

Fresh & Delicious Gourmet Sandwiches, Salads and Sweets

Drinks

First refill free, Additional Refills \$0.75

Coffee, Iced Tea, Fountain Sodas	\$1.00
Bottled Water	\$1.00
Milk	Carton \$1.00 Bottle \$1.50
Bottled Fruit Juices	\$1.50

Fresh Fruit & Sides

Yogurt	\$1.50/\$2.00
Fruit Cup	Small Cup \$1.00 Large \$2.00
Whole Fruit (Banana/Apple/etc.)	\$1.00
Chips	\$1.00
Cookies	\$0.50
Fresh House Brownies	\$1.00
Pasta Salad	\$2.00

Breakfast Items

Bagel	\$1.50	Muffins	\$2.50
<i>Cinnamon Raisin, Everything, Sesame Seed, Plain</i>		Pastries	\$1.50
with Cream Cheese	\$2.00		
with Egg & Cheese	\$3.50		
with Bacon/Ham	\$4.50		

Breads

Telera, Whole Wheat, Flat Bread, Swirl Rye, Texas Toast, White, Hamburger Buns, Croissants

Wraps

Plain, Whole Wheat, Garlic and Herb, Spinach

Sandwiches

Grilled Chicken Club	\$6.00
<i>Wheat Bread with Grilled Chicken Breast, Bacon, Lettuce, Tomato, & Provolone Cheese</i>	
Autumn Berry Chicken Salad	\$6.00
<i>Chicken Salad on Wheat Bread, Lettuce, Cranberries & Nuts</i>	
Club Sandwich	\$6.00
<i>Wheat Bread, Bacon, Ham, Turkey, Lettuce & Tomato</i>	
Ham or Turkey Sandwich	\$5.00
<i>Wheat Bread, Ham or Turkey, Lettuce, Tomato & Cheese</i>	
BLT Sandwich	\$5.00
<i>Wheat Bread, Bacon, Lettuce & Tomato</i>	
Chicken Parmesan Sandwich	\$6.00
<i>Breaded Chicken Breast, Provolone, Parmesan, Marinara Sauce on Toasted Telera</i>	
Veggie Burger	\$6.00
<i>1/4 lb Veggie/Turkey burger, Sprouts, Onions, Lettuce & Tomato</i>	
Hamburger	\$4.50
<i>1/4 lb Hamburger, Lettuce, Tomato, Onions and choice of cheese</i>	
Hot Ham Hoagie	\$6.00
<i>Ham, Melted Swiss Cheese, House made Honey Mustard Mayo on Toasted Hoagie</i>	

Wraps & Speciality Sandwiches

Grilled Chicken Pita	\$6.00
<i>Chicken, Lettuce, House cucumber sauce on Pita</i>	
Grilled or Crispy Chicken Wrap	\$6.00
<i>Chicken, Lettuce, Tomato, Shredded Carrots, Shredded Cheddar Cheese on Plain Wrap</i>	
Santa Fe Turkey Wrap	\$6.00
<i>Turkey, Pepper Jack, Lettuce and Tomato on Garlic Herb Wrap</i>	
Mediterranean Wrap	\$6.00
<i>Fresh Spring Mix with Tomato, Red Onion, Red Pepper, Cucumber, Olives, Feta Cheese, Avocado, and Peppercini</i>	
Chicken Avocado Wrap	\$6.00
<i>Grilled Chicken Breast, Pepper Jack Cheese, Hummus, Lettuce, Tomato and Avocado on Garlic Herb Wrap</i>	

Fresh Salads & Soups

Choose from a selection of fresh-made salads to grab and go or request a salad made to order.

Chicken or Turkey Cobb Salad	\$7.00
<i>Fresh Spring Mix, Grilled Chicken Breast, Tomato, Red Pepper, Feta Cheese, Chopped Bacon, Cucumber and Boiled Egg</i>	
Mediterranean Salad	\$7.00
<i>Fresh Spring Mix with Tomato, Red Onion, Red Pepper, Cucumber, Olives, Feta Cheese, Avocado and Peppercini</i>	
Grilled Chicken & Mandarin Orange	\$7.00
<i>Fresh Spring Mix with Grilled Chicken Breast, Mandarin Orange, Feta Cheese, Red Onion and Avocado</i>	
Chef Salad	\$7.00
<i>Fresh Spring Mix with Turkey, Ham, Chopped Bacon, Shredded Cheese, Tomato and Cucumber</i>	
House Salad	\$3.00
<i>Fresh Spring Mix with Tomato, Cucumber and Red Onion</i>	
Grilled Salmon Salad or Market Seafood	\$7.00
<i>Fresh Garden Salad available on Wednesdays</i>	
Soup of the Day	\$4.00
<i>Soup of the day changes with the seasons and is based on available ingredients</i>	



Weekly Specials

Includes fountain beverage, tea, or cup of water

Monday: Pulled Pork or Cuban Sandwich \$6.50

Seasoned Eastern Style Pork on Telera Roll or Pulled Pork, Ham, Swiss, and Pickle on Telera

Tuesday & Thursday: Giovanni's Pizza \$7.00

One slice of Giovanni's Pizza with side salad and drink or just one slice for \$3.00

Wednesday: Seafood Day (Market)

Managers Choice Seafood of the Day on Sandwich, Wrap, or Salad

Thursday: Highlight of the Week \$6.50

On Thursdays, we highlight a sandwich or wrap from our menu or a new menu item!

Friday: Caribbean Jerk Pulled Pork or Manager's Special \$6.50

Tangy Eastern Pulled Pork seasoned in a special blend of Caribbean Jerk sauce on Telera roll or Manager's Special!

Everyday Meal Deals

Value Meal \$5.00

1/2 Sandwich, Chips and Beverage

Pick 2 Meal \$6.50

1/2 Sandwich, House Salad or Bowl of Soup and Beverage

In a Hurry?? Call-in Your Order

Call-in your order by calling 704-250-5032!

Hours of Operation:

Monday - Friday 9 AM - 2 PM

Closed Saturday and Sunday

Lettuce Eat Café offers free high-speed wireless Internet.

STAY CONNECTED.



Visit Kannapolis

From Cotton to Chromosomes Exhibit

Located in the Scholar's Cove, funded by the Cannon Foundation, just around the corner from the café.

Participate in Research Studies

Take a look at the bulletin boards in the café and main lobby to learn about ongoing research studies that you may be able to participate in. Eligible volunteers are paid for their participation.

Learn about other opportunities to get involved

Visit www.uncnri.org for ways to be involved with the NRI and for employment opportunities.

Lettuce Eat Café is located in the lobby of the UNC NRI building on the North Carolina Research Campus in downtown Kannapolis. The café is open to the public – we welcome your business.



LETTUCE EAT CAFÉ

Menu

704-250-5032

500 Laureate Way • Kannapolis, NC 28081

www.uncnri.org

Operated by:



NUTRITION RESEARCH
INSTITUTE