

MFA CAFÉ MENU

BRUNCH

served all day

BREAKFAST PLATE ... 6.5

2 eggs*, white or wheat toast, sausage or bacon, sliced tomato

🍴 TOASTED SOURDOUGH ... 8.5

avocado, arugula, poached egg*, preserved lemon

🍴 FRIED EGG SANDWICH (GF) ... 8

toasted gluten free bread, fried egg*, cheddar, alfalfa sprouts, tomato, avocado

BAGEL & LOX ... 9.5

whipped cream cheese, house cured salmon*, capers, red onion
* on gluten free bread *

SAUSAGE, EGG & CHEDDAR CHEESE ON GLUTEN FREE BREAD ... 6.5

BITES & SNACKS

🍷🍷 ROASTED VEGETABLES ... 4

lemon oil, fresh herbs

🍷🍷 PESTO PASTA SALAD ... 4

with sliced chicken 5.50

CROISSANT SANDWICH ... 4

choose 2: turkey, ham, bacon, egg, cheddar, provolone
* each additional filling .75 add greens OR house chips .75 *

🍷🍷 GRILLED ASPARAGUS ... 6

poached egg*, peashoots, preserved lemon

🍴 GLUTEN FREE PENNE MARINARA ... 6.5

marinara, parmesan

🍷 MELON & PROSCIUTTO ... 8.5

mixed greens, Italian vinaigrette, cantaloupe, shaved prosciutto

🍷🍷 CAULIFLOWER MEATBALLS ... 8

marinara, parmesan

CURED SALMON PLATE* ... 10

mix greens, red onion, capers, wheat crackers
* crackers may contain traces of milk or nuts *

🍷 TOASTED FOCACCIA ... 4.5

italian herb oil

GOUDA TOASTIE ... PLAIN 4/WITH HAM 6.5

buttered baguette, sliced gouda, tomato

ANTIPASTO PLATTER

🍴 ASSORTED CHEESE, MIXED VEGETABLES, OLIVES, NUTS, PEPPERONCINI, WHITE BEAN HUMMUS, SEASONAL DIP ... 13

look for our featured selections on our menu board

WITH CURED MEATS* ... 16

* NO CRACKERS, Gluten Free bread \$1.75 *

DELI COMBOS

CHOOSE 2 OPTIONS ... 8

CHOOSE 3 OPTIONS ... 10.5

WHOLE SANDWICH OR GLUTEN FREE BREAD WITH SIDE ... 10.5

½ SANDWICH OPTIONS

Turkey Cheddar... wheat, mustard, lettuce, tomato / Tuna Salad... wheat, tomato, lettuce / Chicken Salad... white, tomato, lettuce / Ham & Provolone... white, tomato, lettuce / Egg salad... wheat, tomato, lettuce

SALAD & SIDE OPTIONS

Pesto pasta salad / House Salad... tomato, onion, cucumber, croutons, creamy house / Caesar Salad... Parmesan, croutons / Kale Salad... tomato, almonds, Parmesan, croutons, caesar dressing / Tomato Basil Soup / Featured soup / Featured Side

SOUP

SOUP ... CUP 4 / BOWL 6

Creamy Tomato Basil

* please specify no croutons, add gluten free bread \$1.75 *

KIDS MENU

GRILLED CHEESE, MACARONI & CHEESE, TURKEY SANDWICH (LETTUCE, TOMATO, WHITE BREAD), FUSILLI WITH MARINARA OR BUTTER ... 5.5

served with fruit cup or chocolate chip cookie & fountain drink, milk or apple juice

* reserved for our friends 12 & under *

ENTRÉES

add a soup or side salad to any entrée 2.5

CHICKEN & GLUTEN FREE PENNE ALFREDO ... 12.5

* sub cauliflower meatballs 1.00 *

🍷 GLUTEN FREE PENNE MARINARA WITH CHICKEN ... 10.5

topped with Parmesan

* sub cauliflower meatballs 1.00 *

SPAGHETTI & MEATBALLS ... 10.5

topped with Parmesan

* sub cauliflower meatballs 1.00 *

🍷🍷 GRILLED PORTABELLA MUSHROOM ... 13

italian herb oil, white bean hummus, sautéed spinach

🍷 GRILLED CHICKEN BREAST ... 11

all natural chicken breast, mashed potatoes, roasted vegetables, lemon caper sauce

PROSCIUTTO & ARUGULA PIZZA (GLUTEN FREE CRUST) ... 11

topped with parmesan cheese

SALADS

served with focaccia, sub gluten free bread 1.00.

Add to any salad: chicken breast 5, chicken/tuna salad 5, cured salmon 5, grilled salmon 8*

🍷 OUR CROUTONS CONTAIN NUTS

CAESAR SALAD ... SM 4 / LG 7

romaine, Parmesan, croutons, house Caesar dressing

🍴 HOUSE SALAD ... SM 4 / LG 7

mixed greens, cherry tomato, diced cucumber, sliced red onion, croutons, creamy house dressing

KALE SALAD ... SM 4 / LG 7

shredded kale, cherry tomatoes, Parmesan, croutons, sliced almonds, house Caesar dressing

MFA SALAD ... 8

arugula, blue cheese, blueberries, crispy prosciutto, spiced pecans, honey lime vinaigrette

🍷 QUINOA SALAD ... 8.5

arugula, red quinoa, fresh mint, alfalfa sprouts, pea shoots, preserved lemon vinaigrette

SANDWICHES

sandwiches include house chips or mix greens with Italian vinaigrette

ALL SANDWICHES CAN BE MADE GLUTEN FREE ... 1.00 CHARGE

please tell your cashier of allergies

BLT ... 8.5

bacon, lettuce, tomato, sliced avocado, garlic aioli

* our aioli contains egg *

🍴 EGGPLANT & GOAT CHEESE PANINI ... 9

ciabatta, balsamic roasted eggplant, arugula, Italian herb oil

🍷 PESTO CHICKEN PANINI ... 9

ciabatta, pistachio pesto, tomato, sliced chicken, spinach, mozzarella

PRIME RIB BAGUETTE ... 11

shaved prime rib, melted provolone, toasted baguette, dijon

🍷 QUINOA BLACK BEAN WRAP ... 9

spinach tortilla, roasted bell pepper, white bean hummus, alfalfa sprouts

TUNA MELT ... 8

croissant, tuna salad, sliced tomato, provolone

MEALS

includes fountain drink or iced tea

gluten free option 1.00

🍴 CHEESE PIZZA (GLUTEN FREE CRUST) ... 7.50

PEPPERONI PIZZA (GLUTEN FREE CRUST) ... 8

BURGER* ... 8.5

lettuce, tomato, red onion, baked fries

* bun contains egg *

CHEESEBURGER (GF BREAD) ... 10

cheddar OR provolone, onion, lettuce, tomato, baked fries

add to any burger - egg*.75, bacon 1.00, mushroom .50

CHICKEN TENDER PLATE ... 8

baked country style chicken tenders, baked fries, BBQ sauce

BREADED CHICKEN TENDER SANDWICH ... 8

texas toast, cheddar cheese, BBQ aioli, chips

🍴 QUESADILLA ... 6

with chicken 8.50

Check our menu board for Daily Features. WE CATER email info@mfacafe for information

Please let us know of any food allergies so we can better accommodate you

*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness