



901-590-2870

<http://www.mymealsinmotionordering.com>

Paradise Cafe

Sandwiches

All sandwiches are served with lettuce, tomato, cucumber, alfalfa sprouts, and shredded carrots on your choice of bread: Honey Wheatberry, Sourdough, Spinach Wrap, Whole Wheat, Marble Rye, Gluten Free.

Chicken Salad Sandwich with Walnuts & Raisins	\$8.15
Curried Chicken Salad Sandwich with Walnuts & Raisins	\$8.15
Dijon Chicken Salad Sandwich with Mustard & Honey	\$8.15
Lite Chicken Salad Sandwich with Lite Mayo & Spike Seasoning	\$8.15
Spicy Black Bean Burger	\$9.59
Sliced Turkey Sandwich	\$8.75
Tuna Salad Sandwich	\$8.75
Egg Salad Sandwich	\$7.91
Veggie Sandwich	\$7.91
Pimiento Cheese Sandwich	\$8.34
Ham & Cheese Sandwich	\$8.75
Classic B.L.T. Sandwich	\$8.39

Signature Sandwiches

Ciabatta Turkey Burger	\$9.11
<i>Lettuce, Tomato, Sweet Spicy Mustard Sauce, and Cheese</i>	
Grilled Chicken Ceasar Wrap	\$9.59
Chicken Florentine Sandwich	\$9.59
<i>Chicken Breast, Fresh Mushrooms, Spinach and Melted Cheese on a Ciabatta Roll</i>	
Shrimp Salad Sandwich	\$9.95
<i>Served on a Croissant with Lettuce and Tomato</i>	
Grilled Chicken Avocado Wrap	\$10.79
<i>Avocado, Lettuce, Tomato, Cucumber, Onion & Jack Cheese</i>	

Salads

All Salads are served with Lettuce, Tomato, Cucumbers, Alfalfa Sprouts, Shredded Carrots, Red Cabbage, Red Onions & choice of dressing. Dressing options: Ranch, Caesar, Honey Mustard, Honey Mustard Poppy Seed, Sundried Tomato, Balsamic Vinaigrette, Blue Cheese, 1000 Island, Fat Free Ranch, Fat Free Italian, or Raspberry Vinaigrette.

Chef's Salad	\$10.31
<i>Turkey breast, jack cheese & boiled egg.</i>	
Tuna Salad	\$10.31
<i>Scoop of homemade tuna salad.</i>	
Chicken Salad	\$10.31
<i>Scoop of CWR, curry, dijon or lite.</i>	
Veggie Salad	\$8.75
<i>With grilled chicken breast \$9.87. With Shrimp \$10.34</i>	
Caesar Salad	\$8.75
<i>Romaine lettuce, croutons & parmesan cheese.</i>	
Grilled Chicken Ceasar Salad	\$10.31

House Favorites

Lunch Box	\$10.31
<i>Half of any above sandwich, bowl of fresh fruit & a cup of fat free frozen yogurt.</i>	
Sandwich & Soup	\$10.19
<i>Half of any above sandwich & bowl of fresh homemade soup.</i>	
Scoop & Fruit	\$8.27
<i>A scoop of any of our salads & bowl of fruit.</i>	
The Floridian	\$10.31
<i>Bowl of fresh fruit topped with a scoop of chicken, tuna, or egg salad.</i>	

Kid's Corner

Peanut Butter & Banana Sandwich	\$5.15
Peanut Butter & Jelley Sandwich	\$5.15
Cheese Toast Sandwich	\$5.75
Chopped Ham or Turkey w/American Cheese	\$7.19

Brownies & Cookies

Brownies	\$1.31
Assorted Cookies	\$1.19

Healthy Extras

Homemade Soup Cup	\$5.15
Homemade Soup Bowl	\$6.35
Fresh Fruit	\$4.19
Cucumber & Tomato Salad	\$2.39
Red Skin Potato Salad	\$2.75
Side Tossed Salad	\$6.35
Non Fat Yogurt 4 oz.	\$2.39
<i>Vanilla, strawberry or swirl</i>	
Non Fat Yogurt 6 oz.	\$2.99
<i>Vanilla, strawberry or swirl</i>	
Non Fat Yogurt 8 oz.	\$3.58
<i>Vanilla, strawberry or swirl</i>	
Boiled Egg	\$1.19

Shakes

Our delicious shakes are made with fat free vanilla frozen yogurt.

Sunkissed Supreme Shake	\$4.78
<i>Orange juice blended with vanilla frozen yogurt.</i>	
Delta Shake	\$4.78
<i>Fresh bananas blended with fat free skim milk and vanilla frozen yogurt.</i>	
Palm Beacher Shake	\$5.15
<i>Papaya juice, pineapple, & coconut blended with vanilla frozen yogurt.</i>	
Pom Power Shake	\$5.51
<i>Pomegranate juice, fresh strawberries, protein powder & frozen strawberry yogurt.</i>	
House Shake	\$5.15
<i>Our most popular banana & strawberry blended with fat free skim milk & vanilla frozen yogurt.</i>	
Iron Man / Woman Shake	\$5.51
<i>Banana, wheat germ, honey & protein powder with fat free skim milk & vanilla frozen yogurt.</i>	
Carrot Shake	\$7.19
<i>Fresh squeezed carrot juice blended with vanilla frozen yogurt.</i>	
Chocolate Monkey Shake	\$4.78
<i>Chocolate and banana blended with fat free skim milk & vanilla frozen yogurt.</i>	
Lemon Cloud Shake	\$4.78
<i>Lemon juice blended with vanilla frozen yogurt.</i>	
Blue Moon Shake	\$5.15
<i>Blueberries & bananas blended with vanilla frozen yogurt.</i>	
Cafe au Lait Shake	\$4.78
<i>Gourmet roast chilled coffee blended with vanilla frozen yogurt.</i>	