor flavor\$3.00
- Mushroom Swiss Sliders** Two mini hamburgers (sliders) topped with sautéed mushrooms, Swiss cheese and Bistro sauce. Includes a bag of chips and a fountain drink.....\$5.50
-  **Veggie Burger** Vegetarian burger topped with sautéed mushrooms and onions and American cheese on a toasted bun. Includes your choice of side.....\$5.00