

# Tanglewood PARK CAFÉ

Operated by AgeWell Services

## Menu



### **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](http://www.agewellservices.org)

## **SALADS or WRAPS**

*Salads include a dinner roll and butter. Croutons are available upon request. Wraps are served on Jalapeno Cheddar wrap and include one side item. Add a fountain drink to any salad for \$ .50*

**Full \$6.15      Half \$4.00**

**Chef** Crisp Romaine lettuce topped with turkey, ham, Colby and Swiss cheese, cucumber, hard-boiled eggs and tomato.

**Fusion** 1/4 lb Angus or Veggie Burger smothered with cream cheese and salsa, served on a fresh bed of shredded lettuce and topped with cucumber, tomato, Feta cheese and green onion.

**Power-Packed Color Crunch**  
Salad blend with Rainbow Kale, Brussels Sprouts, Cabbage, Radicchio and carrots, diced apples, roasted Maple glazed, sweet potatoes, red onion, shaved parmesan cheese, walnuts, almonds, quinoa, dried cranberries and drizzled with Balsamic Vinaigrette dressing.

**Cobb** Seasonal greens, tender, white meat grilled chicken breast, dice tomato, bacon, hard-boiled egg and bleu cheese crumbles.

**Three Cheese Turkey** Hardwood Smoked, oven roasted turkey, cream cheese, sharp white cheddar cheese, lettuce, tomato and tri-colored tortilla strips.

**Chicken Caesar** Tender white meat grilled chicken breast served over crisp Romaine lettuce, diced tomato, shaved parmesan cheese and Caesar dressing.

**Asian** Chopped seasonal greens, orange segments, carrots, scallions, toasted almonds and tender, white meat grilled chicken breast covered with Rice noodles. Served with Asian Sesame Ginger dressing.

**Southwest Chicken** Romaine lettuce, cheddar and Monterey Jack cheese, tomato, roasted corn and black bean blend, ripe avocado, tri-colored tortilla chips and green onions, topped with seasoned, slow cooked, shredded chicken drizzled with Chipotle Ranch dressing.

**Salad Dressings:** Ranch, French, Italian, Bleu Cheese, Raspberry Vinaigrette, Poppy seed, or 1000 Island.

### **YOU CHOOSE TWO**

Half a sandwich *or* Wrap served with a cup of soup *or* side salad (Caesar or Garden) and a fountain drink. \$5.50 *Excludes Roast Beef Melt and Buffalo Chicken Sandwich.*

## **GRILLED ITEMS** *include a bag of chips and a fountain beverage.*

**Classic Burger** 1/4 pound Angus beef, steak burger\* topped with shredded lettuce, sliced tomato and red onion. \$4.50  
*Add cheese or bacon \$.75 each*

**Jumbo Hot Dog** All beef, smoked and chargrilled hot dog. \$3

**Patty Melt** 1/4 pound Angus beef, steak burger\* topped with sautéed onions and American cheese on toasted rye. \$5.50

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

**Mushroom Swiss Sliders** Two mini beef burgers\* topped with sautéed mushrooms and Swiss cheese served with House made Bistro sauce. \$5.50

**Veggie Burger** savory vegetable blend patty smothered with sautéed onions, mushrooms and American cheese on a toasted bun. \$5

*\*Burgers are cooked to the required minimum temperature. Upon request, we will cook to your specifications. However, consuming raw or undercooked hamburgers may increase your risk of foodborne illness.*

## **SANDWICHES & MORE** *include one side item*

**Bistro Ham Sandwich** Bavarian, Hickory-Smoked ham topped with Swiss, sharp white cheddar and parmesan cheese on grilled sourdough bread. Served with our house made bistro sauce \$6.25

**Chicken Salad Sandwich** All white meat, diced chicken, diced celery, toasted almonds and dried cherries on artisan eight grain bread. \$5.50

**Tuna Salad Sandwich** Albacore tuna blended with mayo, onion, capers, salt, lemon pepper and oregano, topped with shredded lettuce on artisan eight grain bread. \$5

**Tuna Melt** Albacore tuna blended with mayo, onion, capers, salt, lemon pepper and oregano, served warmed, topped with sliced tomato and melted Swiss cheese on grilled sourdough bread. \$5

**Hot Turkey Reuben** with Swiss cheese, sauerkraut and Thousand Island dressing on toasted rye. \$6

**Homemade Egg Salad Sandwich** Chopped eggs blended with salad dressing, seasonings, and served on artisan eight grain bread. \$4

**Buffalo Chicken** Shredded chicken served warm with crumbled bleu cheese, Lettuce and sliced tomato, drizzled with Sriracha Aioli on a Brioche Sub bun. \$6.50

**Vegetarian Perfection** Sun-dried tomato cream cheese, sautéed red onion and tomato, melted Swiss and parmesan cheese, on toasted artisan eight grain bread. \$5.25

**Roast Beef Melt** Thinly sliced roast beef, sautéed onions, peppers and mushrooms smothered with cheddar and Swiss cheese on a Brioche Sub bun. Served with house made horseradish sauce. \$6.50

**Turkey Bacon Club** Oven roasted turkey smoked bacon slices, sharp white cheddar cheese and Chipotle mayo topped with sliced tomato and shredded lettuce on grilled sourdough bread. \$6

## **SIDES & EXTRAS**

Broccoli Salad

Low-fat Cottage Cheese

Fresh Fruit Cup

Chips

Potato Salad

Coleslaw

**Side Salad** (Garden or Caesar)....\$3.00    **Soup: Cup** \$3.02    **Bowl** \$3.92

## **QUESADILLAS**

**Chicken Bacon Ranch** tender, white meat grilled chicken breast, crumbled smoked bacon, cheddar and Monterey Jack cheese and drizzled with Ranch dressing. \$5.75

**Southwest Chicken** slow cooked, shredded chicken, flame roasted corn, onions, red and green peppers blended with black beans and seasoned with spices, topped with cheddar and Monterey Jack cheese. *Served with salsa and sour cream.* \$5.75

## **PASTA** *served with a dinner roll.*

**Bee's Knees Mac n Cheese** Tender elbow macaroni combined with creamy Cheddar and sharp white cheddar cheese, seasoned with garlic and onion powder, a pinch of nutmeg cayenne pepper, then topped with crumbled, home-style seasoned croutons and green onions. \$5.75

**Chicken Broccoli Alfredo** Tender white meat chicken breast and creamy Alfredo sauce combined with penne noodles, broccoli and shaved parmesan cheese. \$5.75

**Meatball Marinara Penne** Our marinara sauce is a homestyle Italian recipe using vine-ripened tomatoes, onions, garlic, and olive oil, smothered over penne noodles, then tossed with all beef, bite size meatballs and topped with shaved parmesan cheese. \$5.75

# Breakfast Menu served Monday-Friday, 7:00 -11:30 a.m.

**OMELETS** *include choice of white, wheat, Rye, Sourdough or Eight-Grain toast.*

**Denver Omelet** Bavarian ham, diced onion and Colby cheese and toast \$4.79

**Greek Omelet** Baby spinach, diced tomato, green peppers, onions, parmesan and feta cheese and toast \$4.79

**Chicken Fajita Omelet** Tender chicken, green and red peppers, mushrooms, onions and Colby cheese served with salsa, sour cream and toast \$5

**Western Omelet** Hickory smoked ham, roasted red peppers, onions, mushrooms and cheddar cheese served with salsa, sour cream and toast \$4.79

## **CAFÉ FAVORITES**

### **The Hash 'Lette'**

Bavarian ham, crisp bacon, green onion, Colby cheese and sour cream folded in crisp hash browns. Served with toast \$5.25

### **Tanglewood Scramble**

Fresh eggs scrambled with crisp hash browns, onions, ham, green pepper, mushrooms, Colby cheese and choice of toast. \$5.25

**Breakfast Quesadilla** Sausage, bacon, green pepper, onion, scrambled eggs and Colby cheese grilled between Jalapeño Cheddar tortillas and served with salsa and sour cream. \$4.50

## **ESPRESSO BEVERAGES** Served Hot, Iced, or Frozen

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

**Caramel Macchiato** Vanilla and Caramel

**Café Miel** Honey and cinnamon

**Rum Chata Latte** Crème Brulee and Buttered rum

**Sunrise Mocha** White chocolate and orange syrup

**Aloha Latte** White chocolate and macadamia syrup

**Campfire** Snicker doodle, chocolate and marshmallow

## **EGGS & MORE**

**1-1-1** One egg, one toast and one piece of bacon or a sausage link \$2.69

**2-2-2** Two pancakes, two eggs and two pieces of bacon or sausage links \$4.99

**Two Eggs, Any style** served with toast and two pieces of bacon or sausage links \$4.29  
Add hash browns \$4.79

**Hearty Oatmeal** topped with brown sugar, raisins, dried cranberries, toasted almonds and walnuts.

Cup \$2.49                      Bowl \$2.99

**Low-fat Yogurt Parfait** Strawberries and blueberries layered between vanilla yogurt and topped with home made granola \$2.25

**French Toast** two slices of sourdough \$3.49

**Three Buttermilk Pancakes** \$3.29

Short Stack \$2.79

**Panini** Fried Egg with your choice of Bacon, Sausage or Ham on grilled Eight-Grain or Sourdough \$3.29

## **SIDES**

Fresh Fruit Cup \$2.00

Bagel & Cream Cheese \$1.30

Two Slices of Toast \$1.79

3 Bacon Slices \$2.00

3 Sausage Links \$2.75

Hash browns \$2.00

**Salted Caramel** Chocolate, caramel and sea salt

**Snickers Latte** Caramel, chocolate and hazelnut

**Mocha Mocha** milk and chocolate syrup

**Caramel Surprise** milk, caramel sauce and syrup

**Mocha Bianca** milk and white chocolate

**Latte** milk

**Cappuccino** Steamed milk and cap of foam